

Psychological Self-Regulation as a Method of Overcoming Stressful Loads in Military Personnel

M. R. Kiyomkhujaeva¹

¹ Lecturer of the Department of Educational and Psychological support of official activities of the University of Public Security of the Republic of Uzbekistan

Annotation:

This article discusses the importance of developing regulatory qualities and the ability to self-regulate as integral components of personality development in modern society. As humanity progresses, so do the demands placed on individuals as members of society. The article emphasizes the role of psychological self-regulation in overcoming the mental and emotional stresses that military personnel face. It highlights the significance of using self-regulation techniques to mitigate the psychological impacts of stress experienced during military service, and how these methods can improve the emotional and psychological well-being of soldiers.

Keywords: Education and upbringing, independent thinking, creative thinking, personality, personality education, creative personality, education Psychology, behavioral approach, cognitive approach, youth psychology, intellectual-physiological possibility.

The interest of specialists in the development of a scientifically based system for the formation of a person with the necessary individual qualities, such as self-control, self-improvement, self-realization, requires a thorough, in-depth study of theoretical and methodological problems, the development of a methodological complex for the experimental part related to the will of the individual and its correction.

The problem of self-regulation has a long history since antiquity. It should be noted that in the pre-Socratic period, as such, a certain concept of self-control, will, did not exist within the framework of psychological teaching. This phenomenon can be justified by the fact that at that time philosophers sought to study the soul, life, and being. Despite this, Eastern and Western thinkers

had their own views on this issue. So, the Western thinker Socrates believed that reason and its laws are objective and true, they exist independently of a person. Will, according to Socrates, is akin to the direction vector of a flying arrow. Such a comparison implies the inevitability of what is inevitable: "the arrow is still destined to break from the bowstring, but the will allows it to do so only when the target is correctly chosen. All this, connected with the representation, is obviously an image, as well, as "lack of will", which, on the contrary, is represented by misfortune, as if someone did not send arrows and did not achieve their goal-what they wanted, what they consulted about and what they were striving for [2].

As stated by the Russian psychologist Fr. Konopkin The problem of studying the psychological mechanisms of mental self-regulation should proceed as an independent task of psychology at the International Congress of Psychologists in Moscow (1966). In recent works, O. A. Konopkin paid the greatest attention to the development of theoretical ideas about the general ability of a person to voluntary self-regulation. He proved that the level of its development is a criterion of a person's subjective development, determines his activity potential and determines the initiative-creative mode of establishing effective relations with the subject and social world by a person [3].

L. S. Vygotsky also addresses the problem of will in the study of self-regulation. He argues that the most characteristic for mastering one's own behavior is choice, and it is not for nothing that the old psychology, studying volitional processes, saw in choice the self-existence of a volitional act. However, the problem of choice is posed to them not in connection with the generation of action, but in connection with the problem of mastering their own behavior. As reasons for choosing, it indicates the external characteristics of the chosen actions and their motives. In complex cases of equality of motives or lack of knowledge about the situation, a person uses the lot, introducing "new stimuli that are completely neutral in comparison with the whole situation, and gives them the power of motives. Through this operation, a person masters the process of choice, making it arbitrary. The choice or decision on an action represents one of the moments of regulatory action, the second is the implementation of the chosen action" [1].

The efficiency and productivity of developed regulatory processes is achieved by the obligatory awareness of all their structural elements in their subordination to the achievement of the target result. It is the mediation of activity by regulatory activity, which is conscious at all levels, that ensures that the initial structure, programming, and effective implementation of the activity itself are adequate to the goals and conditions, based on conscious control and necessary corrections.

As you know, military service is characterized by high tension, primarily due to the unconditional and accurate execution of commands and combat tasks, as well as extreme conditions of professional activity. Military service has a special impact on the health of military personnel, their psychophysiological state and neuropsychiatric stability. Often during the service there are psychosomatic diseases and disorders, as well as psychological stresses. Various forms of manifestation of negative psychological consequences of occupational stress have been studied by military psychologists.

A. Ya. Antsupov, M. I. Dyachenko, A. M. Zhukov, A. G. Karayani, L. A. Kandybovich, V. P. Kashirin and others contributed to the development of the problem. Various aspects of professional stress of military personnel are reflected in the works of R. A. Abdurakhmanov, V. D. Bitsoyev, A. B. Bulgakov, S. V. Zakharik and others.

As a psychophysiological state, stress is described as follows. Stress is a state of severe emotional distress, overexcitation and depression, which is expressed in the inability of a person to think and make reasonable decisions, as well as in inadequate adaptive social behavior. This person is not able to act rationally and purposefully in the current situation.

The life stress of military personnel, is a type of stress caused by the long-term complex impact of stressful factors in the service and general social spheres of life of officers and mediated by their individual and personal characteristics. The main characteristics of officers' life stress are: cumulateness (the ability to accumulate with age); duration of exposure; direct connection with the appearance and exacerbation of psychosomatic diseases – "stress diseases". At the same time, "stress diseases", in addition to physical diseases (for example, cardiovascular diseases, etc.), usually include psychoemotional disorders: anxiety, depression, neuroses, emotional instability, overexcitation, etc.

Among the most significant tasks related to the objective need to eliminate the negative manifestations of stress of military personnel are the following:

Increase of activity productivity and its efficiency and effectiveness;

Training of military personnel to work in difficult and extreme conditions;

Reducing the risk of accidents and accidents caused by the "human factor", etc.

From the point of view of the authors of scientific works, studying the problems of self-regulation and its interrelation should specify the concept of stress. Stress is a force that, when applied to a living system, generates a significant change in it that goes beyond the norm, it actually causes deformation and even destruction of this living system. From the point of view of the psychophysiological state, stress is described as follows: Stress is a state of strong emotional disorder, overexcitation and overexertion, expressed in the inability of a person to think and make reasonable decisions, as well as in inadequate, maladaptive social behavior of this person, in the inability to act rationally and purposefully in the current situation.

Stress is a negative emotional state that occurs as a result of frustration or any serious setbacks in a person's life.

The concept of stress was considered at different times and in different psychological schools and directions. The founder of the concept of "stress" is the Canadian scientist Hans Selye. On July 4, 1936, he published an article in an English magazine called "syndrome caused by various damaging agents" [1].

Despite the presence of a truly huge accumulated systematized biochemical, physiological, psychophysiological, clinical and experimental material on the problem of stress, some of its aspects are not fully studied and developed, and therefore they are an urgent research problem. Military psychologists have been studying the problem of psychological stress during military service for many years. A study of various forms of manifestation of negative effects of stress was conducted. Various aspects of the study of stress are covered in the works of R. A. Abdurakhmanov, A.Ya.Antsupov, V.D.Bitsoev, A.B.Bulgakov, M.I.Dyachenko, S.V.Zakharik, V.L.Marishchuk, A.A.Kamyshanov, L.A.Kandybovich, A.G.Karayani, V.P.Kashirin, P.A.Korchemy, I.B.Lebedev, M.V.Shishkin, and others. V.Levi, O.V.Leontieva, A.B.Otvetchikova, V.A.Ponomarenko, V.E.Popov, A.N.Tarasov, A.N.Kharitonov, B.Ya.Shvedin, A.I.Shipilov and others.

As a stressful situation in military personnel, the following are distinguished:

- shock and denial of a situation where an individual can become extremely active or apathetic, helpless; a state of consciousness "everything happens like in a dream". This condition can be accompanied by various psychovegetative manifestations: pain of different localization; digestive disorders, urination, breathing rhythm; sweating, dry mouth, trembling in the body;
- anger and bitterness, as a defensive reaction to the fear that arises when the search for the "culprit" begins.

- stages of setting conditions and trading, when attempts are being made to get used to what has happened.
- staying and accepting a state of sadness
- the very situation of the call, so there is a change in the usual way of life, environment and stay
- psychological immaturity of the individual, with a predominance of adolescent behaviors

To overcome stress and improve the emotional and psychological state of a serviceman, it is necessary to observe measures and rules for dealing with stress, as well as develop a system of adaptation measures to improve the socio – psychological climate in the team.

Yu.V.Shcherbatykh gives the following classification of stress neutralization methods depending on the nature of anti-stress effects:

- physical methods;
- biochemical methods;
- physiological;
- Psychological methods [3].

To work with stress, it is effective to include self-regulation methods in working with military personnel. Mental self-regulation is the process of psychological influence of a person on himself, on his behavior in order to achieve and maintain optimal, desirable psychological states for him [2]

- There are the following types of psychological self-regulation:
- neuromuscular relaxation,
- autogenic training,
- ideomotor training,
- imaginative methods,
- meditative methods,
- self-hypnosis,
- Breathing exercises and others.

A conscious level of self-regulation, which presupposes the independent construction of a person's activity, provides him with an understanding of the entire system of grounds that determine the direction of activity and the features of its implementation (needs, motives of activity, their attitude to the adopted goal, external and internal conditions as the basis for the chosen methods of action, the probability of success and its subjective significance, etc.). the principles of activity require coordination and overcoming possible inconsistencies between the initial (internal and external) factors and trends in its construction and implementation. Naturally, the subject's conscious reasons for choosing the goal of activity and implementing just such a process (with all its features) of its regulation are evaluated and accepted not only rationally, but also emotionally. At the same time, the activity itself is consciously constructed and subordinated to the goal (in each of its links and in general) volitional activity, and the person performing it is a real subject of this activity and feels himself its creator and master.

The role of awareness and understanding of the grounds of activity as a necessary prerequisite for effective self-regulation is clearly shown in the example of the goal of activity. To successfully achieve the results of any relatively complex or long-term activity, its goal must necessarily have sufficient stability and consistency. After all, in relation to the goal and in relation to it, the

regulatory process is built and adjusted, the activity is monitored and its results are evaluated, i.e. the regulatory process at all stages of activity must be consciously purposeful in the literal sense of the word. To do this, throughout the activity, its goal must be clearly fixed in the subject's mind.

In conclusion, we can emphasize that conscious activity is one of the most common and essential manifestations of human subjectivity, which ensures the achievement of goals accepted by a person, the application of behavioral models and, as a rule, the effectiveness of activity and the impact of stressful situations and stressful factors on the human psyche.

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