



WAYS OF FORMING PSYCHOLOGICAL PREPARATION USING PHYSICAL MEANS

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Abstract

The article deals with the psychological preparation of military personnel using physical exercises, the formation of a stable psyche among military personnel and readiness for quick decision-making in modern combat, for solving combat tasks of varying degrees of complexity, training, as well as service tasks, about interest and desire to improve professional skills, motives and motivations of the personality of a serviceman, about the wide possibilities of physical training, physical fitness and about the psychological hardening of personnel. Also, the preventive orientation of physical exercises in preparing military personnel as physically mature personnel is analyzed. A system of preventive measures is developed to prevent emotional stress situations that occur in them after intensive training.

Keywords: psychological stability, psychological training, exercise, combat training, physical fitness.

Introduction

Psychological training is understood as a complex of psychological and pedagogical activities (lectures, group trainings, individual consultations, autogenic and special physical exercises) (Самаров, 2016, Nazarova, 2021; Самаров, & Бўтаев, 2014; Назарова, 2022) aimed at consolidating the results obtained during special tactical, airborne, fire, physical training, as well as the formation of stability in general, to the impact of extreme conditions of service and combat activities (Mirabdullaeva, 2020; Мирабдуллаева, 2013).

Literature Review

The psychological function helps in the formation of a stable psyche in military personnel and readiness for quick decision-making in modern combat, for solving combat of varying degrees of complexity, training, as well as official tasks. The purpose of physical training in the process of service and combat activities is to increase the level of physical fitness and maintain the professional performance of





military personnel in everyday life and study. Such conditions of combat training and combat activities, which carry a serious threat to life and health.

When performing combat missions under the influence of strong psychological stimuli, military personnel are not sufficiently oriented in the existing situation, do not use standard weapons with full efficiency, and use hand-to-hand combat techniques. In case of danger, a person enters a state of high mental stress, and noticeable changes occur in his actions compared to how he acts under normal conditions. To a greater extent, stress has a negative effect on the complex elements of human behavior. A well-established procedure for controlling military equipment and weapons is suddenly upset, and movements are performed uneconomically, with more than necessary efforts. The psychological preparation of servicemen during training will help to solve these issues in difficult times (Мальков, 2009).

The psychological training of military personnel is a system of targeted influences aimed at forming and strengthening 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 operations in simulated extreme conditions of a combat situation (Мальков, 2009; Самаров, & Садриддинов, 2016; Samarov, & Rakhmonov, 2016). Psychological stability is an integral indicator that reflects the results obtained in the process of education and upbringing, as well as interaction with the outside world (Самаров, & Катторов 2014; Sanakulov, Rakhmonov, Nazarova, 2020; Самаров, 2017; Abdinazarovich, Anarbaevich, & Ikromovich 2022).

Research Method

Most importantly, psychological stability allows the individual to maintain essential positive characteristics in stressful conditions or difficult life situations. Psychological stability allows a person to withstand life's difficulties, the negative pressure of circumstances and stress, maintain health and performance in various situations.

Traditional means include: athletics, gymnastics, swimming, sports games, etc. Non-traditional means include breathing exercises, acupuncture of biologically active points, elements of autogenic training, and functional music (Демьяненко, 1981). The formation of psychological stability in physical training classes is carried out in the process of classes aimed at reducing the susceptibility of the trainees' psyche to the dangerous effects of the operational situation. When conducting such classes, the teacher must fulfill the following conditions:

Instill in cadets the determination to take bold actions;

Systematically complicate the conditions for performing exercises;





Not to hold competitions on dangerous structures, but to encourage bold and initiative actions (Демьяненко, 1981).

At each stage of the professional development of a serviceman, the following tasks are solved with the help of physical exercises:

Education and improvement of physical and psychological qualities and applied skills important for professional activity;

Creation of the readiness of the functional systems of the body of a military specialist to transfer the impact of specific environmental factors and conditions of combat activity;

Increasing the physiological reserves of the body due to high physical fitness;

Education and improvement of volitional qualities (courage, determination, perseverance, self-confidence, etc.);

Developing the ability to manage one's emotional state, relieve excessive muscle tension;

Ensuring the fastest recovery of working capacity, relieving mental tension;

Education of socially significant qualities necessary for actions as part of a crew, calculation, military team. In the interests of psychological preparation, almost the entire set of physical exercises from the "Physical Training Manual" can be used.

RESULTS

At the same time, it is necessary to comply with certain requirements when conducting classes:

complication of learning tasks that the trainee must solve when performing already learned exercises;

gaining work experience in a state of neuropsychic stress in an environment with elements of justified risk;

performance of physical exercises under the influence of factors characteristic of combat training activities (overcoming fire lanes, the use of explosives, conducting exercises in mountainous areas, etc.);

mastering the skills of action in special conditions (long walking and skiing marches, spitting long distances, moving through unfamiliar terrain, etc.) (Демьяненко, 1981).



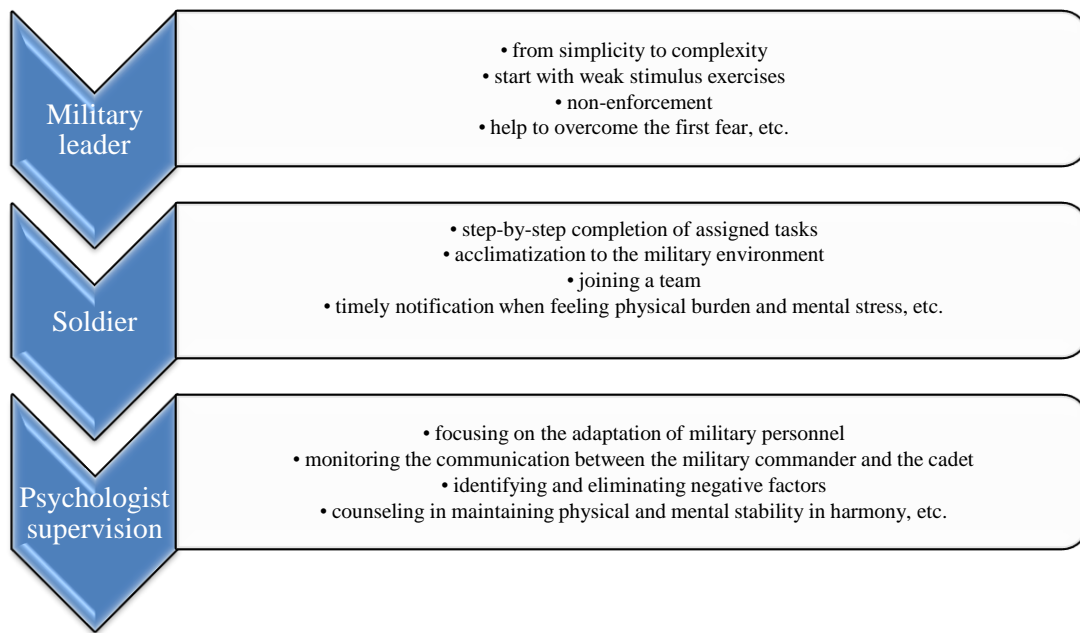


Table 1 - Military leader+cadet+psychologist interaction.

The leader of the lesson must constantly comply with the general requirements of the methodology for the formation of psychological stability: work from simple to complex, starting with weak stimuli, not force, notice the first manifestations of fear in time and influence the student with advice and encouragement.

Sometimes it is enough just to pay attention to the student, and this is enough for the effect of fear to stop. In one group of techniques, designed to improve mental stability in trainees, methodological techniques that regulate physical activity can be used. These include:

Gradual increase in load, bringing it to the maximum;

Complication of the performed techniques, actions, exercises;

Complication of the conditions for increasing the load, for example, in running, this is achieved by running uphill, along sand, a sawdust path;

Limiting or lengthening the time allotted for the exercise;

Changing the normal mode of operation, increasing the number of repetitions, the length of the distance, the size of obstacles, overcoming them from different directions; work without the usual warm-up; setting a specific task, for example, to complete the exercise one more time than yesterday;

Increase in the number of obstacles;

Increased load against the background of already received fatigue;



The use of a “remote” finish, when those preparing for rest after hard work are ordered to perform an unexpected, no less difficult task;

Improvement of combat techniques after intense loads;

Conducting classes in any environment: day, night, winter, summer, in any weather.

Particularly important in the development of psychological stability are physical exercises performed at night. A special group consists of self-control techniques and exercises aimed at eliminating neuropsychological stress. These methods include:

auto-suggestion, tuning to the full use of their potential to achieve optimal results;

an exercise in psychological tuning through self-hypnosis - “I must”, “I can”, “I want”;

regulation of breathing by establishing its calm rhythm and lengthening the expiratory phase;

Focusing on the work at hand;

Use in order to overcome lethargy during fatigue, excessive stress and stiffness of loud speech, singing;

Various physical exercises (sharp nature - exciting; slow, smooth - to calm down). The

use of certain methodological techniques depends on the tasks and content of the

lesson, as well as on the level of volitional and physical fitness of the cadets

(Демьяненко, 1981). Besides, in order to prevent the negative consequences of stress,

it is necessary to use general strengthening methods, such as specific measures of

psychological influence. For instance, the prevention of stress-induced disorders of

the cardiovascular system should be comprehensive and contain measures to optimize

the daily regimen, alternating stress of the nervous system with rest, provide for a

systematic stay in the fresh air, organize proper nutrition, reduce hypodynamic,

exercise. Among the various ways to relieve stress, one can single out both the latest

scientific developments of psychologists and traditional folk remedies, time-tested.

Methods used to reduce stress include:

Communication with nature, music, sleep, pets, communication with friends, extreme

physical activity, hobbies, watching a good video, reading a book, playing sports, etc.

(Камнева, 2011)

DISCUSSION

Another important direction in the use of physical exercises in psychological training

is the prevention of neuro-emotional stress, overwork that occurs after intensive

training and combat activities. The preventive orientation of physical training should

also be provided for when planning all stages of combat training of military specialists

of various categories. (Rakhmonov, D. A., Khaydarov, K. A., Kamolov, Z. I.,

Mavlyanov, R. T., & Akbarov, 1759)





CONCLUSION

From the above examples, it can be seen that the wide possibilities of physical training in increasing not only physical fitness, but also the psychological hardening of personnel and the use of physical exercises should be clearly planned in the overall system of combat training activities and contribute to increase the level of physical fitness. The practice of combat training activity shows that the main direction of using physical exercises in the interests of psychological preparation is the development of physical qualities and the mastery of various applied motor skills (Фадеев, 2014).

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