

Labour and rehabilitation psychology of state body head

Psicología laboral y de rehabilitación del jefe del organismo estatal

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ABSTRACT

The practical significance of the work is the formation of the motivation for effective management by the heads of state bodies. The article contains numerous specific recommendations of managerial labor in state bodies. A significant place in the article is occupied by the recommendations on the preparation of official, legal documents. Characterized by the specifics of the work of women leaders. Proven tested and fairly fast ways to recuperate a leader are offered. The author explores the logical psychological relationship between the head and the team of subordinate employees. Based on the identified patterns, the article proposes an algorithm of managerial style as such. Every manager may doubt his purpose from time to time. I believe that the only thing that cannot be done is to forget about it.

Keywords: Head of the state body; official business style; control; work leader; legal documents.

RESUMEN

La importancia práctica del trabajo es la formación de la motivación para una gestión efectiva por parte de los jefes de los organismos estatales. El artículo contiene numerosas recomendaciones específicas de trabajo gerencial en organismos estatales. Un lugar importante en el artículo está ocupado por las recomendaciones sobre la preparación de documentos legales oficiales. Caracterizado por los detalles del trabajo de las mujeres líderes. Se ofrecen formas probadas y bastante rápidas para recuperar a un líder. El autor explora la relación psicológica lógica entre el jefe y el equipo de empleados subordinados. Basado en los patrones identificados, el artículo propone un algoritmo de estilo gerencial como tal. Cada gerente puede dudar de su propósito de vez en cuando. Creo que lo único que no se puede hacer es olvidarlo.

Palabras clave: Jefe del organismo estatal; estilo comercial oficial; controlar; líder de trabajo; documentos legales.

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INTRODUCTION

Psychology in the activities of a public body begins with the corner of the administrative building in which it is located. With its appearance, color scheme, spacious offices and meeting rooms, the administrative building should inspire a sense of respect for the state power, faith in the justice of the state, hope for help in a difficult situation. It is necessary to refuse from the typical projects of the administrative buildings which are not expressing natural-climatic conditions of subjects of the Russian Federation. In the northern and Siberian regions, warm wood furniture and warm colours of walls and ceilings are preferable for the environment of the offices.

The internal layout and design of halls and offices in government agencies requires consideration of people's psychology. Yellow tones awaken joy in people, blue ones bring sadness, purple ones - depresses, light green ones - soothes, calms, and generates thoughts of eternity and goodness. For offices, where a person is engaged in creative intellectual activity, it is advisable to choose green tones of painting. For offices, human resources, economic management, where employees are engaged mainly in monotonous and monotonous work, it is quite justified to use bright, invigorating colors for painting the walls: red, orange, bright blue.

With the introduction of new mechanisms and technical means into the activities of state bodies, it is time to develop an algorithm for automatic reception or refusal to receive citizens' requests. Applicants' applications could be made in the form of electronic document flow. It is possible to develop unified projects of appeals to the state body with a certain necessary catalogue of applications. And depending on how accurately the applicant will fulfill the requirements for the form of application, the robot will process the received electronic material and give a positive or negative answer to the applicant. This innovation will significantly relieve the work of offices and managers themselves and free up their psychological energy for more complex work (Electronic State, 2018).

By the end of the twentieth century, automatic devices had penetrated into the sphere of state activity and greatly facilitated the everyday work of the manager. It became easier to compile and edit texts. It is easier to get acquainted with the necessary normative act. A manager deals with dozens of electronic and automatic mechanisms within one working day. But before addressing them, he must mentally perceive the situation on the case and understand the information received.

It is very important that under the extraordinary load experienced by the heads of state bodies, their human work does not resemble the work of an automatic device. There will always be those who want to reduce the manager to the function, to the screw of the mechanism, where everything is put on the flow as a conveyor belt.

It is absolutely intolerable, when the leader from economy of personal time overturns reception of visitors to the zamamam and assistants. It seems that the discovery of such practices should entail measures of responsibility for the heads of state bodies.

Managers' confidence in "electronic assistants" should not be unlimited. The manager should check the quality of electronic information. When the information is obtained with the help of automatic devices, it is important to remember that the machine is operated by a person who is inherent in solving his personal goals with the help of machines, while the machine is only a performer of his will, a tool of his labor. Thus, the information obtained through the installation called "lie detector" is often programmed with a false psychological attitude, when incorrectly asked questions and appropriate adjustment of the detector cause an unfavorable result for the person under test.

DEVELOPMENT

Aim, objectives. Modern science must develop the conditions under which the will of a professional leader is organically combined with the methods and ways of exercising the powers entrusted to him.

Methods, materials. The efficiency of the work of the head of the state body depends on his ability to detect the main thing in any problem. In practice, there are no bad and good styles of leadership, and there is the ability or inability to make decisions.

In the work on the preparation of official documents a great role is played by the verbal design. The choice of words and phrases in documents is designed to provide a clear and unambiguous perception of the decision of the state body, fully comply with the purpose of these documents. From a psychological point of view, language is not a passive fixer of people's will, but plays an active stimulating and regulating role in management activities (Rogers, 1959). With the help of the language of persuasion of the manager are expressed outwardly, are formed, become accessible to all interested persons to whom certain requirements are addressed.

For official documents, a special style of presentation, called the official business style, has been developed. It is official because it creates certain grammatical forms for the adequate expression of the will of state bodies, and at the same time business, as it serves as one of the means of settlement of legally significant situations. "The independent existence of such a style, - noted A.S. Pigolkin, - is conditioned by the presence of a special sphere of human activity in the stately organized society - the official-business one, which is distinguished by specific, inherent only in it relations of people" (Scientific background, 1980).

The official business style of the text of the document is characterized by such features as logic, conciseness, maximum accuracy, clarity and unambiguity of the content, standardization of terminology.

The logic of an official document assumes that its text is presented on the basis of correct reasoning, reflects the objective reality and eliminates any contradictions. The content of the document should not contain emotionality, slippage of subjective assessment, figurative phraseology and literary hyperboles. The psychological role of an official document is to influence people's reasoning and logical thinking, not their feelings and imagination.

The brevity of an official document is ensured by a concise, concise presentation of decisions. This is achieved by replacing complex sentences with simple ones, as well as by eliminating the involved and de-private turns and using common abbreviations. In a legal act, the idea is expressed in the most limited number of phrases and terms. Unnecessary words, unjustified repetitions, verbiage due to explanation, detailed description of the subject are not peculiar to the official business style. The more concise the text of the official document is, the better it is perceived by the objects of control.

However, the brevity of the document should not be achieved at the expense of the completeness of the problem to the detriment of the content. It should be disclosed in the necessary detail so that there is no doubt or ambiguity. Therefore, before drafting a document, the problem should be carefully studied and considered, and words and expressions should be selected that most fully and accurately convey the essence of the case and the decision of the public body.

The brevity of the official document is closely linked to the accuracy of the content. Accuracy in this case means reflection in full accordance with the reality of the objects and phenomena of the objective world. In this regard, each fact, each thought in the draft document should be carefully checked. The inaccuracy of the document renders it invalid and leads to additional arguments for appeal and the need to create new documents.

Clarity is likely to be a feature of official documents that synthesizes the logic, orderliness, clarity and clarity of all phrases used in their content. The requirement of utmost clarity is that all language versions of the document be written in a language that is understandable to every literate person and avoid ambiguity, vague and ambiguous expressions. This determines the special, extreme care and seriousness with which the language form of the official document is taken.

Official documents should seek to express thought in a uniform manner, using established stamps and stereotypical stencils, up to and including ready-to-use language cliché formulas. Standardised turns require minimal strain in the perception of the text and speed up the process of drafting the document. According to engineering psychology, standardized phrases are perceived 8-10 times faster than ordinary literary phrases (Kazannik, 2016).

Officially, the business style implies the widespread use of terms, i.e. words that have only one clearly defined meaning. In this regard, it is completely unacceptable to use archaic words and expressions, old clericalisms, vernacular and slang words, local dialectics, as well as neologisms and abbreviations that have not stood the test of time. The use of professional words in the preparation of a document that are understandable only to a narrow circle of professionals should not be encouraged. However, if professional terms cannot be dispensed with in an act, they should be disclosed in brackets.

Legal, diplomatic and accounting terms can be widely used in published documents, but only in strict accordance with the subject matter and content of each particular judicial document.

The use of foreign words and expressions should be criticized. In official documents, it is recommended to use only those foreign words and terms that have either gained international recognition or do not have an equivalent in modern Russian. The document should not contain any simplified expressions allowed in oral speech.

How important is the ability of a leader to ask questions! Most people do not know how to do this. They replace questions with their own statements. Often in unsuccessful questions the stating part is used, in which the personal attitude of the questioner about this or that subject is already expressed.

Results, discussions. Experience in training managers shows that organizational skills should be flexible and based on conscious mastery of the management process, rather than on simple mechanical steps.

The psychological compatibility of a manager with his assistant and secretary is important. The assistant needs to penetrate in particular the style of his or her supervisor and prepare the drafts of the assigned documents with this style in mind. The problem of psychological compatibility of the head with his technical assistants is not limited to working time. On mutual sympathy depends on the work of the microcollective (head-assistant-secretary). Psychological reasons for the failure of the head and her technical assistants should cause a timely mutual interest to protect themselves from unbearable communication in time.

In the conditions of constant updating of the legislation a lot of scientific comments to it are growing. Therefore, for the free use of regulatory information the head of the state body needs to constantly read the latest special legal literature. It is necessary to keep abreast of the latest scientific comments on laws and reviews of judicial practice. The work schedule should be structured in such a way that at least one hour a day is allocated for reading these sources.

Everybody is accustomed to admit that the work of a manager is not standardized, but the manager himself needs to be able to regulate his time to maintain elementary efficiency. The ability to allocate time and attention to the

important professional skills of a manager. When a manager needs to get acquainted with 20, 30 or 90 documents in the shortest possible time and accept several dozens of visitors without the skill of self-organization.

The manager's brain continues to work by inertia and beyond the office doorstep. On the way home, at dinner, before going to bed, the head's brain continues to process information about the cases under consideration, looking for new solutions to ambiguous situations, notes the defects of evidence, tries to build a plan for the next day. With a deep interest of the manager in the best solutions, a great sense of responsibility work against his will actually continues for 14-18 hours a day. Completely to get out of work, to throw the obsession out of the head does not allow the predominant at the moment the site of excitation in the cerebral cortex.

From time to time, every manager may doubt his or her purpose. The only thing you can't do is to forget about it. Therefore, the skill of independent thinking without the influence of the opinions of colleagues and supervisors is so important. Every managerial decision should be the result of an intense intellectual and conscious act experienced by a manager.

Among the important requirements to the implementation of the leader's work can be referred to as a fresh, rather than tired feeling of well-being, comfortable environment, confidence in the integrity of their judgments, their own professional solvency. But the most important thing is a person's moral choice. The measure of responsible behavior is determined by the strength of moral feelings experienced. Therefore, their assessment in relation to a particular leader is a diagnosis of professional suitability.

Impartiality of a manager should not be confused with indifference. If one of the leaders has all the participants of the process for one person and the whole working day seems to them sluggish, dull and uninteresting, there is an example of disqualification before us. The manager is obliged to deal with every significant detail of the case in detail and only then to proceed to an uninterested objective cumulative assessment. A significant number of people cannot claim not to be impartial, because they have too low a level of spiritual and moral development. They can only represent impartiality. And true impartiality requires an approach that allows for the same treatment of relatives and unrelated persons, honest people and villains.

The public-legal status of the head of a state body gives grounds to impose higher requirements on its reputation. This means that the head of a state body should behave as if someone was watching him or her and was ready to evaluate his or her appearance, words and deeds. Such psychological tension does not stop even at home, as it excludes noisy meals, loud comments about children's addresses or clarification of relations with their spouses (Ethics, 2018).

The work of a woman manager is different from that of a man in that position. In this position, a woman is required to be more enduring and efficient, logical and balanced. It is not a question of imitating men, but of developing the abilities that are unique to her nature. Women are by their nature more curious than men, they are more accurate than men, more attentive to details, more sympathetic to the victims - these psychological features are valuable in management. The natural curiosity for someone else's life and attention to detail serve the female leader well.

In carrying out their functions, every manager from time to time experiences feelings that are professionally contraindicated to him/her. And none of the participants of the management process would like to face similar feelings of leadership in relation to themselves. It is about irritation.

Irritation on the part of the leader occurs very often. Such a reaction lowers the level of justice and reveals the weakness of the person in high office, who in the name of the state makes jurisdictional decisions.

At first irritation can cause only some absolutely certain situations (a lot of words of the visitor, someone's stupidity, violation of the order of office-work), but if the head is not struggling with his irritability, over time, the range of possible causes of anger expands. The more often the head feels irritated, the more compulsive is the need to pour it out. The habit of "letting off steam" has the most negative impact on the authority of the state body as a whole.

The leader needs to fix the moment of emotional tension, after which he usually has a psychological breakdown. Having determined it, try to hold on for three to five seconds on the verge of an outbreak, be patient, hold your breath and say to yourself: "Don't! You can't! I'm furious, I'm not myself, I'm not in my right mind! If this method helps, the ability to soften irritation with time will reduce the threat of new outbreaks of anger to zero. Subsequently, remember the situation, which, it would seem, inevitably should have taken you out of balance, but you have managed to cope and you managed to stay on the edge, and without slipping.

The irritation of the boss is a sign of his weakness and unprofessionalism. In addition, subordinates find themselves in the position of dependent persons in relation to the boss and humiliate them on behalf of the state is not suitable. Increasing the degree of aggression is an alarming professional call! Is it possible to control people by a person who is himself painfully unfair and inadequate?

If you don't work with yourself internally, at first the leader will be limited by a gloomy sniff, and then in the same situations it will be easy to start screaming. Anything can become a provoking situation - someone's hair, unpredictable answer, physical fatigue. The impossibility to control one's own behavior is a proof of the unsuitability of a manager. Being in this state, you will not be able to make a reasonable decision. Everything that you are going to say when you are overwhelmed with irritation, will inevitably harm your reputation. Any words

that come out of your tongue in anger are not true, but a black vortex in which the truth is wrapped. Anger is not a demonstration of strength, but a recognition of weakness. Outbursts of anger are ill-considered actions that make it impossible to assess the situation soberly.

While the leader, though with difficulty, but still keeps himself in a calm state, he is able to more or less successfully influence the situation. If he allows himself to “break away”, if he allows his own angry reaction to come into play, the question of responsible behavior on his part will no longer be able to go. His behaviour will be immediately replaced by unconscious and distorted reactions. In this state he is not a leader.

Hate is a particularly bad thing among all kinds of predilections. In the minds of the leader in this case there is a trap and he can already recognize the far-fetched facts proved.

Managers do not always have to hear speeches with a high general and legal culture, systematic knowledge of the subject, sufficient personal experience, and rich linguistic forms. Emotional outbursts of interlocutors are not always accompanied by convincing arguments. This should not be a cause for irritation. An experienced supervisor can learn from any information that may be useful for understanding the case at hand. Quiet reflections of a conscientious person are exactly what is needed for a balanced approach to management.

Usually, anger subsides no later than thirty or forty minutes later. Managers cannot afford such a luxury, spend so much time on paralysis in work. Anger always dissipates our emotional strength, not concentrates it. Any ways to help leaders keep themselves in an adequate, balanced position are good. If you solve the problem of your own irritability systematically and scientifically, you need to follow the following advice. Carefully watching yourself, record their outbursts of anger in the diary, always paying attention to the causes and consequences. This will give the skill of detecting the same irritant, which causes violent reactions. In addition, as you remember the consequences of your anger, you will be ashamed to repeat the same thing.

In a moment of irritability, you should prefer silence, do nothing about it. In order not to break firewood, it will be productive to put your annoyance on a boxing pear after work or to go to the nearest park for a jog. And think about whether rabies attacks become too regular? It is useful to analyze the reasons for their anger, which often lie in the managers' lack of sleep, health problems, misunderstanding in the family, disobedience of children, the constant rush, the desire to control everything in their lives.

You can watch the destructive emotions and feelings, they will calm down themselves, and calm down, lose their power. Even an experienced person cannot stop strong negative feelings at the highest boiling point. It is important to remember that it is the inner peace, not tension, that determines the effectiveness of any activity.

There are some intrusive psychological states, which prevent the leader, if they are carried away and let in for a long time:

- 1) worrying that the problem is so complex that it is simply not possible;
- 2) worrying about what your enemies, colleagues and leaders think about it;
- 3) Dissatisfaction with oneself.

The following can be suggested as “cures” for such obsessions When the first “symptoms” appear, it is forbidden to even think about it. After all, it makes no sense. You have to work and think about the case. All thoughts that lead to despair should be driven away from yourself. Prolonged immersion in thoughts of your own insolvency leads to stupor.

Nothing torments a person except his own thoughts. Wise people understand better than others that to take real life too seriously should not, otherwise it will not hold the heart.

The psychological protection of a leader contributes to the effectiveness of the relevant public authority (Haslam, 2004). In each situation, it is important for the manager to establish a business climate in which the seriousness and importance of what is happening is perceived equally by all participants.

Psychological difficulties are experienced by the manager in situations where subordinates or visitors demonstrate aggressiveness, greed, irresponsibility, selflessness, unscrupulousness, rudeness, indiscipline, anger, cruelty, stupidity, insincerity, conflictedness, lack of culture, lying, impudence, optionality, meanness, empty talk, lewdness, profanity, familiarity, selfishness, etc. It can be said that the leaders are almost daily forced to observe those sides of human nature that are usually hidden and restrained. Against the background of the worst manifestations of meeting people, the leader must maintain humanity in himself, to manage others.

An important psychological role is played by the creation of comfortable working conditions. For this purpose, the manager's workplace should be optimally organized, so that a person would like to work behind him and everything necessary (from office equipment to stationery) was at hand.

To record incoming information, the manager uses personal “wireless and shock-resistant” diaries, among which those who have already been ransacked by date and time are preferred. It is convenient to enter in the diary planned actions for themselves and instructions for assistant judges and secretaries, to fix the established terms, to

determine the forms of control.

There should be enough air in the working area of the head. Nothing depresses a person so much as lack of oxygen. Air conditioning is now used to improve the quality of the air environment in office buildings and premises. With the help of air-conditioners they create and maintain a favorable microclimate in closed rooms, regulate air environment parameters by temperature, humidity, purity, composition, speed of movement and air pressure. Unfortunately, air conditioners of outdated constructions supply air with violated ionic and ozone composition, which negatively affects people's health. Such conditioners accumulate air pollutants and colonies of harmful microorganisms capable of causing legionellosis, allergic nasal deposits, gastrointestinal disorders. Computers of the head and his assistants should be equipped with special screens, absorbing radiation.

The main ways to reduce the harmful effects of noise, vibration and electromagnetic fields on the health of the manager are architectural, planning and engineering methods (Stepanov et al., 2018). These include landscaping and landscaping of the area adjacent to the administrative building, extensive use of sound-absorbing and soundproofing materials, equipping the equipment with various shock absorbers, and fencing of buildings with screens to protect them from external electromagnetic fields.

Aesthetic conditions, which have a beneficial effect on the psychology of the manager, include the entire subject environment of the building, landscaping of the adjacent area, means of office equipment. These conditions are formed, first of all, by artistic design (design), which expressive means of transformation of the object environment of the state body according to the laws of beauty and functionality.

Psychological conditions of work of the head form an appropriate emotional background for the individual work of each individual employee of the institution. Creation of the most favorable, business, friendly relations in the team of each institution facilitates the work of managers, makes it creative, joyful, not tiresome, healthy and highly productive. In such conditions, the willful effort of the manager, emotional excitement, increased interest in the work can compensate for fatigue, objectively confirmed by a number of physiological indicators. In this case, a person's performance does not decrease.

One of the most common means of motivating work is salary, bonuses, bonuses, vacation duration, pension - all this is provided for the heads of state bodies with some reserve. Therefore, managers feel psychological comfort about the care of the state. They are concerned not to lose all this and therefore work with full commitment.

There was a lot of sorrow in wisdom. A manager who operates with such a huge amount of information and takes responsibility for decisions made on behalf of the state, needs a good psychological relief.

A leader complaining of a bad dream is not uncommon. This is followed by fatigue and irritability. Any negative emotions cause a weakening of the immune system with all the ensuing consequences, including sleep disorders. Of course, a moral person is more harmonious, he has fewer interpersonal conflicts, which increases overall satisfaction with life and creates a feeling of happiness. Low life satisfaction, a cemetery of injustice behind his back, and a sense of unprofessionalism affect his satisfaction with life and are at the heart of mental disorders such as insomnia, depression, and suicide.

Psychologists have established that the most useful sleep is from 21 p.m. to 1-2 a.m., when many people have time to watch TV. Sleeping after sunrise is not useful at all. Use the bed only for sleeping, that is, do not read while lying down, do not watch TV. In case of sleep disorders, coffee drinking is forbidden. Over-eating in the evening is excluded. Beneficial effect has an evening walk in the fresh air just before bedtime plus ventilation of the bedroom. Hot baths are also recommended for raising body temperature. A glass of warm milk relieves excess stress well.

The more worried the mind is, the more illnesses it is. That's why it's so important to work on inner peace and calmness of mind.

It is noticed that a person is calmed down and strengthened by religion, sleep, music and laughter.

Feeling that fatigue makes it difficult to perceive the problems that arise, the leader can arrange a short break, for which to restore efficiency. I knew a man who interrupted his work every hour to smoke. This kind of psychological relief is actually a psychological dependence from which to suffer.

It would be better if, in moments of fatigue, the leader secluded in his office and switched his attention to other thoughts and feelings. Such a switch implies very individual directions: one is suitable for listening to your favorite melodies, the other - a conversation with a loved one on the phone, the third - a measured walk from corner to corner.

If the leader feels irritated, he needs to be quickly extinguished and not to be muscled further. Irritation leads to exhaustion of the person and confuses thoughts. In this state, nothing good can be done.

CONCLUSIONS

The role of the family for recovery is exceptional. Unfortunately, the workload of business leaders hinders the full leisure time of the family. Children who do not receive sufficient communication with their parents because of

their daily work in reading and writing are particularly affected. It means that the supervisor needs to organize his presence at home in such a way that his classes at home are not only of a service nature. The psychological law of recuperation requires that time be devoted to communicating with family members. As John Chrysostom put it, “we do not apologize if our children are corrupt.

Congestion of people in offices and various noises connected with it force the head to choose time to be alone. But loneliness can only be a temporary measure of psychological rehabilitation. Leaders are psychologically opposed to loneliness as such. Managers should be aware that loneliness poses a serious threat to his mental state. If people of such profession will not have a normal outlet in a full-fledged family with children, it will be difficult for them to keep the humanity while exercising control.

When a leader has free time, everyone strives to occupy him/her with the greatest efficiency in order to recover. Someone prefers to hunt, someone to fish, among the leaders a lot of collectors. You can see that the leaders have strong hobbies. Psychologically it is understandable: the more accumulated nervous tension, the stronger the desire of a person to throw it out. I know the head of the institution, who lives thirst for extreme travel and therefore divides his long vacation into “pieces” to escape to new places. Another manager I know avoids any transport and likes to walk, which apparently allows him to strengthen the heart muscle, maintain physical fitness in general and at the same time to think about the “feet” of the decision.

Among the types of travel, leaders prefer those where recreation is most organized, close to the benefits of civilization and comfort (Mastenbroek, 1993). Psychological exhaustion takes its toll and managers do not want to spend their efforts on everyday life during the rest period. Among the leaders there are almost no tourists who enjoy hiking in the wilderness, mountain climbing and campfires in front of wet tents.

The tension accumulated at the head, is not relieved by alcohol and record doses of coffee, so do not even waste time on these “antidepressants”. Dependence on alcohol and coffee is not worth the brief euphoria that comes with their use. The discharge of negative energy in this case should be more extensive and radical.

Sports and physical exercises inspire optimism and balance in a person. After a 3-5 km run, it is unlikely that there will be a desire to get angry or get depressed. A sedentary lifestyle requires regular hiking, jogging and swimming.

People with sedentary lifestyles are weaker and prone to pessimism, sadness and melancholy, and therefore have a negative approach to life. Athletes, on the contrary, are usually optimistic and balanced, with good physical and mental health.

It is noteworthy that Eskimos living in hunting and fishing travel long distances on foot every day, they have to constantly put in physical effort. As a result, their blood cholesterol levels are lowest, despite the fact that their food is almost entirely animal fat (Amosov, 2018). They almost never commit a crime. Apparently, intensive physical activity cleans people of passions and low impulses.

Joy and optimism usually accompany those who keep their bodies in good physical shape. Most likely, with physical effort, anger and tension are then gone. A leader, as a person leading a sedentary lifestyle, tends to be indulgent to himself. This way of life weakens.

Women leaders enjoy gardening in the suburbs, knitting, cooking, and grandchildren, without having enough time in the past to work with children.

Managers gladly read historical, psychological and fiction books, even detective ones, apparently because every day they have to read a lot of tangled cases and special literature. Cinema production, which creates images of major public and political figures, is also of interest to them (Tsybulevskaya, Milusheva, 2007). The leader is professionally trying to solve the mystery of the personality of a prominent politician, put in the movies, as if using a simulator. Schemes, scripts, and management situation stories presented in films, if they are made with talent, help managers.

When a manager thinks that his work is unbearable, he should remember that there are people of heavier professions, who feel and find themselves even more difficult at the very moment.

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