

P-957 - CORRELATION BETWEEN CHRONOTOPES AND PSYCHOLOGICAL HEALTH IN PILOTS

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Introduction: The exact spatio-temporal parameters are always included into a pilot's professional activity. Our investigation shows that space and time are the objects of reflection and the means of self-organization in activities of daily living in pilots with good psychological health.

Objectives: Peculiarities of spatio-temporal relations mastered by the pilot (chronotopes) and the qualities of his psychological health were studied. The first included professional reflection, ability to self-organization in activities of daily living, age-related self-awareness, spatial orientation, mental processing, the second included resistance to stress, communicative abilities, anxiety, self-esteem, riskiness.

Aims: The aim of the study was to prove the occurrence of significant correlation between quantitative indicators of chronotopes and quantitative indicators of psychological health in pilots.

Methods: The battery of tests including general tests (like test of Leonhard-Schmischek) and special tests (e.g., test "Chronometer") and also interviews and observations were used in the study.

Results: The participants were 105 pilots of Civil aviation. They displayed a significant correlation ($r=0,73$ by Pearson correlation coefficient) between 1) high resistance to stress, high communicative abilities, normal anxiety, adequate self-esteem, moderate riskiness and 2) high professional reflection, high ability to self-organization in activities of daily living, high age-related self-awareness, high spatial orientation, high mental processing.

Conclusions: If the pilot treats space and time as a value (philosophical level) and deliberately guides the chronotopes in his professional and private life (psychological level), he will demonstrate reliable indicators of psychological health which is treated as the most important quality of Human factor in aviation.