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### **THE LIMIT OF HUMAN MENTAL STABILITY**

**Annotation.** The concept of the limit of human mental stability is given. Methods for increasing and for lowering the considered limit are described. Signs of a person approaching the limit of his mental stability are determined, and options for a person's behavior before and after reaching this limit are considered. Recommendations are given on the use of this limit in training, playing sports, at work and during service. A connection has been established between the limit of mental stability and violence.

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A person is a limited being - his physical parameters are measurable and limited to certain quantities, therefore, the mental parameters of a person should also be considered limited.

The human psyche, and hence his psychological state as a whole, has a certain limit, which should be called the limit of stability.

Within the limits of the stability of the psyche, a person, in general, adequately copes with responding to external and internal factors: he works, communicates with his own kind, overcomes diseases, and so on.

Beyond the limits of the stability of the psyche, a person becomes different, in particular:

1. May commit suicide.
2. May commit self-incrimination
3. Can give his assets and property to enemies.
4. Can respond to a harmless remark with active physical aggression.
5. May break a promise (the oath and so on).
6. Can actively destroy (ordinary objects, personal relationships, their prospects in life, and so on).
7. May suddenly disappear (leave home or family, move to another city or another country, and so on).
8. An individual who is beyond the limit of his mental stability may experience insomnia, depression, anxiety, weakness and fatigue; appetite, joy and life aspirations may disappear; also such a person may become addicted to alcohol or drugs.

Thus, a person whose psyche is beyond the sustainability limits behaves completely differently than the same person when his psyche is within the stability limits.

***An analogue of the stability limit of the psyche is the stability limit of a structure: when the maximum load is exceeded, the structure loses its stability and collapses.***

The limit of stability of the human psyche is achieved exclusively by violence, since in the ordinary state of the human psyche functions far to the limit of its mental stability. To exceed this limit, violence must be used to a person.

Methods of forcibly bringing the person beyond the limit of his mental stability (methods of external violence):

1. Mental.

Mental pressure, moral pressure, pressure of authority, verbal humiliation and so on.

2. Physical.

Torture, beatings, and so on.

3. Joint action of mental and physical methods.

Also, beyond the limit of mental stability, a man can be brought by an internal factor (internal violence) - by a serious incurable disease.

**Definition.** The limit of stability of the psyche of a given person is an individual qualitative value, set genetically and changing within a certain framework. The limit of stability of the psyche of a given person separates the normal adequate functioning of the individual from the abnormal, supercritical, inadequate functioning of the same individual.

Properties of the stability limit of the human psyche:

1. This value is individual.

What one can withstand may not be withstand another's.

2. It can be increased or decreased.

An increase in the stability limit of the human psyche can be achieved through the acquisition of experience and the strengthening of will. It is possible to reduce the limit of stability of the human psyche by negative emotions and physical impact.

3. It can be increased or decreased only within certain limits.

It is impossible to increase the stability limit of the psyche of a given person to infinity, nor can the stability limit to zero be reduced.

4. It exists.

Any person can be taken out of the beyond stability of his psyche if unlimited means are used as an impact. If we consider torture, then the overwhelming majority of people can be forced to do something to their own detriment by torture, although there are rare examples that the will of some people was not broken by torture. The concept of the limit of mental stability in relation to torture suggests that those people who showed themselves to be heroes and whose will was not broken by physical and mental violence, although strong, but still limited torture was applied, which means that ***when using unlimited the force of impact and the time of torture, the will to resist any person will inevitably be broken.***

The limit of mental stability should be considered:

1. When developing any educational programs and workouts to avoid critical overload of psyche.

All programs for education or workouts in physical development are external to a person, which means that they require the inclusion of the will of the individual to perform the assigned tasks, and the will of a person is not limitless - the limit for the will is precisely the limit of the stability of the psyche.

2. In legal proceedings.

2.1. The testimony of a witness can only be accepted if the witness was not beyond the limits of his mental stability.

2.2. The decisions of the judge should be valid only if the judge was not beyond his mental stability.

3. In places of deprivation of liberty.

The purpose of imprisonment is to change the psychology of the convict, making him safe in society, and not to achieve inappropriate behavior of the prisoner.

4. In the army.

We should strive to ensure that soldiers receive an acceptable level of mental stress - this is better for the army as a whole (fewer deserters, defectors, traitors, and so on), and for society, where former soldiers must return after service (less post-war crime, victims of PTSD, and so on).

5. In law enforcement agencies and power structures.

In these organizations, employees deal with weapons and power over the time and health of other people, so the level of mental stress on employees of such structures should not exceed critical - why push those who have weapons and power to the extreme?

Ways to prevent reaching the limit of human mental stability:

1. Decrease in intensity of loads.

The intensity of any physical and mental stress can be reduced by distributing them over longer periods of time.

Usually weekends, leaves, days off, breaks, changes and so on are applied.

2. The ability for an individual to determine the level of stress on himself: work on a free schedule, free creativity, the ability to go home during working hours in agreement with his superiors, and so on.

3. Rest: sleeping, walking, being alone, lying on the couch, reading, tourist trips, and so on.

4. Increasing the level of comfort and convenience: it is better to work and relax in comfort than in discomfort.

5. Application of methods of psychological assistance: visiting a psychologist, prayers, confessional conversations with relatives and friends, and so on.

6. The use of psychoactive substances: alcohol, drugs, and so on.

7. Time control (at different times of the day, the strength of a person is different). For example, it is usually in the morning that people are most vigorous,

therefore, if the organization requires maximum exertion of workers in the evening, then employees should be given the opportunity to rest during the day (lie down or sleep).

8. Reducing stress levels.

A person cannot exist for a long time in conditions of a constantly high level of stress - a high level of stress is acceptable only periodically and only for a short time, since a high level of stress has a destructive effect on the psyche, gradually bringing a person to the limit of his mental stability.

9. Reducing the level of fear.

Fear, in the broadest sense, is one of the main (along with pain) reasons for the human psyche to reach the limit of stability, so fear should not be overcome, frightening oneself even more and leading, in the end, to panic, but to reduce the level of fear, making the terrible fearless. A deep understanding of the essence of the source of fear allows you to see the weakness in fear, and therefore to gain hope.

10. Unusual ways.

These include: the transfer of the main human activity to the time of his greatest individual productivity, work taking into account individual characteristics and needs, and so on.

Methods for increasing the limit of mental stability:

1. Training, that is, a smooth transition from simple to complex with control of the mental state.

2. Gaining experience: new, difficult and dangerous should eventually become familiar, understandable and fearless.

Signs that a person is near their mental stability limit:

1. A persistent desire to leave (from work, from school, from an organization, from a family, and so on), but the person has not left yet (because he cannot, should not, and so on).

2. Persistent reluctance to communicate with a certain person, but the individual in question continues to communicate (usually this is forced).

3. Loss of appetite, desire for rest in the form of sleep and loneliness, constantly bad and / or depressed mood.

4. Active use of swear words by those who previously avoided them in their speech; the appearance of screams in the conversation of someone who used to speak calmly.

5. The disappearance of long-term plans and the construction of only short-term plans.

**Conclusions:**

1. The limit of human mental stability exists.

2. The psyche of any person can be brought beyond the limits of his mental stability with the help of unlimited violence.

3. The limit of a person's mental stability is an individual value that can be changed within certain, strictly limited boundaries.

4. When drawing up any schemes of external influence on people (education, training, work, service, and so on), one should take into account the presence of a limit of a person's mental stability.

5. Beyond the limit of mental stability, a person behaves inappropriately and outside the box, often resorting to violence against himself or others.

6. Signs were listed that a person is close to his mental stability limit (desire to leave, persistent unwillingness to communicate, constantly bad mood, and so on), as well as ways avoidance of reaching the limit of mental stability of personal (reducing load level or stress, sleep, increasing the level comfort and so on).

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