



## **SPECIFIC ASPECTS OF PSYCHOLOGICAL TRAINING IN MILITARY PERSONNEL.**

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<p><b>Received:</b> September 10<sup>th</sup> 2022 <b>Accepted:</b> October 10<sup>th</sup> 2022 <b>Published:</b> November 14<sup>th</sup> 2022</p>	<p>The spiritual harmony of the populace and the armed forces constitutes the spiritual element. The ideological-political condition of the individual's composition; the moral-combat state of the individual; and the individual's mental state of composition make up the spiritual spirit of the armed forces. The intellectual and political aspect is the most significant organizer of the spiritual energy of the armed forces. When it comes to the intellectual and political aspects of personal content, he expresses how mature the issue is. Military personnel will learn about the characteristics of psychological training in this article.</p>

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These include a strong sense of responsibility and dedication, patriotism, hatred of opponents, internationalism, intellectual convictions, and patience for any obstacles in the way of success. Additionally, the moral and fighting sides of the Armed Forces spirit are shown in:

1. acquire solid knowledge, skills and abilities;
2. combat skills;
3. a sense of confidence in one's own military equipment and weapons;
4. confidence in their commanders, in themselves and in victory.

The Moral-Combat component of the military team's psychology is exhibited in the attainment of combat Jeeps, in the spirit of attack and courage, as well as in a sense of high combat training and combat competence. The presence of moral-political and combative elements in the personal makeup is a manifestation of the psychological aspect of the moral spirit of the Armed Forces. The psychological side also includes traits specific to the military community, psychological traits in servicemen, psychic processes, situations, and relationships. For instance, there are currently roughly 30 psychological and psycho-physiological requirements for military pilots. They can be identified by their independence, fast decision-making, vivid demonstration of perception and focus, strong spatial imagination and drive, quick mastery of senso-motor and mental abilities, high emotional volitional stability, etc. These characteristics of the pilot are related to the control of military hardware and the necessities of battle. It took 67 times less time to complete activities related to aircraft control over the ensuing 30 years, and there were 10 times fewer passengers aboard airplanes. Even without the

following socio psychological characteristics, a military unit cannot be imagined:

1. high level of harmony of movements and socio-psychological Jeep;
2. fighting Brotherhood and sense of sharing;
3. being able to combine thoughts and aspirations on the way to victory;
4. be able to enter the attack with intensity and stand sabot in defense;
5. tolerance of the majority in the team to the opinions of the minority.

From the aforementioned, it is clear that individual-psychological and socio-psychological phenomena make up the entirety of the psychology of the military community. The techniques used in the Armed Forces for moral and political, combat and psychological training are interconnected. Combat training and moral-political education are leading this trend. On the other hand, psychological training is formed by both processes; that is, psychological training sessions are not conducted separately.

It is known that currently several countries of the world have weapons of mass destruction, including the countries of Russia, India and Pakistan, located close to our territory, also have nuclear weapons, the presence of weapons of mass destruction, the possibility of their use or direct action lead to the emergence of a number of psychological states in military personnel both in:

1. mental strain;
2. derailment of the state of mind;
3. inability to control actions;
4. making mistakes in assessing situations;
5. weakening of memory and thinking.

All of these situations pose a risk to the service member's ability to perform his job duties, which included operating military vehicles and personnel



throughout the conflict. When we consider that using current military tools in battle multiplies human capability by a factor of several, the magnitude of even faults it commits will also increase in line with this. As a result, increasing a serviceman's psyche's functional reliability is one of the goals of psychological training, which follows from the demands of modern warfare. The psyche's functional reliability rises at the expense of:

1. increase the sensitivity of the sense organs, speed and accuracy of reactions, coordination and stability of the strength of behavior;
2. development of the ability to correctly assess the time and distance, dimensions of objects, speed of movement during combat;
3. maintaining memory efficiency during combat, speed of recall, memorization and accurate recall, availability of RAM.

All of this can be accomplished by holding training exercises in environments that are similar to battle settings. Modern warfare places heavy demands on a person's feelings and will as well as cognitive processes. War has danger as a fundamental component. It is well recognized that a person finds it challenging to directly detect danger; instead, he learns about it through his imagination. Emotional-volitional stability is defined as a person's capacity to maintain mental stability even in risky situations and engage in useful activities. One of the crucial steps in the psychological preparation of one's own content is maintaining emotional-volitional stability. It should be noted separately that the education of the skill of catching coldness, stability and fear in military personnel is the most responsible within combat tasks, and psychologically the most complex.

The context of moral-political and military-professional training also includes psychological training. Psychological training is a phenomenon that involves giving military soldiers internal instruction regarding how to carry out combat tasks and developing enduring, motivating factors for action. The Armed Forces offer three main kinds of psychological training for personal content: Special, General, and Targeted. In a particular kind of psychological training, military personnel receive stability-building training in relation to combat circumstances. Additionally, in the general style of psychological training, military troops develop a conscious readiness for the defense of the Motherland. With the formation of difficult and dangerous situations in training sessions, the skills of volitional overcoming fear in military personnel are formed in the process of targeted psychological training.

Bringing the conditions of education and training closer to the conditions of combat activity is one of the

most important conditions for preparing a fighter for battle from the spiritual side. Of course, the real combat situation will be only at the time of battles. And in the process of training and combat activity, we can create a model of combat conditions or its individual parts, thereby ensuring the psychological training of the individual composition or unit. In order to improve combat activity in the process of psychological training, various combat, war situations should be created. The closer the artificial situations being created are to the combat state in terms of their psychological content, the closer the educational and combat activity is to combat. This is evidenced by the fact that the motive, goals and actions in a serviceman carrying out educational and combat activities should be as similar as possible with similar psychological elements in real combat situations.

Naturally, despite their emotional nature, combat and instructional activities must resemble one another. A psychologically significant aspect is the development of a model of fighting action in the artificially created combat settings during exercises. By simulating psychological aspects of combat, we can better understand how to set up situations whereby military troops experience mental states that are derived from actual combat. The idea of likeness, along with other techniques, is used to model the psychological aspects of warfare during the combat training process. In training, psychological aspects of conflict are modeled in two different ways:

1. creation of a complete model of the psychological organizers of the battle;
2. creation of a model of one or more of the psychological organizers of the battle.

When planning training sessions, it is necessary to clarify not only its tactical aspects or training questions, but also the psychological plan. The psychological plan includes:

1. where the training takes place;
2. ways to form qualities such as firmness, courage, initiative that military personnel need to overcome difficulties.

**IN CONCLUSION**, based on the analyses offered above, it can be stated that commanders attempt to conduct the psychological training of soldiers by simulating battle-related external conditions with the aid of imitation tools. These techniques alone, nevertheless, fall short. Psychological training depends on methods and tools for education and training as well as on real-world experiences.



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