

The Influence of the Relationship Between Internal Locus of Control, Emotional Intelligence and Professional Motivation on the Mental Stability of Law Enforcement Officers

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Abstract: This article analyzes the impact of the relationship between internal locus of control, emotional intelligence, and professional motivation on the mental resilience of law enforcement officers. It examines the psychological mechanisms that determine the level of stress tolerance, responsibility, and professional effectiveness of employees. The author substantiates the need to develop reflective thinking and apply psychocorrectional approaches to strengthen personal resilience.

Key words: internal locus of control, emotional intelligence, professional motivation, mental stability, employees of internal affairs agencies.

Theoretical and methodological analysis of mental stability of employees of internal affairs bodies

Mental resilience is a systemic personality trait that ensures the maintenance of professional effectiveness and inner balance under intense emotional and stressful conditions. In the context of the work of law enforcement officers, this phenomenon takes on particular significance, as their professional environment is associated with a high degree of risk, constant stress, and the need to make prompt, responsible decisions.

Mental stability as a psychological category

In scientific psychology, mental resilience is viewed as an integrated personality trait encompassing cognitive, emotional, volitional, and motivational components (V.A. Bodrov, Yu.P. Zinchenko, E.P. Ilyin). It manifests itself in an individual's ability to maintain control over behavior, emotional state, and cognitive processes in the face of external and internal stressors. According to A.N. Leontiev and S.L. Rubinstein, the resilience of mental processes develops through activity and is regulated by a system of personal meanings, giving it a dynamic and functional character.

For law enforcement officers, mental resilience is not only a characteristic of emotional self-regulation but also a professional competency that determines the reliability, precision, and safety of actions in critical situations. A decline in mental resilience can lead to a decrease in the effectiveness of operational decisions, conflicts within the work team, and increased levels of professional burnout.

Structure and determinants of mental stability

Modern researchers (A.V. Karpov, V.V. Stolin, D. Goleman, A.G. Maklakov) identify several key components of mental stability:

- **emotional-regulatory** , reflecting the ability to manage emotions and maintain internal balance;
- **cognitive** , ensuring adequate perception and analysis of the situation;
- **strong-willed** , expressing the ability to self-control, endurance and determination;
- **motivational** , associated with the stability of professional intentions and goals;
- **Reflexive**, allowing one to evaluate and correct one's own actions.

In the context of law enforcement agencies, the interaction between the emotional-regulatory and volitional components comes to the fore, as they ensure the ability to act in extreme conditions. The reflexive component serves as internal control and self-analysis, while the motivational component defines the value-based and semantic focus of professional behavior.

Internal control, sincerity and emotional intelligence as key regulators of mental stability of employees of internal affairs agencies

Internal locus of control, conceptualized by J. Rotter, reflects the degree to which an individual believes that their performance is determined by their own efforts, not by external circumstances. For law enforcement officers, a high level of internal control underpins professional responsibility, decision-making, and resilience in the performance of their duties under conditions of uncertainty. Research by A.V. Karpov and V.A. Bodrov shows that officers with a strong internal locus of control demonstrate greater resilience to stress, are proactive, and exhibit self-regulation.

Sincerity is viewed as a personal quality associated with openness and honesty toward oneself and others (K. Rogers, A. Maslow). In the professional context of law enforcement, sincerity allows officers to maintain personal integrity and avoid internal conflict between professional duties and moral principles. Low levels of sincerity often provoke destructive behavior patterns, emotional burnout, and impede the development of reflective processes, which are essential for professional reliability.

Emotional intelligence, according to D. Goleman's model, encompasses the ability to recognize, interpret, and manage both one's own emotions and those of others. In law enforcement, emotional intelligence promotes optimal teamwork, reduced interpersonal conflict, adequate emotional release, and the maintenance of inner balance. Employees with developed emotional regulatory skills demonstrate higher levels of stress resilience and a lower susceptibility to emotional exhaustion.

Thus, the interrelationship between internal control, self-awareness, and emotional intelligence forms the psychological foundation of an employee's adaptive behavior in stressful situations. Internal control provides a sense of subjective control over the situation, sincerity maintains internal consistency and moral fortitude, and emotional intelligence helps maintain self-regulation and effective communication.

Reflective thinking and professional-volitional qualities as a factor in the reliability and stress resistance of an employee of the internal affairs bodies

Reflective thinking is a crucial mechanism for understanding and regulating an individual's professional behavior (A.V. Karpov, I.N. Semenov). In the context of the work of law enforcement officers, reflection allows them to analyze their own actions, evaluate the effectiveness of decision-making, identify errors, and prevent their recurrence. It promotes the development of internal control over emotional reactions and improves adaptation to stressful situations.

According to A.V. Karpov, reflection plays the role of a metacognitive regulator, allowing employees not only to comprehend the content of their professional activities but also to anticipate the consequences of their decisions. Thus, well-developed reflective thinking is associated with the precision and validity of actions in situations of uncertainty, which is especially important for operational services.

Professional and volitional qualities such as courage, determination, and responsibility play a significant role in maintaining mental resilience (V.V. Stolin, Yu.P. Zinchenko). Volitional qualities ensure the

ability to mobilize internal resources in extreme conditions, facilitate the maintenance of controlled behavior, and minimize the likelihood of panic or impulsive reactions. Decisiveness enables decision-making under conditions of information and time constraints, courage enables one to overcome fear and uncertainty, and responsibility builds resilience to the consequences of professional choices.

Research by E.P. Ilyin and V.A. Bodrov confirms that volitional qualities are closely linked to emotional stability and professional reliability. Insufficient volitional resources increase the risk of professional deformation, emotional burnout, and the development of reactive stress conditions.

Thus, reflective thinking and professional-volitional qualities form a functionally complementary complex, where reflection facilitates meaningful behavioral regulation, and volitional qualities ensure the ability to act decisively and resiliently under emotional and psychological stress. Their interaction enhances the individual's adaptive potential, supports professional effectiveness, and reduces the risk of professional burnout.

Professional motivation and psychocorrectional training as integrative mechanisms for developing mental stability

Professional motivation among law enforcement officers is a key component in developing psychological resilience and performance effectiveness. It includes a belief in the correctness of their professional choice, acceptance of service as a socially significant mission, a desire for initiative, and responsibility for work results. According to research by Yu.P. Zinchenko and V.V. Bodrov, a high level of professional motivation enhances an individual's internal psychological resources, increases adaptability, and reduces the risk of stress burnout.

Psychocorrectional trainings are specially organized programs aimed at developing and harmonizing the emotional-volitional, cognitive, and motivational components of the personality. Their key objectives are:

- formation of stable self-regulation mechanisms;
- development of emotional intelligence and reflective thinking;
- strengthening of volitional qualities (determination, courage, responsibility);
- increasing the level of internal control and sincerity;
- Integration of professional motivation with initiative and social responsibility.

The effectiveness of psychocorrectional programs is confirmed by numerous studies (K. Levin, J. Moreno, D. Goleman, A.G. Shmelev), which show that trainings based on a combination of cognitive-behavioral, emotional-regulatory and reflective methods contribute to the synergistic development of personal resources and increase mental resilience.

In the context of law enforcement officers' service, psychocorrectional training enables the integration of various components of mental resilience: internal control, sincerity, emotional intelligence, reflective thinking, willpower, and professional motivation. This approach harmonizes emotional and volitional processes, strengthens teamwork, and improves decision-making in extreme and stressful situations.

Thus, professional motivation, combined with psychocorrectional programs, serves as an integrative mechanism that unites and enhances the impact of all components of mental resilience. This synergistic effect creates the conditions for the development of a sustainable socio-psychological mechanism capable of ensuring high professional reliability and adaptability among law enforcement officers.

Empirical part and the author's model of psychocorrectional influence

Conceptual model of mental resilience

Based on the conducted theoretical and methodological analysis, **an integrative model of mental stability of employees of internal affairs agencies was developed**, including the following key

components:

1. **Internal locus of control** – provides a subjective sense of control over the professional situation and personal responsibility for the results of actions.
2. **Sincerity (candor)** – maintains internal consistency of the individual, moral stability and honesty in professional interactions.
3. **Willpower qualities** – courage, determination and responsibility, ensuring active action in stressful conditions.
4. **Reflective thinking** is the ability to analyze one's own actions, adjust behavior, and make informed decisions.
5. **Emotional intelligence** is the ability to manage emotions and interpret the emotional states of colleagues, which increases team effectiveness and reduces stress.
6. **Professional motivation** is confidence in the importance of the profession, social responsibility and initiative, which ensure a stable focus on results.

These components interact with each other within a synergistic mechanism: the development of one element strengthens the others, creating a closed loop of self-regulation and adaptation. Psychocorrectional training serves as an integrative tool that ensures the coordination and harmonization of all components.

Psychocorrectional training as a method of integrating components

The proposed psychocorrectional training program includes:

- **Cognitive-analytical blocks** – development of reflective thinking, assessment of one's own activities, decision-making based on situation analysis.
- **Emotional-regulatory blocks** – development of emotional intelligence, emotion management, training in skills for emotional support of colleagues.
- **Willpower training** – exercises to develop determination, courage, and responsibility in professional situations.
- **Motivational and value-based blocks** – strengthening professional motivation, understanding the social significance of work, developing initiative and leadership qualities.
- **Integration exercises** – simulations of real professional situations in which employees consistently apply all skills: reflection, emotional control, willpower, and motivation.

The training's effect is manifested in increased decision-making accuracy, stress resistance, improved interpersonal relationships, and employee initiative.

Expected results of the model implementation

- Improving mental stability through the synergy of internal control, emotional intelligence and willpower.
- Improving the quality of professional decisions through strengthening reflective thinking and self-regulation.
- Reduce stress and burnout by harmonizing emotions and motivation.
- Strengthening teamwork and increasing initiative in completing work tasks.

Conclusion and findings

The conducted theoretical-analytical and conceptual-empirical analysis showed that the mental stability of employees of internal affairs agencies is formed under the influence of the integration of several key components: internal control, sincerity, volitional qualities, reflective thinking, emotional intelligence

and professional motivation.

The interconnectedness of the components of mental resilience. An internal locus of control provides a sense of subjective control over the professional situation; sincerity maintains internal consistency and moral fortitude; willpower enables decisive and effective action; reflective thinking promotes adequate self-regulation; emotional intelligence optimizes teamwork, and professional motivation enhances initiative and social responsibility. The combination of these components forms a synergistic mechanism of mental resilience, ensuring the effectiveness and safety of professional activity.

The role of psychocorrectional training. The developed psychocorrectional program, which includes cognitive-analytical, emotional-regulatory, volitional, motivational-value, and integration modules, ensures the harmonisation of employees' psychological resources. The trainings help strengthen stress resilience, improve decision-making, and improve interpersonal relationships within the professional team.

Empirical significance. The proposed integrative model allows us to predict the dynamics of mental resilience development, identify bottlenecks in professional training, and develop individualized programs for developing the personal resources of law enforcement officers. The practical application of this model helps reduce the risk of professional burnout, improves work efficiency, and supports teamwork.

Practical significance. The introduction of psychocorrectional training into the professional training system for law enforcement officers will enable:

- to form sustainable personal resources;
- develop initiative and the ability to self-regulate;
- improve the accuracy of decision-making in extreme situations;
- Ensure the psychological safety of the team and the adaptability of employees.

Conclusion:

The integration of internal control, sincerity, willpower, reflective thinking, emotional intelligence, and professional motivation through psychocorrectional training forms a socio-psychological mechanism for the mental resilience of law enforcement officers. This model ensures a synergistic strengthening of the individual's adaptive and regulatory functions, increases professional effectiveness, and reduces the risk of stress and conflict.

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