

**1735 - PURPOSE-IN-LIFE ORIENTATIONS IN THE FORMATION OF STRESS RESISTANCE AS A RESOURCE OF MENTAL HEALTH IN PRISON STAFF**

Anastasia Larionova <sup>(1)</sup> - Emma Meshcheryakova <sup>(1)</sup> - Konstantin Yantsen <sup>(1)</sup> - Svetlana Litvina <sup>(1)</sup> - Inna Atamanova <sup>(1)</sup> - Natalia Kozlova <sup>(1)</sup> - Sergey Bogomaz <sup>(1)</sup> - Tatiana Levitskaya <sup>(1)</sup> - Olga Balina <sup>(1)</sup>

*National Research Tomsk State University, Tomsk, Russian Federation* <sup>(1)</sup>

**Purpose**

The study aimed at exploring the role of purpose-in-life orientations in the formation of stress resistance as a resource of mental health and developing a program of psychological support for prison staff. Preservation of their mental health is urgent from the public safety perspective and for increasing the efficiency of executing punishments and isolation of socially dangerous individuals.

**Design/Methodology**

To measure psychological characteristics in question, we apply a set of psychodiagnostic techniques to collect qualitative and quantitative empirical data. Descriptive statistics, correlation analysis and analysis of variance were applied to process the data collected and to evaluate the effectiveness of the program developed.

**Results**

The study results (the sample involved 219 prison employees) showed that purpose-in-life orientations determined personal and semantic levels of stress resistance as a resource of the participants' mental health. The factors influencing stress resistance are goal setting and achieving purposes, life satisfaction, life effectiveness and controllability. The program of psychological support for prison staff as an integration of training sessions and audio-visual impact showed its effectiveness.

**Limitations**

One of the study limitations can be its specific organizational context connected with prison employees only.

**Research/Practical Implications**

The idea of purpose-in-life orientations as a resource component of stress resistance can be also applied to extreme jobs. The psychological support program can be used in psychological departments of penitentiaries.

**Originality/Value**

The study conducted contributes to a better understanding of the effect of prison employees' life purposes on their stress resistance as well as their mental health in general.