

## **SECTION: PHYSICAL EDUCATION AND SPORT**

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### **FORMING MENTAL PERSONALITY RESILIENCE BY REPLACEMENT OF FEAR WITH A RATIONAL STRUCTURE OF TRAINING EXPERIENCE**

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Political and economic instability, social inequality and information overload negatively affect the development of an individual's mental resilience. In this regard, there is a need for a theoretical understanding of the concept of «mental resilience» and its definition in modern scientific discourse.

Mental resilience indicates a person's ability to successfully cope with stress, difficult life circumstances and traumatic events, while maintaining working capacity and potential for further development. The formation and strengthening of mental resilience are vital for maintaining physical health and effective functioning of the individual in difficult socio-economic conditions. Purposeful improvement of this quality enhances the processes of self-regulation, adaptation and psychological stability of a person [4, p. 38–40].

Psycho-emotional tension, which arises under the influence of external and internal factors, often manifests itself through fear, as a natural reaction to a threat. If a person is unable to control fear, this leads to disorganized behavior, reduces the organism's adaptive potential, and prevents a person's self-realization in society. In this context, the key task of science is to determine the mechanisms that allow transforming fear into constructive forms of mental and physical activity.

One effective approach is to replace fear with a rational structure of training experience, which ensures the regular development of the subject's skills of awareness, normalization and coordination of their own emotional states. This approach is based on the principles of the cognitive-behavioral paradigm, which states that emotional reactions are determined by how events are interpreted. That is, psychological protection, namely the rationalization of fear, occurs through its deconstruction into components (behavioral, cognitive, emotional) and subsequent reconfiguration into controlled, ordered response models [3, p. 172–175].

The training process, which consists of structured exercises with modeling of stressful scenarios and a gradual increase in the complexity of the task, allows a person to make fear less intense by forming a repetitive habit and by habituating to the stimuli generated by this fear. A logically constructed training plan shapes a person's sense of

control, predictability and confidence in their own abilities, which are fundamental components of an individual's mental stability [2, p. 75–77].

Special attention also deserves the development of metacognitive skills, in particular the ability to reflect, introspect and engage in critical thinking, which contributes to a decrease in catastrophizing, irrational beliefs and automatic negative thoughts that increase fear. The training experience plays a key role in developing these skills, as it is a purposeful, systematically organized activity that allows you to consolidate practical metacognitive skills. Through repeated practice of behavioral and cognitive strategies in artificial or real-life situations, destructive fear-based responses are gradually replaced by rational, controlled ways of responding. This approach not only helps reduce the intensity of fear but also helps create stable adaptive behavior patterns [1, p. 157–162].

Thus, during training, a new cognitive structure forms, in which fear is perceived not as a threat but as a signal to mobilize resources and activate activity. This allows fear to be transformed into a rational element of the training experience, becoming an important mechanism for developing the individual's mental resilience. Due to the systematicity, repetition and conscious approach to training practices, maladaptive reactions are gradually transformed into constructive models of behavior. The table shows the stages of developing mental resilience through training experience, as rational work on fear and its overcoming.

Table 1. Stages of organizing mental resilience in the training process

| Stage         | Characteristics                                  | Formation methods                                                     | Expected result                                                          |
|---------------|--------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------------|
| Formation     | Initial awareness of emotions that generate fear | Psychoeducation, self-observation                                     | Understanding one's own emotions, states and the ability to control them |
| Development   | Working with psychoemotional states              | Cognitive-behavioral exercises, modeling situations                   | Reducing anxiety and overcoming depressive states                        |
| Consolidation | Automation of stable reactions                   | Competitive practice, regularity and repetition of training exercises | Establishing mental stability and physical resilience                    |

Systematic and regular training helps the nervous system adapt to stressful situations and reduce emotional tension. It is important to combine psychoregulatory and physical exercises that require the body to self-regulate under increased stress. Thanks to ongoing training, cognitive-behavioral models have been consolidated, helping transform fear into a resource for achieving results. Regular training also fosters discipline, a key factor in confidence and satisfaction with one's own capabilities. This allows you to form a sense of control not only over your own emotions, but also over the situation as a whole. Thus, self-confidence, which is formed during the training process, helps the individual to function stably and decisively in crisis or unpredictable situations.

In conclusion, the experience of training sessions is an effective and rational way to overcome fear through structured, repetitive activities. Systematic reproduction of

simulated stressful situations in a safe environment guarantees a gradual decrease in the body's sensitivity to factors of emotional abuse that cause fear. The process of desensitization contributes to the regulation (adjustment) and stabilization of mental health. An organized, systematic training process helps process negative and destructive emotions into constructive behavioral models. Future research may aim to develop programs that strengthen an individual's mental stability, taking into account psychological traits and professional activities.

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