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## MENTAL HEALTH PROBLEMS AMONG AIRCREW

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### 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.*

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