

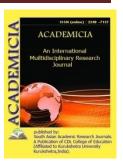
ISSN: 2249-7137 Vol. 11, Issue 9, September 2021 Impact Factor: SJIF 2021 = 7.492



## **ACADEMICIA**

An International Multidisciplinary Research Journal

(Double Blind Refereed & Peer Reviewed Journal)



DOI: 10.5958/2249-7137.2021.01957.1

## MENTAL HEALTH PROBLEMS AMONG AIRCREW

Yeliseyev N.A\*

\*Head of educational department,
The Higher military Aviation school the Republic of UZBEKISTAN

## **ABSTRACT**

This article has discussed individual differences in personality and mental health, and common ways in how people react to different stressors in life. We have established that when the experienced level of stress exceeds the amount the person is able to cope with, various emotional, cognitive, and physiological reactions emerge. These reactions are of significance to one's general health condition, work achievements, performance, and job satisfaction. Stress has both short-term and long-term effects on the individual, and it is important to be familiar with these effects for one's own sake and because most aviation professions demand significant cooperation with colleagues and others. The article has mostly related to persons working in aviation; however, passenger issues have been described to a certain extent.

**KEYWORDS:** Stress, Aviation Personnel, Mental Health Problems, Disorders, Flight Safety, Aviation Psychologist, Human Factor, Risk And Protective Factors, Environmental Influences.

## **REFERENCES:**

- 1. Aerospace Medical Association (AsMA). 2012. Pilot mental health: Expert working group recommendations. Aviation, Space and Environmental Medicine 83:1184–1185. Aerospace Medical Association (AsMA). 2016. Pilot mental health: Expert working group recommendations—Revised 2015. Aerospace Medicine and Human Performance 87: 505–507.
- **2.** Albuquerque, C. and Fonseca, M. 2017. Psychosocial stressors associated with being a pilot. In Bor R., Eriksen, C. Oakes M., and Scragg P. (Eds.), Pilot Mental Health Assessment and Support (pp. 287–308). New York, NY: Routledge.
- **3.** American Psychiatric Association (APA). 2013. Diagnostics and Statistical Manual of Mental Disorders, 5th ed. Arlington, VA: American Psychiatric Publishing

ISSN: 2249-7137 Vol. 11, Issue 9, September 2021 Impact Factor: SJIF 2021 = 7.492

- **4.** Barry, M. and Jenkins, R. 2007. Implementing Mental Health Promotion. New York, NY: Churchill Livingstone.
- **5.** BEA (Bureau d'Enquetes et d'Analyses pour la securitel'aviationcivile). 2016. Final Report of the March 2015 Accident of Airbus A320, D-AIPX. Retrieved from: https://www.bea.aero/uploads/tx\_elydbrapports/BEA2015-0125.en-LR.pdf
- **6.** Eriksen, C. and Bor, R. 2017. Promoting good psychological health amongst pilots: Coping strategies for identifying and managing stress to reduce risk of mental health problems and improve performance at work. In Bor, R., Eriksen, C., Oakes, M., and Scragg, P. (Eds.), Pilot Mental Health Assessment and Support (pp. 309–324). New York, NY: Routledge.
- 7. Evans-Lacko, S., Little K., Meltzer H., Rose, D., Rhydderch, D., Henderson, C., and Thornicroft, G. 2010. Development and psychometric properties of the Mental Health Knowledge Schedule. Canadian Journal of Psychiatry 55: 440–448
- **8.** Frankenhaeuser, M. 1991. The psychophysiology of sex differences as related to occupational status. In Frankenaeuser, M., Lundberg, U., and Chesney, M. (Eds.), Women, Work, and Health. Stress and Opportunities (pp. 39–61). New York, NY: Plenum Press.
- **9.** Karasek, R.A. and Theorell, T. 1990. Healthy Work: Stress, Productivity, and the Reconstruction of Working Life. New York, NY: Basic Books.
- **10.** Kotov, R., Gamez, W., Schmidt, F., and Watson, D. 2010. Linking "big" personality traits to anxiety, depressive, and substance use disorders: A meta-analysis. PsychologicalBulletin 136: 768–821.
- **11.** Jeronimus, B.F., Kotov, R., Riese, H., and Ormel, J. 2016. Neuroticism's prospective association with mental disorders halves after adjustment for baseline symptoms and psychiatric history, but the adjusted association hardly decays with time: A meta-analysis on 59 longitudinal/prospective studies with 443 313 participants. PsychologicalMedicine 46: 2883–2906.
- 12. Lazarus, R. 1976. Pattern of Adjustment. McGraw-Hill: New York.
- **13.** Perälä, J., Suvisaari, J., Saarni, S.I., Kuoppasalmi, K., Isometsä, E., Pirkola, S., Partonen T., et al. 2007. Lifetime prevalence of psychotic and bipolar I disorders in a general population. Archives of General Psychiatry 64: 19–28
- **14.** Sackett, D.L., Rosenberg, W.M., Gray, J.A., Haynes, R.B., and Richardson, W.S. 1996. Evidence based medicine: What it is and what it isn't. British Medical Journal 312(7023): 71–72.
- **15.** Selye, H. 1976. The Stress of Life. NewYork, NY: McGraw Hill Lazarus, R. 1976. Pattern of Adjustment. McGraw-Hill: New York.
- **16.** World Health Organization (WHO). 2013. Mental Health Action Plan 2013-2020. Geneva, Switzerland: Author. Retrieved from: http://apps.who.int/iris/bitstream/10665/89966/1/9789241506021\_eng.pdf?ua=1 World Health Organization (WHO). 2016. ICD-10: International Statistical Classification of Diseases and Related Health Problems. Geneva, Switzerland: Author.



ISSN: 2249-7137 Vol. 11, Issue 9, September 2021 Impact Factor: SJIF 2021 = 7.492

**17.** Yoshimasu, K. 2001. Relation of type A behavior pattern and job-related psychosocial factors to non-fatal myocardial infarction: A case-control study of Japanese male workers and women. PsychosomaticMedicine 63: 797–804