

THE PLACE AND ROLE OF PSYCHOLOGICAL TRAINING FOR MILITARY SERVANTS

Lieutenant Colonel Egamov Elnur Eson ugli

Teacher of the Armed Forces Academy of the Republic of Uzbekistan

Abstract

This article describes the theoretical foundations and recommendations for the formation of professional flexibility skills of future military personnel, as well as the role and role of psychological training for military personnel.

Keywords: military serviceman, professional flexibility, skills, training, physical activity.

Introduction

The most important element of the morale of the Armed Forces is the ideological-political aspect. It is expressed in the ideological and political maturity of the personal content. These are ideological conviction, patriotism, hatred of enemies, internationalism, high awareness of one's duty and obligation, as well as endurance of any difficulties on the way to victory. And the moral warrior side of the spirit of the Armed Forces is manifested in the following:

- having solid knowledge, skills and qualifications;
- combat skills;
- a sense of confidence in one's own military equipment and weapons;
- confidence in one's commanders, oneself and victory;

The moral-combat component in the psychology of the military team is manifested in the feeling of high combat readiness and combat ability, as well as in the achievement of combat cohesion, in the spirit of aggression and courage. The psychological side of the moral spirit of the Armed Forces is manifested in the presence of moral-political and combative qualities in the personnel. In addition, the psychological characteristics of military personnel, mental processes, situations, attitudes, as well as the characteristics of the military community make up the psychological aspect. For example: currently, a military pilot must have about 30 psychological and psychophysiological qualities. Among them, independence and quickness in decision-making, vivid manifestation of perception and attention, good spatial imagination and working memory, the ability to quickly acquire sensorimotor and mental skills, high emotional will stability, etc.

The acquisition of such qualities by the pilot is related to the management of military equipment and the requirements of war. Over the next 30 years, the number of accessories on the aircraft was reduced by 10 times, and the time required to perform operations related to the control of the aircraft was reduced by 6-7 times. A military team cannot be imagined without the following socio-psychological qualities:

- high level of coordination of actions and social-psychological cohesion;
- sense of martial brotherhood and comradeship;
- ability to combine thoughts and aspirations on the way to victory;



- being able to aggressively attack and stand firm in defense;
- the tolerance of the majority in the community to the opinions of the minority.

It can be seen from the above that the psychology of the military community consists of a set of individual-psychological and social-psychological phenomena. Moral-political, combat and psychological training carried out in the Armed Forces are inseparable processes. Moral-political and combat training is the leader in this process.

Psychological training is formed in both processes, that is, separate psychological training sessions are not conducted. It is known that currently several countries of the world have weapons of mass destruction, including the countries of Russia, India and Pakistan, which are close to our territory, also have nuclear weapons. also) leads to the appearance of a number of psychological conditions:

- mental stress;
- loss of mental state;
- inability to control behavior;
- making mistakes in assessing situations;
- weakening of memory and thinking.

All of these situations can jeopardize the professional capabilities of the military personnel who manage people and military equipment during wartime. If we take into account that the participation of modern military weapons and equipment in the battle increases human capabilities several times, then the scope of the mistakes he makes increases accordingly. Thus, based on the requirements of modern warfare, one of the tasks of psychological training is to increase the functional reliability of the military serviceman's psyche.

All this can be achieved by conducting training exercises in conditions close to combat conditions. Modern wars place high demands not only on the cognitive processes of a person, but also on his emotions and will. Danger is an inherent feature of war. It is known that it is difficult for a person to perceive danger directly, and he knows it through imagination. Emotional-volitional stability is the ability of a person not to lose mental stability and to work effectively even in dangerous situations. Emotional stability is one of the important tasks of psychological preparation of personal content. It should be emphasized that the training of coolness, stability and the ability to overcome fear in military personnel is the most responsible and psychologically difficult task.

Psychological training is carried out within the framework of moral-political and military-professional training. Psychological training is a phenomenon that consists in the formation of internal preparation of military personnel for the performance of combat tasks, as well as the creation of stable positive motives for their activity. There are 3 types of psychological training of personnel in the Armed Forces: special; general; purposeful. In a special type of psychological training, military personnel are prepared for combat situations, stability is formed in them. In the general type of psychological training, military personnel are formed to be consciously prepared for the defense of the Motherland. By creating difficult and dangerous situations in training sessions, the skills of voluntary overcoming of fear in military personnel are formed in the process of targeted psychological training.

Bringing the conditions of education and upbringing closer to the conditions of combat activity is one of the most important conditions for mentally preparing a fighter for battle. Of course,



the real combat situation is only during the battles. In the process of training-combat activity, we can create a model of combat conditions or its separate parts and thereby ensure the psychological readiness of personnel or a unit. In the process of psychological training, in order to improve combat activity, it is necessary to create various combat and war situations. The closer the created artificial situations are to the combat situation in terms of their psychological structure, the closer the training-combat activity is to the combat. This indicates that the motivation, goals and actions of a military serviceman performing training-combat activities should be as similar as possible to similar psychological elements in real combat situations.

Naturally, training-combat activity with its emotional aspects is required to be similar to combat activity. Forming a model of combat activity is a psychologically important factor when artificially creating combat conditions during training. By modeling psychological factors in battle, we understand the method of creating such a situation, which creates mental states in military personnel that are born in real combat conditions.

In the process of combat training, modeling of the psychological factors of the battle is carried out on the basis of the principle of similarity, as well as by means of other methods. Based on the above analysis, it can be concluded that the commanders try to implement the psychological preparation of the fighters by creating the external conditions of the battle with the help of simulation tools. However, these methods alone are not enough. Psychological training relies not only on practical experiences, but also on methods and tools of education and upbringing.

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