

CRITERIA FOR IMPROVING THE PSYCHOLOGICAL TRAINING OF MILITARY PERSONNEL

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Annotation: This article is based on a number of factors for the formation of psychological stability in improving the psychological training of National Guard servicemen, as well as the conditions for mastering the skills of acquiring these factors.

Keyword: Military officer, moral, mental, physical training, formation. professional attention, professional thinking, professional acceptance, professional memory, stressful factors, psychological stability.

Introduction

Today, comprehensive work is being carried out to strengthen the defense capabilities of our country, to further develop the Armed Forces. Therefore, one of the main requirements for the Armed Forces in our country today is to further increase the effectiveness of the work of moral and spiritual provision.

President of our country Shavkat Mirziyoyev said on January 12, 2024, at a meeting of the Security Council on the 32nd anniversary of the establishment of the Respublikasi armed forces of Uzbekistan, "I want to draw attention to a number of problems related to the physical and mental training of our military personnel. Why, it is necessary that physical fitness is one of the determining factors for military personnel in service activities, military careers and, in general, lifestyle. Speaking about the mental resilience of military personnel, I would like to draw your attention to a situation that is visible in the armed conflicts that are taking place in different regions of the world at the next time. That is, during combat actions, it is known that the main part of the losses between the personal composition is associated with strong mental influences and shocks. The treatment of such mental injuries even in calm conditions is a very complicated matter," they insisted.

LITERATURE ANALYSIS AND METHODOLOGY

In fact, the mental training of military personnel in our Armed Forces today remains one of the pressing issues.

At the same time, it is worth noting that ensuring the peace and dismay of the country is one of the highest priorities of each state. The activities of the National Guard bodies of the Republic of Uzbekistan, along with other state bodies, are important in ensuring peace and frustration². also, military personnel of National Guard units fulfill duty duties in patrol service and road patrol service, block posts in a three-shift patrol mode on the day of the day in each city and province in the project of a barren territory in order to maintain public order and protect public safety in the fulfillment of combat-service obligations.

The study and analysis of the characteristics of the behavior of military personnel during the performance of their service and combat duties makes it possible to understand the mechanisms of influence of the psyche and extreme situations and develop recommendations for improving the effectiveness of professional training of military personnel. In turn, the National Guard of the

Republic of Uzbekistan assumes the development and implementation of methods, trainings for the formation of psychological training in the educational process of military personnel.

In the performance of the above tasks, National Guard military personnel may face various service difficulties, that is, various resistance, repression, reported negative attitudes, which are provided by citizens, offenders, criminals. In such situations, it is necessary for military personnel to acquire psychological characteristics, such as being polite, engaging in communication, making decisions quickly, being persistent, not giving in to emotions and being strong-willed.

The implementation of the above tasks in turn assumes the improvement of psychological training of servicemen of the National Guard of the Republic of Uzbekistan in the activities of maintaining public safety and public order and preventing violations

In the literature on Psychology, many tariffs are presented on the concepts of "formation", "development" and "improvement", and a few of the authors say that "development" refers to rapid changes in a person, aspects of which serve to characterize his basic needs and motives, will and other characteristics. In contrast to the concept of "development", "formation" often manifests itself as the level of development of personality traits through active influence on the basis of external and internal factors. In a close sense to the above concepts, the concept of "improvement" represents the result of the processes of "development" and "formation" ².

A psychologist who has done research in the field of military psychology, ch. According to Nasriddinov, "psychological training is a system of special measures aimed at the formation of psychological qualities that will be necessary for the performance of combat tasks in the military and military communities," he stressed ¹.

A military psychologist scientist who conducted many studies in the military field. G. Karaya noted that "the psychological training of military personnel reflects a system of interconnected measures aimed at forming psychological qualities in military personnel and military communities, ensuring their psychological readiness for active and effective actions on the battlefield and resistance to the influence of modern means of struggle", insisted ².

It is the absence of psychological training that can cause deviant behavior in military personnel, such as confusion, inability to control oneself, loss of consciousness, rudeness, rudeness, violation of the law, allowing serious professional violations.

In fact, the essence of psychological training is to act on what is happening in combat activities in some military personnel and military units in the environment of psychotraumatic factors, to identify threatening trends, to increase the effectiveness of psychological characteristics that give them the opportunity to respond timely and correctly, and to maintain activity.

The history and daily activities of psychological structures in the armies of foreign countries include the invaluable experience of trials and mistakes, ups and downs, stagnation and real achievements. Acquaintance with this experience gives Russian military psychology the opportunity to assess its place in the science of World Military Psychology, assess the dynamics and loyalty of the general direction of development. In this regard, it allows you to get acquainted with the state of development of the world's leading military psychology, the capabilities and most important places of the Armed Forces of the Russian Federation. In particular, according to its actual significance, the scientist of the Russian military psychologist A. G. According to karayani, in military psychology, a tradition was formed to distinguish the

following types of psychological training for military personnel: general, special and purpose¹. General psychological training-is carried out at the strategic, operational and tactical levels (zvenos) with all military personnel throughout the entire military service, and in modern combat activities is considered an activity aimed at shaping the psychological stability of military personnel to stress-factors². At this point, it is worth noting that psychological stability is the composition of general psychological training. Psychological stability of a military personnel is a complex (complex) nature of an individual, the components of which are included: motivational, cognitive, emotional - volitional, operational (operational) and regulatory (managerial)³.As can be seen from the above considerations, psychological stability is achieved by the formation of the complex characteristics of the individual and the components that it contains. In the implementation of general psychological training in the military, it is advisable to prepare based on the combat mission of the unit. Because during the preparatory period, knowledge, skills, qualifications are formed, developed in the military. The main thing is that in the military service, tassurots and skills are formed from the very beginning. From the above considerations, the purpose of general psychological training is the formation and development of the components of psychological stability (table).

In our opinion, the criteria for the formation of psychological stability in military personnel are:

A component of psychological stability	Tasks of psychological training of military personnel	The effect
Cognitive	Forming a clear picture of the behavior of combat service activities: -the psychology of offenders, mob tactics, behavior, strengths and weaknesses; -the psychology of crowd's tactical actions, behavior, strengths and weaknesses; -the procedure and method of eliminating offenders and crowds and methods of using the three tools used against them; -stengths and weaknesses of the enemy, their tactical actions; -to know the psychology of the crowd and the psychology of being able to resist their behavior -to have information about the power and tools used by criminals and the crowd; -to ensure public safety and to know the possibilities of means of protection; - to acquire knowledge on psychologically appropriate solution of many tasks of everyday and combat-service activities	Overcoming factors in in unexpected, sudden and uncertain situations
Motivational	-loyal service to the country, its people, the President and formation of military patriotism; -promoting and instilling in the minds of the personnel the heroism and bravery of our generals such as A.Temur, J.Manguberdi, Z.M.Babur, as well as our soldiers who participated in the events of Bustanlik and	Formation of personal training for combat duties.

INTERNATIONAL MULTIDISCIPLINARY JOURNAL FOR RESEARCH & DEVELOPMENT

SJIF 2019: 5.222 2020: 5.552 2021: 5.637 2022:5.479 2023:6.563

eISSN 2394-6334 <https://www.ijmrd.in/index.php/imjrd> Volume 11, issue 02 (2024)

	<p>Sariosia;</p> <ul style="list-style-type: none"> -to be confident in the fulfillment of service obligations and to show dedication in them; -to strive towards the goal in the performance of the service duty, encourage to make the right decision; -building trust in the leadership of the country and the armed forces in the performance of military duty. 	
Emotional and volitional	<p>Forming general emotional and volitional relationships:</p> <ul style="list-style-type: none"> - confidence in oneself, one's strength, one's weapon; -maintaining professional acumen, demonstrating reasonable caution and attention to risks dangers, unexpected situations; -formation of psychological reactions that reduce the effectiveness of actions in extreme situations, causing uncertainties and confusion; -strengthening positive views of the military serviceman; -mastering the exercises of performing professional actions without errors in psychologically complex conditions; -teaching the simplest methods of self-management; -harmonizing and activating emotional-effective processes (especially risk, fear, lack of time needed to perform professional actions); - maintain a high level of functional training and work ability when the service activity is extended for a long time (for example, during chronic service and duty); - formation of self-control, will, quick decision-making, ability to manage service operations, actions and emotions; - not to lose oneself in psychologically complex, controversial, provocative situations. 	Forming an effective emotional mood
Operative	<p>Training for mutual cooperation in the implementation of tactical actions in combat service activities:</p> <ul style="list-style-type: none"> - in an animal situation; - in eliminating public disturbances; - when eliminating an armed attack; - when dispersing the crowd; - the movement of the population in residential areas; 	Formation of knowledge skills and competences to carry out one's actions

	<ul style="list-style-type: none"> - in extreme conditions; - in various natural-geographical and weather-climatic conditions; - formation of a responsible attitude and traditions of mutual support and mutual assistance of the military team; - formation of comprehensive physical training. 	
Regulatory (governance)	<p>Advance formation of psychological knowledge and skills for movement in possible extreme conditions:</p> <ul style="list-style-type: none"> - learning psychological self-management methods and mastering methods of supporting comrades. 	<p>Learning psychological self-management methods and mastering methods of supporting comrades</p>

As a result of general psychological training, military servicemen have a complete understanding of the complex aspects of combat service. In this case, the possibility of the psychological trauma of novelty, surprise, surprise, and uncertainty is excluded. The formation of a personal sense of combat readiness described by the idea of "must be ready" allows you to accept any factors of the combat situation as natural, corresponding to the vital task. Summarizing the goals and tasks of psychological training, it should be noted that in the process of combat and social conditions, it is necessary to form a set of functional systems aimed at solving combat service tasks in specific natural-geographical, weather-climatic conditions in the cerebral cortex of a military serviceman. The presence of such functional systems allows military personnel to act in any conditions as in a familiar environment. Special psychological training is a combat activity aimed at the development of special knowledge, knowledge, skills, self-restraint abilities of military personnel for combat activities, and determines the significant level of combat capability of military units and units.

The psychological qualities of servicemen are developed in daily combat training exercises, as well as in psychological training exercises, psychological trainings conducted according to the training schedule, psychological exercises and psychological games. This will help them to move correctly in future combat-service tasks. Also, professional attention, professional thinking, professional acceptance, professional memory, and abilities against stressful factors are developed in military personnel. Targeted psychological training is directed to the formation of specific attitudes of military personnel in the performance of specific combat service tasks, as well as the effective resolution of qualitative psychological stability of activity, psychological mood improvement. In this preparation, based on the combat duty of the unit, servicemen are divided into combat formations, combat units, teams, and also are assigned to perform team tasks, taking into account combat and psychological abilities, combat experience of personnel. Military servicemen provide psychological support in adapting to harsh climatic conditions, moving in mountainous and desert areas, adapting to hot and cold weather conditions. National Guard units conduct practical training on altitude training, desert operations, field training and improve the training of military personnel. When studying the experience of the Republic of Belarus in this field, the organization of psychological support for combat service activities in the Armed Forces of the Republic of Belarus is organized in three stages (preparation for combat activity, during combat activity, at the end of combat activity) in the following directions: psychological

preparation; psychological support; socio-psychological adaptation of participants in combat activities.

The essence of psychological training in these areas is the initial formation of military personnel and military units with psychological resources and includes the following: general psychological training stage; stage of special psychological preparation; targeted psychological preparation stage.

CONCLUSION: In conclusion, it can be said that in the experience of the developed armies of the world, psychological training is of great importance. We can see that the directions and stages of psychological training in the Armed Forces of the Russian Federation have the same content as the directions and stages of psychological training implemented in the Armed Forces of the Republic of Belarus. Taking into account that the Armed Forces of these countries have participated in many combat operations and have experience, psychological training in the units of the National Guard of the Republic of Uzbekistan is divided into general, special and targeted types, as well as the following motivational, we believe that it is appropriate to carry out on the basis of cognitive, emotional-volitional operative (speed) and regulatory (manageability) criteria. Forming high psychological stability of military personnel by organizing psychological training of military personnel according to these criteria. Also, during the daily service processes, the duty entrusted to military personnel created psychological conditions for the fulfillment of obligations and by improving psychological readiness, it serves to increase the combat readiness and combat ability of the units.

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