



THEORETICAL FOUNDATIONS OF MILITARY PSYCHOLOGY AND PEDAGOGY

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| Article history: | Abstract: |
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| <p>Received: September 10th 2022 Accepted: October 10th 2022 Published: November 14th 2022</p> | <p>One of the most significant moments in a person's life is when they decide whether to become a military man, a protector of their country, or enlist for conscription. A young (teen) person who is summoned to serve in the military for a set period of time, who is enrolled in a higher military institution, or who expresses a willingness to undertake military service on a contractual basis is required, first and foremost, to give up his usual way of life and walk. Because of the demands of universal laws, rigid subordination, and military discipline, life and activities in military groups, communities, are regulated. Opinions and observations on the theoretical underpinnings of military psychology and pedagogy are maintained in this article.</p> |

Keywords: Military Man, Pedagogy, Psychology, Theory, Foundations, Psyche, Military Charter

Scientists from sophisticated nations undertook a spiritual investigation, and the findings allow for the identification of the key characteristics of military-professional action. There are numerous variables with particular effects on military people. Based on one or more of these components' biological, mental, or active properties, their influence can occur at one of three levels. The findings of the study once more demonstrated how significantly different military service is from other forms of social engagement. Military personnel's mental health is impacted by these mental variables in a variety of ways. Among the factors that have a significant impact on the mental state of military personnel during peacetime, the following can be pointed out:

1. To be able to subordinate one's will and desire to another person-the commander;
2. Being always ready to carry out his professional duties;
3. Failure to comply with the service time regulation;
4. Disconnection from close relatives;
5. Frequently changing residence and service community;
6. Limited life prospects, certain restrictions associated with the service;
7. Fear of the future, abstraction (inability to adapt to civil life).

In order to consciously submit one's will and desires to the commander, one must adhere to the monotheistic concept. It implies a limitation on the liberty to make choices and a personal freedom from the socio-spiritual side. Due to the fact that military duty is based on stringent regulations, there is a necessity to restrict personal freedom (this can include the mandatory implementation of the day and order of

work, requirements of the charter and other requirements). A modern person, in general, sympathizes with freedom, and being made to submit to someone else by force results in unpleasant emotions in many forms, such as dislike, serfdom, and depression.

But for a military man, compliance does not always place a heavy burden on him or provide challenges. The commander must fulfill specific conditions in order to do this. Submission is neither mentally taxing or burdensome if military soldiers respect their leaders, believe in their competency, hate their care and attention, and treat them fairly. The attitude toward them will be appropriate if the commander backs up each of his orders, directions, and requirements and ultimately realizes that they are all being fulfilled in the interests of subordinates and military duty.

Military personnel must understand that strict adherence to the requirements of law, regulations and other guiding documents ensures not only the qualitative fulfillment of the established tasks, ensuring solid discipline and order, but also the legal protection of each serviceman. Another of the mental factors of military service is the need to always be ready to fulfill its professional duties. This factor is due to the fact that the duties of the service are always performed, under any circumstances, directly in life-threatening conditions, which in itself cause a certain mental strain. Military-professional activity in peacetime is an activity associated with the preparation for hostilities. It presupposes the study of combat techniques, methods of conducting modern wars, the formation of skills for applying the knowledge acquired in battle.

A military man with a high level of professional training has a greater chance of survival in battle and is less likely to sustain mental injuries during battle. Each



service member must understand that the combat capabilities and strength of the unit depend on the level of his professional training. A military member who wants to improve his combat prowess and abilities participates in combat training with enthusiasm, assiduity, and without mental opposition. People's opposition and instigation are directly mirrored in their attitudes about military duty and the commander. Failure to comply with the time of Service regulation or non-regulation of working hours can also affect military personnel as a negative mental factor. Of course, the appearance of unexpectedly unremarkable tasks, training preparation for all kinds of readings, examinations of combat equipment and weapons, involvement in the passage of daily shells and combat duty, and other activities are considered an integral part of military service, they are correctly perceived by many military personnel.

However, some commanders punish their troops by denying them access to personal stuff or by giving it to shells. Such penalties have essentially little instructional value from a psychological standpoint. A military member should not view being assigned to the Daily shells or serving a tour of service in battle as a punishment, but rather as a sign of tremendous trust and an endorsement of his assured approach to completing the mission at hand. The military member is put under a lot of mental strain just by the passing of combat duty or shells, which demands a situational attitude to the accomplishment of the allotted training and combat responsibilities. It is incorrect to anticipate quality work from a serviceman who has been disciplined.

One of the next reasons for mental tension and tension is the absence of military personnel from close relatives, the opportunity to attend important family events counted. Of course, it is necessary, as far as possible, to provide military personnel with a vacation with family circumstances. Unfortunately, there is not always an opportunity for this. Each refusal of the commander must be based. Naturally, reproaches from relatives, reproaches, evokes in them the feeling of guilt, moments of regret for their chosen profession, and sometimes evokes thoughts of leaving military service. Situations like this can reflect in the general working mood of a military man, generating empathy and a collective negative mood in his comrades. These qualities can be compensated for by the fact that the tasks they perform are important not only to his family, relatives who are doing the same Gina, but also to society and the country.

Each service member must realize that the opportunity to hold numerous weddings and holidays

arises as a result of their sincerely rendered service, which guarantees a calm and tranquil life in our nation. The military team's frequent changes in housing and area of service are among the next crucial considerations. Every time, a military man and his family experience great tension due to an appointment at a new site of service. The service member and his family must adjust to the new neighborhood, job, living situation, and occasionally weather conditions. Children are forced to separate from their comrades and get used to new educational motives, teachers and classmates. Spouses of military personnel face problems with employment. Naturally, the serviceman, as the head of the family, feels guilty for inconveniences and difficulties in front of his loved ones.

Military personnel may also suffer from limited life prospects, some service-related constraints, a lack of opportunities for or inability to engage in other activities, and a lack of rights to engage in extra income-generating work. The full supply and execution of the state-instituted rights, assurances, and opportunities to military personnel can make up for this. For instance, the availability of free medical care for the service member and his or her family as well as for the serviceman himself, the prompt delivery of various financial payments, and the provision of all required clothing can all be sources of encouragement and positive motivation for the conscientious performance of service obligations.

Fear of the future, abstraction. Retirement at a time when there is still strength and zeal, not having a specific civil expert, profession, not having a civil life discipline that is drastically different from military service can cause a disappointment in the former military man, a loss of himself, a hint of hesitation from the future. In many cases it is a fear that is conceived or exaggerated. In reality, however, a person who has experienced many difficulties and complex situations during his military service is a very needed and demanding person in various spheres of society. From time to time, it can be useful to keep military personnel aware of the life that awaits them in the future, after completing military service, talk on these topics, organize round tables and meetings with retired former military personnel who have successfully established their place in society.

IN CONCLUSION, due to these conditions, the commander and superiors must pay close attention to the newly arrived military people and their families and offer support where it is needed. The new team should show concern and consideration for the serviceman's family. This enhances the service member's emotional



and mental health as well as that of his family members, allowing them to adjust to new working and living circumstances more quickly. The provision of accommodation for military personnel is crucial. Recent years have seen a lot of focus on this problem. Issues such as the availability of the opportunity to buy or build housing, the payment of compensation for rent, the privatization of living houses give the serviceman a sense of relief and comfort, because, head-to-head, the possession of a house is considered one of the highest of social needs.

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