

Psychological Preparation of Military Personnel for Action in Extreme Situations

O. A. Karimjonov

PhD Doctor of Philosophy in pedagogy, Department Lecturer educational – psychological activities

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ABSTRACT

The article deals with the psychological training of military personnel confirm the analysis of modern wars and military conflicts, indicating a trend towards increasing requirements for the psychological training of military personnel.

With an equal balance of forces and means, the same technical equipment of the troops, only an army whose personnel is morally and psychologically superior to the enemy, capable of maintaining psychological stability and the will to win in any situation can count on success [1, p. 41].

It's no secret that the professional activities of military personnel include various psychogenic factors: fatigue, mental tension, anxiety, unexpectedness of upcoming actions. The success of the task will depend primarily on how successfully the military will cope with the impact of these negative factors.

What is hidden under the concept of psychological training of military personnel? According to Karajani, psychological training is a system of purposeful influences aimed at forming and consolidating psychological readiness and stability in soldiers, mainly on the basis of self-improvement of personal and development of professionally important qualities, acquiring experience of successful actions in simulated extreme conditions of a combat situation [1, p. 32].

The main tasks of the psychological preparation of military personnel for action in extreme situations are: the formation of scientifically based knowledge of military operations, ideas about a future war, behavior skills in a combat situation, readiness for a feat, and selfless deeds in the name of victory over the enemy: , analyzing the military operations of the armed forces of Great Britain in the Falkland Islands, Soviet troops in Afghanistan, the United States in Vietnam, Afghanistan and the Persian Gulf, we were firmly convinced of the need for purposeful tempering of the psyche of soldiers and officers in an environment as close as possible to combat, therefore, the psychological training of personnel in In the process of everyday combat

training, it is carried out by working out certain elements of the psychological hardening of soldiers at each lesson.

Military psychologist A. Maklakov notes that the effectiveness of the psychological work carried out in the troops will largely depend on how punctually the principles of psychological modeling of confrontation with the enemy are observed; professional and tactical conditionality, the content of psychological training, the tasks to be solved in various types of the Armed Forces and branches of the armed forces, ensuring the safety of actions during exercises and training. In addition, it is very important to observe the psychological conformity of training and combat tasks, to create combat training situations that simulate the adequacy of mental states in combat. [2].

In the process of everyday combat training, the psychological training of personnel is carried out by working out certain elements of the psychological hardening of soldiers at each lesson. Best practice shows that the psychological model of modern combat is created through the use of various means:

1. Means of imitation: training explosives, nuclear explosion simulators, training formulations of explosives, imitation grenades and land mines, explosive packs, smoke bombs, fire mixture signal rockets, blank cartridges.
2. Broadcast recordings of the sound effects of the battle: shots of tanks, guns, explosions of shells, mines, sounds of low-flying aircraft.
3. Creation of fires, models of damaged equipment, all kinds of engineering barriers and obstacles: imitation minefields, wire and hardly noticeable fences, ditches, traps, blockages, barricades, destroyed sections of roads and bridges.
4. Organization of real opposition to the enemy: a trained group of personnel, a two-sided game with the forces of two platoons, etc.

By implementing various compositions of the above means, depending on the tasks being solved, the type of weaponry and the type of troops, the psychologist, together with the officers of the combat training bodies, commanders and headquarters, can consciously introduce various psychological factors into the process of combat training activity that can cause both the positive activity of a soldier, as well as negative mental phenomena.

Extreme situations are accompanied by the impact on servicemen of a number of factors: thus, the creation of a threat to life is accompanied by the action of a danger factor, the real fire impact is a factor of surprise, the lack of information is a factor of uncertainty, the implementation of unplanned actions is a novelty of the situation. A skillful thoughtful introduction of these factors into the educational process makes it possible to realistically model individual elements of modern combat, and, consequently, to solve the problems of psychological preparation. [3]

When cultivating psychological stability in the face of factors caused by an extreme situation, the main efforts should be directed to ensuring that any surprises become habitual for a serviceman. So that surprise becomes the rule, surprise becomes a pattern, and a sudden change in the situation becomes a common thing [4].

In the course of repeated repetition of exercises in increasingly difficult conditions, the control of a soldier over his mental states and actions improves.

Systematic exercise leads to the automation of certain modes of action, i.e. to skill building. Skill refers to the techniques and methods of performing actions. It provides a soldier with the opportunity to demonstrate the acquired knowledge in a highly efficient and high-quality manner and to put his skills into practice. Skill, according to behaviorists, is a system of reactions acquired on the basis of a few innate simple reactions. The main way of developing skills in a person in a certain field of activity is, according to them, upbringing, education [2, p. 25].

The formation of behavioral skills in combat conditions is achieved by systematic exercises in the application of knowledge and skills, which lead to the automation of certain methods of action. Skill refers to the techniques and methods of performing actions. It provides an opportunity to demonstrate the acquired knowledge in a highly efficient and high-quality manner and to put the skills into practice.

According to the candidate of psychological sciences V. Khoziev, an experienced specialist in the field of psychological support for the combat training of soldiers for professional activities, the skill lies in the fact that the consciousness of a soldier is freed from the need to control the technical components of activity under the influence of various stress factors on the psyche of a soldier, allowing him to focus on tasks, goals and conditions of the task [5, p. 15].

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The psychological mechanism of stable suppression of uncertainty and fear is gradually formed. With the improvement of emotional and volitional control, the personnel increases confidence in their ability to overcome difficulties and achieve the goal [6, p. 115].

Confidence in oneself, one's weapons, commanders and comrades helps to more accurately assess the combat situation, more effectively use one's knowledge, skills and abilities in practice. If a serviceman has such skills, this indicates psychological readiness to perform a combat mission in any situation [7, p. 15].

The development of certain skills among military personnel is an important tool for countering an extreme situation. The skill allows you to partially automate the execution and regulation of appropriate movements and actions, frees, as mentioned above, the human mind from control over the "rough work", allowing you to focus on the main thing. So, when firing from a gun, the gunner's consciousness is concentrated on the target, and the actions to aim the gun at the target are carried out automatically. This ensures the stability of actions in an unfavorable environment, their efficiency and rationality, because only one knowledge of how to act in an emergency situation and confidence that the actions are correct help to reduce the stressful impact of an extreme situation on a person [10].

One cannot but agree with the German military psychologist Schoenau, who argued that a person is a living organism that reacts to stimuli. Irritations that affect the behavior, character and personality of a person come from the landscape, climate and environment. A person adapts to the environment, guided by the instinct of self-preservation, and the task of psychological preparation is to adapt the soldier as best as possible to all kinds of stimuli that affect the psyche of a soldier during a combat mission.

The most effective means of psychological preparation for the performance of a combat mission, I would single out the adaptation of a soldier "the formation of psychological stability" to the traumatic effects of combat stress and the development of behavior skills in extreme situations, and this can only be achieved by training, which should be carried out in conditions as close as possible to combat and be based on the specific mechanisms of the functioning of the human psyche.

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