

Psychological Features of Stress Situation Prevention in Coursants

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Abstract. *The article provides information on the psychological mechanisms for the prevention of stressful situations in cadets. At the same time, the main features, causes, and factors of stress resistance prevention are indicated. In particular, the essence of psychological measures to prevent stressful situations in military activities is highlighted.*

Key words: *stress, stress resistance, serviceman, crisis, prevention, emotional stress, tension, pessimist, realist, optimist, influence on stress, courage, bravery.*

Introduction

The prevention of stress and mental crises is understood as a system of preventive measures aimed at forming a person's readiness to experience stress and mental crises while maintaining their mental health and the ability to adequately respond to them.

It is necessary to prepare for stress and mental crises in advance, since no one has yet managed to escape from them. And every person has the power to manage them. The ability to withstand the destructive force of stress and psychological crises is especially necessary for military personnel, since the peculiarity of military service is that both in peacetime and in combat situations, a high level of danger, danger, and obligations is required. The ability to resiliently resist the influence of stress, the ability to analyze crises with psychological competence, and the ability to overcome them depend on the general psychological state of the serviceman and his military-professional activity.

When solving the problem of stress, it is necessary to pay attention to 3 aspects.

1. Elimination of emotional stress factors.

2. Cultivating emotions. By managing our emotions, we can prevent many stressful situations. It is important to manage and train emotions in such a way that the emergence of negative emotions serves as a signal for positive emotions. By constantly practicing this response method, a person learns to manage negative emotions and promotes positive ones.

3. To achieve a constant alternation of tension and relaxation, it is necessary to organize breaks at work and spend free time meaningfully. Individual characteristics in the structure of a person also play an important role in the manifestation of stress. The factor that causes stress in one person can only act as a driving force for stress in another person.

Stress is not just nervous strain (although nervous strain is stress). This fact deserves special emphasis. Many specialists, and even some scientists, consider biological stress to be the same thing as strong emotional arousal. Emotional stimuli affecting a person's higher nervous system are the most common stressors in practice, and of course, such stressors are usually observed more often in patients who turn to psychiatrists.

Stress doesn't always lead to injury. We mentioned above that whether stress is pleasant or unpleasant doesn't matter much. Its stress-inducing effect (benefit) depends on the intensity of the body's need for adaptation. Any normal activity - playing chess and even hugging someone tightly - can cause a certain level of stress that causes no harm.

You shouldn't avoid stress - it's impossible. Usually, when a person says "is experiencing stress," it means extremely strong stress or distress, which means "he has a temperature" or "he has

a high temperature." Even a person who is fast asleep experiences a number of stress symptoms: the heart continues to pump blood, the gastrointestinal system digests dinner, the respiratory organs ensure the movement of the chest, and the brain does not rest completely. Therefore, it would be more correct to conclude that "the only way to be completely free from stress is death" (G. Selye) [3].

The following basic approaches underlie the prevention of stress and mental crises: a rational attitude towards life, the active organization of one's daily activities, the ability to foresee stressogenic factors in professional activity and personal life, as well as pre-preparation for stress. Let's examine them in detail.

1. Rational attitude towards life. There is a way out of every situation and a choice. Difficult situations test a person's endurance. For this, the individual must answer the following questions: "If I cannot endure it, who else will be harmed besides me and my family? Who will win if I can endure it?" No problematic situation is absolute and does not require an algorithm of identical actions. Even in the most brutal conditions, there are opportunities for choice.

The principles of a rational attitude towards life include:

Always set and achieve life goals at the level of one's abilities. Here we are talking not about giving up one's aspirations, but about the need to think about choosing goals and aspirations only slightly higher than real possibilities.

This principle requires certain principles of life guidelines. A serviceman with a large set of flexible attitudes and sufficiently promising goals, capable of replacing them in case of failure, has easier stress management than others.

For this, it is necessary not only to learn to set goals based on the level of real possibilities, but also to learn to rationally plan one's actions to achieve them. Any goal must be clear, and the approximate result must be defined. If achieving a goal requires a long time and complex actions, it is necessary to break them down into simple, small parts, stages. One should always remember that life is full of coincidences and be ready to adjust one's plans accordingly.

Sometimes it is necessary to give up something or take risks to achieve the set goal. If our goals are worth this sacrifice, we should take a risk, or if it's the opposite, it's better to abandon such goals.

To distinguish the most important from the secondary. This principle is aimed at identifying the most important, priority goals in our lives and separating them from secondary goals. However, it is often precisely such goals that remain unconscious throughout life. As a result, at the end of their life or at some stage, a person realizes that their entire life has been wasted and feels a sense of emptiness and dissatisfaction with their fate. Precisely for this reason, a person needs to clarify their system of values.

Knowledge of measures to influence events, more precisely, the ability to realistically assess the current situation from the perspective of personal capabilities and the demands of the situation. Failure to follow this principle can lead to unnecessary effort and discouragement. No matter what obstacles a person encounters in their life, they must first consider whether they deserve to fight. A person should consider all the positive and negative aspects of their actions. Sometimes it takes a lot of time to think through the tactics of action before making a decision, but it is not necessary to act without making a decision.

The ability to approach a problem from different angles. Here we are talking about the need for a multifaceted approach to the existing problem, flexibility in assessing people and phenomena. According to the French scholar Montaigne: "A person grieves not for the events that actually occur, but only because that event somehow evaluates the events"[1]. This principle requires an objective and impartial assessment of stressful situations, rather than treating them as terrifying or catastrophic. Friends, neighbors, and colleagues who have expressed their personal opinion on this problem will help in this.

Perceiving reality as it is. Here too, the main focus is not on imagining reality, but on real assessment and real attitude towards it. According to this situation, there are three categories of people: pessimists, realists, and optimists.

Pessimists can only see the negative side of what is happening, therefore they often suffer from various chronic diseases.

Realists are a category of people who can see both the good and bad sides of life's realities equally and draw correct conclusions based on these.

Optimists are the category of people who can expect only good from surrounding events. Throughout their lives, they live by the belief that "Everything bad has a good side." Optimists experience stress and mental crises more easily than others. Even in combat conditions, they can quickly pull themselves together and rationally manage the military unit.

2. Active organization of regular daily activities. Adherence to this principle is especially important for military personnel. People who live according to this principle can be classified as individuals with an active life perspective. Active people do not fall into despair in difficult situations. Such individuals demonstrate their activity not only through practical actions but also through mental activity. They are characterized by the following features:

Courage. It is an important quality for every serviceman. Each author approaches boldness differently. The general definition for the authors is decisiveness in decision-making, indicating the degree of significance of the situation and the time spent. No definition or statement goes uncritically. For example, a number of scholars assert that courage is the ability to make decisions without any hesitation or doubt. In many cases, courage is manifested only when a person has a lack of confidence in decisions made and in achieving success. According to observations, the feeling of doubt plays a major role in the emergence of confidence. Courage is precisely the willpower manifested in overcoming doubts and hesitations.

Secondly, courage is the ability to make decisions in a timely manner. In this case, the speed of decision-making is important.

Finally, the third is to explain courage as making the right decision in the current situation, but this is hard to believe. The correctness or incorrectness of a decision often depends on the characteristics of mental activity, adequate understanding of the received information and situations. Moreover, decisions made quickly and slowly can be either right or wrong.

Courage is the ability of a person to make quick decisions in a situation that is important to them. The main characteristic of courage is the ability to make a thoughtful decision regardless of the outcome [4].

Courage. It is necessary to act quickly and decisively, sensing danger. Active individuals can take full responsibility. This feature is of great importance during the execution of tasks given in emergency situations in combat conditions.

Resistance to stress. Active people, even in a state of stress, do not lose their courage, observe the development of events, which is an effective way of action, and make adequate decisions. In turn, the need to act and make decisions protects the psyche from unnecessary experiences and thoughts. In this process, in the words of Z. Freud, "when the mechanism of negation dominates, a person's self-confidence in their qualities is excessively high, and their disregard for the negative consequences of behavior" [5] intensifies. As a result, the individual denies negative experiences and strives for positive ones against them.

The above-mentioned characteristics are important for military personnel not only to prevent stress or mental crisis, but also to save their lives in a difficult situation in combat.

Passive individuals, on the other hand, avoid states of mental crisis. Stressful situations are not resolved this way, but rather cause additional problems, which in turn lead to deep distress, causing serious psychosomatic disorders.

3. Foreseeing stressogenic factors in constant activity and personal life and preparing for stress in advance (formation of stress resistance).

Measures in this regard include:

- application of various test methods, self-observation to understand oneself and others, as well as impending stress;
- Familiarization with the experience of others with the help of special stress literature;
- dynamic formation of an adequate lifestyle (if changes need to be made, there is no need to be afraid of it);
- physical conditioning;
- use and maintenance of the effectiveness of the natural support network (family, colleagues, social environment, friends, relatives);
- must develop volitional qualities (purposefulness, initiative, determination, composure, self-control, courage, endurance).

The most effective way to prevent crisis situations is to constantly analyze one's relationships with others. It is necessary to be constantly attentive and monitor the realism of one's perceptions of people and work. A serviceman who can anticipate danger and react to it will have their own point of view.

These measures can be implemented in the following way, for example:

Learning from those who experienced spiritual crisis. Not every mental crisis should be perceived as a terrible illness or a nightmare. It is impossible to simply forget or not remember it at all. On the contrary, it should be analyzed: the factors that caused it, the correctness of the actions taken to resolve it, ways to prevent similar situations, etc. Military personnel should have certain experiences, conclusions, several options for solving complex situations, and a reserve of knowledge about the system of new values and views. Learning from others helps to solve two important tasks. Firstly, a person learns a lot about mental crisis. He understands that a mental crisis is an opportunity for personal development. Secondly, if the main views are considered, self-awareness and a deeper understanding of one's world are realized, which, in turn, contributes to the establishment of harmonious relationships with others.

4. Formation of stress resistance and readiness for mental crisis situations. Military personnel and others must be prepared for fundamental changes in life and instill in their consciousness that in reality, not only joy but also sorrow awaits us.

According to the military psychologist, Professor L.A. Kandbovich, "it is important to learn to manage personal behavior, to prepare for purposeful actions in new life conditions" [6]. L.A.Kandbovich reveals the dual content of the formation of readiness: firstly, as a mental state (short-term readiness); secondly, a set of personal knowledge, skills, and abilities that ensure readiness for a sudden change in lifestyle (long-term readiness). The creative application of L.A.Kandibovich's ideas in the process of forming readiness for life's crisis situations determines the psychoprophylaxis of a state of mental crisis and is considered in two stages.

Firstly, to orient military personnel towards the peculiarities of the psychological crisis and its consequences, that is, to equip them with initial knowledge of the psychology of the crisis situation. The goal of this stage can be achieved with the help of psychological knowledge. Thus, the theoretical level of training is achieved.

Secondly, personal preparation for the crisis development of events. The goal of the second stage can be achieved through the application of various forms of education, in which, by familiarizing oneself with the experience of successful activities of others in crisis situations, the acquired knowledge is consolidated, and the skills and abilities of activity in crisis situations are formed. The activity of the second stage ensures the achievement of a practical level of training formation.

A lifestyle is a continuous life that lasts from dawn till dusk every week, every month, every year. The beginning of work activity, diet, physical activity, rest during sleep, interaction with others, reaction to stress, and others are integral components of an active and relaxed lifestyle. A healthy, active, or unhealthy, passive lifestyle depends on the individual.

Prevention of stress and mental crisis situations is understood as a system of measures aimed at forming a person's readiness for stress and crisis situations and the ability to adequately react to them while maintaining their mental health.

To organize and implement measures to prevent stress and psychological crises among military personnel, the deputy commander of the military unit for educational work must constantly work on self-improvement. First of all, it is necessary to know the main indicators of stress and mental crisis situations, with whom and what measures to take. Regardless of whether it occurs in peaceful or wartime conditions, military service is at a high level of risk and requires responsibility from military personnel, which in turn leads to stress and mental crisis situations. The ability to withstand stress and the ability to analyze mental crisis situations with psychological competence and find a way out depends on the mental state of military personnel and the characteristics of military-professional activity.

When carrying out preventive work with military personnel who have experienced stress and mental crises, the deputy commander of the military unit for educational work must, first of all, achieve a mental awareness by the military of the following basic approaches: a correct attitude to

life, active planning of one's constant activity, the ability to foresee stress-generating factors in professional activity and personal life, and pre-preparation for stress (formation of stress resistance).

In the fight against stress, it is necessary to implement a system of interconnected measures, approaches, and activity strategies that minimize the negative consequences of stress, even if they cannot completely eliminate them. The main elements of this system include: analysis of the stress state, the ability to mobilize the physiological and psychophysiological capabilities of military personnel, etc.

In addition, in order to prevent stress and mental crises, it is necessary to organize training sessions with the participation of specialists - psychologists and methodologists who train military personnel in practical methods of combating stressogenic influences. For example, increasing fluid intake, following a diet, breathing exercises and physical exercises.

In addition, it is necessary to train them in the method of mobilizing psychophysiological capabilities in the fight against stressogenic influences. This can be achieved through various forms of psychological self-regulation, with the help of which military personnel can influence their psyche and body and manage their emotional state without the help of others, as a result of which the psychological tension of the body is prevented. For example, such exercises include relaxation, autotraining, visualization, and BFN massage.

Relaxation (from the Latin *relaxatio* - relaxation, relaxation) is a systematic course aimed at actively relaxing the nervous-muscular system and practicing voluntary relaxation of various muscle groups.

Autotraining is a method aimed at psychological control of the state, based on the conscious perception of warmth, calmness, and lightness in various organs and parts of the body.

Visualization (from the Latin word for relaxation of the mental state through visual sensation and imaginary processes) is a method aimed at psychological control of the state, based on the imaginary creation of an image of a pleasant place, a beautiful landscape, and the feeling of being there.

Massage of biologically active points (BAP) is the most effective method of muscle relaxation, eliminating overstrain and misalignment in various muscle groups, improving blood circulation in the body, and activating nerve processes [2].

The deputy commander of the military unit for educational work may conduct and organize work on providing psychological assistance to military personnel who have experienced crisis situations.

The main principles of providing psychological assistance and support in cases of mental crisis are: stimulating support, unity of actions and efforts, urgency and reliability, involvement in constant activity.

Incentive support. Psychological assistance should take the form of stimulating support, that is, the activity should be carried out not only for the serviceman, but also in cooperation with him.

Unity of motion and forces. It is necessary to explain to any person experiencing a crisis situation that the actions and forces given from outside will have no effect without their own activity.

Immediacy and proximity to the truth. Assistance and support should be provided immediately after the crisis situation. According to specialists in the psychology of mental crises, psychological assistance is more effective if it is provided within the first 72 hours after a crisis.

To involve in constant activity. It is not advisable to restrict a victim of a mental crisis from their permanent obligations and duties for a number of reasons.

To help in cases of mental crisis, it is necessary to conduct a psychological analysis of crisis situations. Any crisis is a combination of specific traumatic events and individual characteristics of the response to these events. Therefore, before providing psychological assistance and support to crisis victims, it is important to pay attention to the following:

1. Specific aspects of a specific crisis situation.
2. Individual aspects of experiencing this crisis situation.

As a result, after a psychological analysis of the crisis situation, it is necessary to determine:

- list of stressogenic events that led to the crisis;
- specific features of each phenomenon;
- peculiarity of the perception of events;

- interdependence of stressogenic phenomena;
- individual reactions of a person experiencing a mental crisis;
- Strategies and methods used to overcome the psychological crisis.

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