

## **SOCIO-PSYCHOLOGICAL PROBLEMS CONCERNING FORMATION OF STRESS RESISTANCE IN FUTURE OFFICERS**

**Lieutenant colonel, Shermatov Fayzullo Toshillaevich**  
South-west Branch of the Special Military District, deputy chief  
**UZBEKISTAN, Karshi**

### **ABSTRACT**

The article discusses the socio-psychological problems of the formation of stress resistance in future officers. The article also analyzes a number of theoretical concepts and approaches to issues such as psychological stress, stress, psychosocial motives, stress factors, individual psychological characteristics, the ability of future officers to manage stressful situations and their psychological aspects.

**Keywords:** Personality, future officers, military activity, stress, psychological tension, stress resistance, profession, professional activity, stressors, eustress, distress, extreme factors, physiological stress, psychological type, combat readiness.