

PSYCHOLOGICAL PREPARATION OF AVIATION RESCUE TECHNICIANS

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Annotation: The activities of aviation rescuers take place in complex and highly dangerous situations. Therefore, their psychological preparation is an important factor in effective action in emergency situations, quick decision-making and coordinated work in a team. During psychological preparation, special attention is paid to the development of stress tolerance, emotional stability, concentration and willpower. The psychological stability of aviation rescuers increases the chances of saving human lives in emergency situations, and also ensures their professional efficiency. Psychological preparation is formed using training, simulation exercises, psychodiagnostic methods and special exercises. The relevance of this topic is that in the modern aviation security system, not only technical means, but also the readiness of the human factor, in particular the mental state of rescuers, is of decisive importance. Studies show that highly trained aviation rescuers are able to maintain composure in emergency situations and develop effective solutions.

Keywords: aviation rescuers, psychological preparation, stress tolerance, emotional stability, willpower, emergency situation, professional efficiency.

Throughout human development, the issue of safety has been one of the most important priorities. Especially in connection with the rapid development of technology and transport, the need for safety issues has increased. The 20th and 21st centuries were a period of extensive development of the aviation industry. Initially, airplanes were used for military and strategic purposes, but today they have become one of the main means of transportation around the world. At the same time, issues related to aviation safety are also gaining relevance on a global scale. Each airplane flight involves the lives of hundreds, and sometimes thousands, of people. Therefore, highly trained specialists are needed to eliminate any potential hazards that may arise during a flight.

Emergency situations in the aviation sector usually occur in unexpected and complex conditions. Such situations, which may be caused by a technical malfunction, a sudden change in weather, a fire, an explosion, or various problems related to the human factor, can create a completely new, complex situation in just a minute. At this time, the responsibility for saving human lives, reducing material damage, and eliminating the danger as quickly as possible falls on the shoulders of aviation rescuers. Their work is not only highly dangerous, but also requires great responsibility. Because they hold in their hands not only their own lives, but also the fate of hundreds of other people.

From this point of view, the training of aviation rescuers is a multifaceted process, which includes technical, physical and psychological aspects. Technical training involves the effective use of modern equipment and rescue technologies, while physical training requires quick action in emergency situations, endurance and physical strength. However, the decisive factor in all these processes is psychological preparation. Because no matter how much knowledge and physical strength a person has, if he is not mentally stable, it will be difficult to act effectively in

emergency situations. Psychological preparation is the rescuer's mental preparation, the ability to remain calm in stressful situations, make the right and quick decisions, overcome fear and panic, and work in a coordinated manner in a team. The importance of psychological preparation for an aviation rescuer is that he can fully fulfill his professional duty in any conditions. For example, during the evacuation of a burning aircraft, hundreds of passengers may panic. In this situation, the rescuer's calmness, confident behavior, and ability to provide moral support to others play a decisive role in saving their lives.

A specific feature of the work of aviation rescuers is that they constantly work under a high level of psychological pressure. There are several reasons for this. Firstly, they are always faced with life-or-death responsibilities. Secondly, seconds are often enough to make a decision. Thirdly, it is impossible to predict how the situation will develop. Fourthly, physical fatigue and mental stress can simultaneously reduce their effectiveness. Therefore, the psychological training of aviation rescuers must be carried out regularly and systematically.

Today, countries around the world pay special attention to the psychological stability of rescuers in ensuring aviation safety. For example, in the USA, the Federal Aviation Administration (FAA) has developed special psychological training programs for rescuers. In European countries, rescuers undergo psychological health checks every year.

The issue of safety has always been at the forefront of human history. In today's globalization process, the possibility of various emergency situations is increasing due to the expansion of transport, especially the aviation system. The role of rescuers in eliminating the dangers arising from accidents, fires, technical malfunctions or natural disasters in aviation is incomparable. In such situations, aviation rescuers need to be well-prepared not only physically, but also psychologically. Because they perform such responsible tasks as saving human lives, making timely decisions and maintaining composure in dangerous situations.

In Russia, aviation rescuers are trained on the principles of military psychology, where determination, willpower and agility are considered the main indicators. These experiences show that today, along with technical means, the human factor is also of primary importance in the modern security system.[1; 456, 462-b]

In Uzbekistan, great attention is also paid to aviation safety. Special aviation rescue units operate under the Ministry of Emergency Situations and regularly undergo training. Special training, psychological interviews and team exercises are organized to strengthen their psychological readiness. In the future, it is possible to further increase efficiency in this area by in-depth study of foreign experience, the establishment of psychological training centers and the implementation of advanced methods.

The relevance of the topic is that the psychological readiness of aviation rescuers determines not only the effectiveness of their activities, but also the foundation of the entire aviation safety system. Because in any emergency situation related to air transport, the human factor is of decisive importance. If a rescuer is mentally stable, no matter how difficult the situation, he will fully fulfill his duty and play an important role in saving human life.

It is worth noting that psychological preparation should be viewed not only as preparation for emergency situations, but also as a process of forming the rescuer's daily lifestyle, way of thinking and attitude to the profession. If a rescuer regularly strengthens his psyche, learns to control himself mentally and develops cooperation in a team, his professional efficiency will increase significantly.

Psychological preparation is the art of forming the ability to act correctly and quickly in emergency situations, ensuring mental stability and overcoming stress. Psychological preparation for aviation rescuers is a decisive factor in improving their professional skills and efficiency.

Psychological preparation is a person's ability to mentally control himself in complex and unexpected situations, maintain stability in stressful situations, demonstrate a high level of concentration and willpower. In the work of aviation rescuers, this preparation performs the following tasks:

1. Formation of stress tolerance. In emergency situations, the human body is exposed to strong psychological pressure. At such a time, the rescuer is responsible not only for his own life, but also for the lives of others.
2. Ensuring quick decision-making. An aviation rescuer must assess the situation every second and make the right decision.
3. Strengthening emotional stability. Fear, panic and hesitation weaken rescue activities. Therefore, mental stability is their most important quality.
4. Increasing professional efficiency. With a high level of psychological preparation, rescuers can work effectively in any situation.[2; 345, 352-b]

Aviation rescuers are exposed to many psychological factors during their work. Including:

Life-and-death responsibility. Their decisions can be life-saving or life-threatening.

Time constraints. In emergency situations, decisions often take seconds to make.

Uncertainty. It is difficult to predict how a situation will develop. For example, a burning plane may explode or a flammable liquid may spill.

Physical fatigue. It is natural for rescuers to experience severe fatigue during long rescue operations.

Such factors further emphasize the need for psychological preparation of rescuers.

Main areas of psychological training

1. Stress management. Through special training, rescuers learn methods such as calming down in stressful situations, controlling their breathing, and thinking positively.

2. Motivational training. It is important to strengthen the commitment of rescuers to their profession and increase their sense of responsibility.
3. Development of emotional intelligence. The ability to understand people's emotions and communicate with them plays an important role in rescue work.
4. Strengthening willpower. The formation of perseverance and patience in difficult conditions is an integral part of psychological training.
5. Team psychology. Aviation rescuers always work in a team. Therefore, it is necessary to develop mutual trust, solidarity, and cooperation.[3]

The psychological training of aviation rescuers is strengthened through practical training. These include:

Simulation exercises. Through artificially created emergency situations, rescuers learn how to act in real conditions.

Psychodiagnostics. Special tests are used to assess the mental stability, stress resistance, and emotional state of rescuers.

Psychological training. Group training develops communication skills, trust, teamwork, and leadership qualities.

Autotraining and meditation. Rescuers learn the skills to independently manage their own psyche.

1. Cognitive-behavioral methods. Exercises aimed at changing the behavior and thinking of rescuers in a positive direction.
2. Mental relaxation techniques. Music therapy, meditation, breathing exercises.
3. Role-playing exercises. Rescuers practice how to behave in different situations.
4. Motivational interviews. Interviews conducted by psychologists strengthen the professional morale of rescuers.[4; 678-b]

In countries around the world, great attention is paid to the psychological preparation of aviation rescuers. For example:

In the USA, special psychological stability programs have been developed for rescuers within the Federal Aviation Administration (FAA).

In European countries, rescuers undergo an annual mental health check.

In Russia, aviation rescuers are trained on the basis of military psychology, where determination, willpower and agility are considered the main criteria.

These experiences show that psychological training has become an integral part of the modern

security system.

In Uzbekistan, great attention is also paid to aviation safety. Special aviation rescue units operate within the Ministry of Emergency Situations. Their psychological training is mainly carried out in the following areas:

- special training exercises;
- use of foreign experience;
- periodic interviews with the participation of psychologists;
- military-disciplinary training.[5; 678, 684-b]

In the future, one of the urgent tasks is to establish modern psychological training centers for rescuers in the aviation system of Uzbekistan, and to teach them the advanced experience of foreign psychologists.

In conclusion, the activities of aviation rescuers are closely related to high responsibility, psychological pressure and dangerous situations. Therefore, their psychological preparation is one of the most important factors of professional efficiency. Psychological preparation allows rescuers to overcome stress, make quick decisions, work effectively in a team and, most importantly, save human lives.

Today, not only technical means, but also the human factor are considered the foundation of aviation safety. Therefore, it is urgent to further strengthen the psychological preparation of aviation rescuers, conduct them through regular psychological training and use modern methods.

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