

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

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### 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.

### INTRODUCTION

It is known that professional activity in the mode of mental and physical stress, a sense of danger is inherent to military personnel. They often have to perform various tasks in extreme conditions. These conditions are characterized by the presence and aggressive effect on the psyche of a wide range of adverse, uncomfortable and threatening factors that generate an increased level of psychological stress.

The work on the formation of stress resistance primarily involves the study and analysis of stress factors inherent in their military professional activities, since the occurrence of stress is not determined by the activity itself, but by the factors that accompany it and, accordingly, affect the person. But it is known that the main component, the fundamental component of psychological stress is emotional arousal. N.I. Naenko believes that this is why many researchers began to identify the concepts of stress and emotions. Due to the large number of interpretations of the concept of "stress", the burden of it's biomedical and one-sided psychological ideas N.I. Naenko, P.B. Zilberman instead of the term "stress" introduce another - "mental tension". This term is free from negative associations and indicates the need to study exactly the psychological functioning of a person in difficult conditions [1, 95].

Despite considerable interest in the problem of stress, there is no unified classification of stress factors. Common for researchers is the notion that extreme environmental factors of a social, psychological, environmental, and professional nature may be their qualities. Today, most psychologists use the following classification of stress factors in relation to military professional activities. By the nature of psychosocial motivation are distinguished:

1. Stressors of everyday intense professional activity. This includes features of various fields of activity regulated by orders, regulatory documents.
2. Stressors of activities in extreme conditions. In this case, we are talking about the implementation of specific military-professional tasks related to risk and threat.
3. Stressors of family life. Stressful factors may include divorce, loss of loved ones, and marital conflicts.

4. Moral stressors of remorse, responsibility for the life and health of people, for the fulfillment of a task, etc.

5. Stressors of social conditions of mixed origin. This is, first of all, isolation from the usual environment, associated with a change (loss) of significant social ties [2, 224].

Mentioned above stressors may vary in time of action and in the nature of the impact on the psyche of a soldier.

By the time of action can be:

1. Stressors with short-term action (from several hours to several days): causing anxiety and fear; unpleasant physical sensations; pace and speed; distractions, unsuccessful actions.

2. Stressors with prolonged action: long-term stress causing fatigue; isolation; conducting long-term hostilities.

By the nature of the effect on the sensory organs can be called:

1. Stressors of the visual-psychological series (to see with own eyes the death of loved ones, colleagues, explosions; appearance of corpses, blood, etc.).

2. Stressors of the auditory series (shooting).

3. Stressors of the olfactory-Somatosensory series (smells of gas and corpses, cold, heat, electric current, etc.).

This classification of stressful factors is rather arbitrary, and in each specific field these factors can be intertwined and affect the personality in a complex, which is typical for the professional activities of military personnel.

K.V. Sudakova understands stress as a special state of a person during the period of adaptation to new conditions of existence; changes occurring in the psychological mechanisms of regulation and the actions of the subject under the influence of difficult situations of various types [3,123].

A.M. Stolyarenko identifies four types of psychological stress, differing in intensity and impact on a person [4.66]:

1. Optimal, of course, non-specific activity of the psyche, favorable for a person and his life, is psychological stress;

2. Intensive, strained, often occurring in extreme situations of significant complexity, nonspecific activity of the psyche, ambiguously affecting people - psychological stress;

3. Extremely intense psychological activity that uses the psychic reserves insufficiently and adversely, affects people's behavior - psychological distress;

4. Superintensive nonspecific activity of the psyche, intolerable by a significant number of people, destroying their normal mental activity and behavior - psychological hyperstress.

Among the most significant personality characteristics that provide stress resistance, the researchers call: personal anxiety, which determines the level of tension experiences of any extreme activity; locus of control; psychological endurance (stability) and self-esteem, neuropsychic stability and adaptive capabilities of a soldier. It is very important to organize focused and systematic work on the formation and development of these characteristics, which will increase resistance to the effects of stressful factors of military professional activity. It is also very important to teach military personnel how to manage stress. At the same time, stress management refers to a combination of strategies, methods and techniques that allow a person to prevent the negative effects of stressors or to minimize this effect. The control process itself can be represented in several ways [5, 112]: 1) before stress occurs, the main efforts should be focused on the problems of its prevention; 2) after the appearance of stress, the main attention

is paid to measures of active fight against stress; 3) acute stressful situations, primary self-help measures are implemented. The implementation of these areas will significantly increase the stress resistance of military personnel, military leaders, which, in turn, will inevitably affect the improvement of the quality of their performance in official duties.

## METHODOLOGY

Thus, the phenomenon of stress in the scientific literature is represented by a wide range of definitions in which it is considered: as a combination of factors affecting the human psyche, its psychophysiology; as mental (emotional) states associated with these factors; as mental tension leading to a range of mental disorders. Resistance to stress is an important factor in maintaining normal performance, effective interaction with others and the internal harmony of a person in difficult, stressful conditions. The most complete seems to be the definition given by M. Tyshkova. In her opinion, stress tolerance is [6.47]:

1) the ability to withstand intense or unusual stimuli, representing a danger signal and leading to changes in behavior;

2) the ability to withstand excessive excitement and emotional stress arising under the influence of stressors;

3) the ability to withstand without interference to activities a high level of activation.

The process of development of social tension can be represented in the form of a successive change of stages:

1. The stage of the normal state of social tension, which is determined by its background value. The background of social tension is constantly present in the organization. This is a certain norm, which is due to objective circumstances, namely, the very fact of the difference in interests between the two owners. The employer and the employee are the owners. But they have different property. One has means of production, the other has labor. With their interaction, natural contradictions will always arise, based on non-compliance of interests that they constantly feel. The background, or minimal, this stage is maintained until in the social and labor relations there are obvious violations of the agreements reached, which are the subject of these relations. Namely:

- compensation for labor;

- working conditions;

- employment of workers and their professional and official status;- the procedure for resolving labor disputes [7, 236].

Otherwise, this causes an augment in social tension relative to the background value. In the next stage, which is designated as latent, occurs:

-consciousness of the opposition of the interests of the parties;

-the consolidation of groups begins;

- There is an intensive process of information exchange;

-the opposition of the parties is manifested (there is an opposite of interests, but there is still no struggle);

- there is an accumulation of potential and resources, spontaneous choice of leaders [7, 240].

This stage can conditionally be divided into three phases, each of which has a number of specific features, its own, strictly individual characteristics. The symbols "P" and "G" on the graph indicate personal group interests, and their values reflect the prevailing value of one or the other.

The first phase - In this period, group interests are only formed, and the interests of the individual dominate. There is an awareness of group interests at the personal level, their mutual influence and interpenetration. Information exchange is intensifying, which permeates all subsequent phases of the latent stage.

The second phase - It is characterized by a gradual transition to the realization of the group interests of the parties, the beginning of the consolidation of groups, the emergence of leaders. The warring parties are emerging - the subjects of the conflict, which have a certain (group) action potential. The process of using this potential begins.

The third phase - During the development of this phase, the process of consolidation ends, the subjects of conflict are finally formed. Here, an attitude is developed for concrete actions in a conflict situation. Group interests dominate personal ones [7, 326].

2. This stage of social tension is called open or conflict itself. It is characterized by a transition from understanding of what is happening by everyone to collective action. At this stage, opposing groups have already been formulated, emotions are relegated to the background and preference is given to the logical search for a way out of the situation. The escalation of social tension reaches its peak. The coordination of interests occurs through the negotiation process. In this version of the development of social tension, the team is characterized by:

1. Organization;
2. Unanimity;
3. emotional intensity;
4. The growing influence of informal leaders.

Thus, there are two stages of social tension, the first stage of the normal state of social tension, it is divided into three phases:

I phase. In this period, group interests are only formed, and the interests of the individual dominate.

II phase. It is characterized by a gradual transition to an awareness of the group interests of the parties, the beginning of the consolidation of groups, the emergence of leaders.

III phase. During the development of this phase, the process of consolidation ends, the subjects of conflict are finally formed. The second stage of social tension is called open or conflict itself.

After analyzing the socio-psychological tension in the administration, the following recommendations can be made:

1) Conflict prevention is such a type of management activity, which consists in the early recognition, elimination or weakening of conflictogenic factors and thus limiting the possibility of their occurrence or destructive development in the future. The success of this activity is determined by a number of prerequisites:

- knowledge of the general principles of managing social organizations formulated by modern management theory, and the ability to use them to analyze conflict situations;
- the level of general theoretical knowledge about the essence of the conflict, its causes, types and stages of development, which are formulated by conflict management;
- a depth of analysis on this general theoretical basis of a specific pre-conflict situation, which in each case is unique and requires a special set of methods and means to resolve it;
- correspondence degree of the chosen methods for adjusting the existing dangerous situation to its specific content; this adequacy of the used means of the real situation depends not only on the depth of theoretical knowledge of possible participants in the conflict, but also on their ability to rely on their experience and intuition.

Psychological stress and coping behavior, notes I.B. Lebedev, is mediated by a multilevel psychosemantic organization of consciousness and a multidimensional cognitive threat assessment, the analysis of which is carried out at various levels of the psyche. Moreover, the leading cognitive assessment is conscious, while others are hidden for consciousness [8,24]. As the stress nature of the situation intensifies, latent cognitive assessments of the threat start to progressively increase their influence on behavior and limit the zone of consciousness.

## CONCLUSION

So, the state of mental tension arises when a person performs productive activities in difficult conditions and has a strong influence on its effectiveness. The nature of this influence is determined both by the situation itself and by the characteristics of the individual and his or her motivation.

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