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SOCIO-PSYCHOLOGICAL CHARACTERISTICS OF STRESS MANIFESTATIONS IN MILITARY PERSONNEL

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Abstract: The article analyzes the stress factors manifested in military personnel based on the study of their psychological characteristics, which allows for the study of methods for their prevention, and also examines methods and tools for revealing the socio-psychological characteristics of the manifestation of stress in military personnel, and provides effective recommendations.

Keywords: military serviceman, military service, stress, social situation, psychological knowledge, social environment, stress factors.

Introduction. It is no secret that our country's experts have now identified stress as one of the most important problems of the modern era. After all, the stress of any person, especially military personnel, has a serious negative impact not only on their work, but also on their mental and physical health. According to the World Health Organization, 65% of all existing diseases are related to stress. [1]

Hans Selye first coined the term “workplace stress” in 1936 and defined it as “the nonspecific response of the body to the need for change” [2]. According to Selye’s concept, a stressful work environment leads to the mobilization of the body’s internal resources and can lead to acute illness as well as to later effects. [3]

Of course, prolonged stress or tension can weaken the human body, which can damage the body's immune system.

According to numerous international and domestic studies, stress levels, as well as related anxiety and depression, have increased, leading to impaired psychological adaptation and an increase in borderline states [4-6]. The authors note that more than 10% of the working population worldwide is constantly exposed to social and occupational stress [7].

Similarly, don't start any profession or craft, you need to work hard to learn its secrets, adapt to the team and the area. It is natural for a person to experience pleasant and not so pleasant processes in any new environment. This can lead to stress.

Workplace stress poses a risk to the physical and mental health of workers [8, 9] and creates a financial burden for organizations and society as a whole due to lost productivity due to sick leave, disability benefits, and healthcare costs [10, 11].

In addition to the above information, the health of a person, a military serviceman, is in his own hands. Because if a military serviceman has sufficient psychological knowledge, can control himself, and has developed the skills to make quick decisions in extreme situations, there is no possibility of strain on the military serviceman's psyche and body, that is, an increase in the stress level.

The professional activity of military personnel is inextricably linked to severe physical and mental stress. The need to make important decisions in complex situations and without sufficient or excessive information, or the need to maintain a high level of concentration in monotonous conditions or, conversely, be exposed to distracting factors, constantly exposes specialists to such stress factors as high demands on their level of training.

Accordingly, it is not without reason that the possibility of military personnel developing various somatic and psychosomatic diseases due to tension and stress has forced modern psychology to think today. Therefore, today's military personnel must have information about stress psychoprophylaxis and ways to overcome stress. In this article, we will consider some

methodological issues that are necessary for researchers who want to contribute to the development of this field.

Research on stress psychoprophylaxis and stress resilience has led to two main findings:[8]

-First, testological instruments have been developed that allow us to determine a person's stress psychoprophylaxis indicators, that is, high, medium, and low indicators;

-Secondly, it is proven that any activity of a person is directly or indirectly related to his stress resistance. In other words, the higher the stress resistance of a person, the higher the efficiency of his activity, and vice versa, it was found that a low stress resistance index is determined by the fact that a person spends his energy and reserves on eliminating negative psychological states during stress.

-It directs psychology specialists to find new solutions to deepen scientific research on identifying and improving problems based on stress psychodiagnostics and psychocorrection in military personnel.

Although there are different views on the study of stress psychodiagnostics and psychocorrection in military personnel, they have not been studied as a separate object of research.

Many psychologists and scientists have conducted research on issues important for the socio-psychological aspects of military personnel's resistance to management stress in Uzbekistan. Among them are E.Goziev, V.Karimova, I.Mahmudov, D.Mukhamedova, R.Samarov, A.Rasulov, L.Tursunov, S.Akhrorov, L.Ravshanov and other scientists1, as well as the Uzbek scientific community, such prominent scientists as M.G.Davletshin, G.B.Shoumarov, E.G.Goziyev, V.M.Karimova, N.Z.Ismoilova, D.S.Qarshiyeva, Z.T.Nishonova, J.Sh.Ostonov, D.U.Mamadiyarova, F.T.Shermatov, G.D.Teshabayeva and their students have carried out a number of works on issues related to this problem. If we look at the analysis of psychological literature today, we find many and varied interpretations of the concepts of "stress" and "stress tolerance."

The socio-psychological problem of military personnel's resistance to managerial stress in the CIS countries was reflected in the research of leading scientists such as A. Averin, G. Andreeva, T. Bazarov, Ye. Vendorov, L. Laptev, V. Lobanov, V. G. Mikhailovsky, Ye. Mogilevkin, V. F. Perevalov, V. N. Yakovleva[9].

This problem has been studied by many researchers, including foreign scientists G. Sele, D. Richardson, F. Milman, R. Lazarus, S. Folkman, V. S. Merlin, D. V. Rotter, R. McCray, D. D. Parker, B. Kh. Vardanyan, P. B. Zilberman, and in Russian psychology L. M. Abolin, A. Yu. Malenova, L. V. Kulikov, A. V. Libina, Yu. G. Chirkov, D. Vyatkin, L. A. Kitaev-Smik, L. l. Bozhovich, V. V. Suvorova, Yu. M. Gubcheva, A. A. Rean, S. V. Subbotin[10].

Stress is an integral part of many professions.

Modern scientific evidence suggests that work-related stress develops in law enforcement officers under the influence of complex traumatic factors [11-13].

Numerous studies evaluating the impact of work-related factors on the health of police officers in various countries have shown that members of this professional group are at increased risk of developing cardiovascular, neurological, and other diseases [14,15,16].

That is why it is necessary to improve the social protection system for military personnel. Because a healthy military personnel can protect the homeland, prevent and eliminate danger. It is necessary to improve the health of military personnel, conduct medical examinations, and, most importantly, constantly improve their physical and psychological preparation.

Military personnel, exposed to typical stressors in highly automated technological facilities, deserve special attention.

Such facilities are characterized by increased explosion and fire hazards and a high risk of emergency situations [17,18]. Important factors in the development of occupational stress in the

military include the organization of the work process, insufficient motivation, dissatisfaction with work, and insufficient social support [19].

Of course, knowing that the facility where one is serving is a dangerous facility can naturally cause fear and tension for a military serviceman.

The scientific essence of the article is as follows:

- it is proven that military personnel, under the influence of the development of cognitive, conative and emotional-evaluative components in the activities of stress psychodiagnostics and psychocorrection, have formed the ability to subjectively control their behavior due to the fact that they rely on emotional-volitional qualities to stabilize their leadership qualities through the strengthening of socio-moral maturity, emotional maturity and social intelligence;

-It has been proven that military personnel demonstrate vigilance and personal integrity during times of stress, relying on their psychological regulation abilities, and by teaching subordinates internal control over the service environment, self-confidence, and the correct assessment of their capabilities, they acquire the quick decision-making skills necessary for management activities and the methods of behavior in problematic situations;

-It has been proven that stress psychodiagnostics and psychocorrection in military personnel, through the diagnosis of nonverbal behavior and verbal expressions, helps to understand the thoughts of the communication participant, achieve interaction, develop social intelligence, and as a result, achieve empathy, social responsibility, and emotional stability in interpersonal relationships, thereby strengthening the syntonic style of behavior and social intuition in management activities;

According to the analysis of stress psychodiagnostics and psychocorrection activities in military personnel, a structural structure of a system that ensures the assessment and development of the management competencies of a military leader was developed as a result of the integration of the qualities that develop management activities, the qualities of a successful leader, professional qualities (criteria for the socio-psychological assessment of management competence) and cognitive, emotional-volitional, motivational and communicative components (psychological components that form management competence).

To summarize? We can draw the following conclusions from the study of the socio-psychological aspects of improving the self-management competence of military personnel:

1. The socio-psychological aspects of improving the self-management competence of military personnel should be studied in detail by foreign psychologists, including the formation of professional competence, strengthening interpersonal relationships in the team, developing the personal qualities of a military personnel, and improving self-management competence.

2. When improving the self-management qualities of military personnel, stress psychoprophylaxis can be effective if attention is also paid to the level of development of psychological characteristics such as the formation of social intelligence, management decision-making styles, personality traits, and personal qualities of military personnel.

3. The formation of self-management qualities in military personnel can be directly influenced by the effective work performance of qualified military personnel in their professional activities. This creates the basis for the formation of mutual understanding and sociability of military personnel in the team, and for finding a solution to the problem that has arisen without stress and tension.

4. To improve management competence in professional military leaders, the development of psychological characteristics such as understanding the intentions of the communication participant, understanding nonverbal behavior, interpersonal interaction, socio-moral maturity, spiritual maturity, social intelligence, and behavior in problematic situations will serve to establish positive relationships with teams in the process of professional activity.

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