



FEAR-RELATED PROBLEMS IN MILITARY PERSONNEL

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ABSTRACT	KEYWORDS
<p>In this article, the problems and stress caused by the feeling of fear in military personnel, and opinions on how to overcome it were expressed.</p>	<p>Fear, mental state, stress, military, psychological method, psychological effect.</p>
<p>Mazkur maqolada harbiy xizmatchilarda qo‘rquv hissi ta‘siridagi muammolar va stress, uni yengish haqida fikr-mulohazalar bildirildi.</p>	<p>Qo‘rquv, ruhiy holat, stress, harbiy, psixologik metod, psixologik effekt.</p>
<p>В данной статье были высказаны проблемы и стрессы, вызванные чувством страха у военнослужащих, и мнения о способах его преодоления.</p>	<p>Страх, психическое состояние, стресс, военные, психологический метод, психологическое воздействие.</p>

Given that the presence of stress situations that have a profound effect on the physical and mental health of military personnel today and that a stable attitude toward it is an important factor that affects not only his health but also the effectiveness of his work, the fear and stress resistance of military personnel today learning is of relevance today. One of the worst forms of manifestation of negative mental states in the military community is fear and panic. Fear is not a spiritual condition, but a complex of actions that people take at the same time, unconscious and out of control. Frightened people not only lose control over themselves, but also get out of control of commanders and lose their willful abilities for a certain period of time. That is why fear is the most dangerous phenomenon in combat situations.

Studying the problem of expression of fear in the person of military personnel, determining which characteristics of a military officer led in the formation of personality, and what was based on him or her committing these actions, is an important factor in finding his or her conscience empirically. Based on my own conclusions and not only should a military officer be able to explain his past and present existence, but also be able to predict possible future changes in his behavior. In this process, it is important to reveal the characteristics, motivation, development of behavior, and, most importantly, why some military personnel can easily adapt to the military community, the military process, and how some will have difficulty interacting with those around them (their employees, chiefs, and necksynthesizers).

Any, even normal activity, can cause abuse, and the commander should not overlook this. In the case of subordinates, the commander must psychologically prepare himself so that the effects of a violent act may have a weaker effect or not at all.

We have found it impossible to show the methods used to psychologically study stressful situations that occur in fear within the subject. This is considered a methodology for measuring stress response, and today it has been identified as follows: Chemical measurement of stress.

For example, conduct a laboratory analysis of blood content to determine whether there are any different hormones. Electromagnetic measurement. Determine the effect of a person's stressful reaction on his muscles.

Hemodynamic measurement. The resulting embryo was allowed to develop in nutrients and then inserted into her nutrients and then inserted

Elektroterili o'lchash. Stressni terining rangini o'zgarishiga ta'sirini o'lchash.

Measurement using psychological methods. Measurement of stress responses based on psychological effects.

The manifestation of fear in the person of military personnel, along with social factors (the organization of service in accordance with military regulations and laws, the conditions for serving, the age characteristics of military personnel, the level of information, social protection, and so on), as well as their individual characteristics and mutual problems in military communities, are influenced.

The following factors contribute to the development of professional fear in military personnel:

- to feel difficulty moving to the conditions of military service;
- harassment, the internalization of his personality by his servants or the chief, the lack of a healthy spiritual and psychological environment in military communities;
- experiencing a persistent automatic disease, physical weakness, developing mental cancer;
- refusal to be held accountable for his crimes;
- to end the social status they hold in the military, to be expelled from their congregation, and to be isolated;
- the death of a loved one;
- problems in family relationships that have been an important part of their lives, etc.

Such strict regulations can cause severe fatigue, stress, depression in permanent residents within the rules. Prevention or psychocorrective work on these cases is carried out by military psychologists, and they require more responsibility. A monthly or daily work plan should be developed by military psychologists and constant conversations with military personnel and training should be carried out. Unless otherwise indicated, Scripture quotations are from the modern-day New World Translation of the Holy Scriptures. Psychologists recommend that military personnel visit spirituality once a week, perform concerts or theaters twice a month, and enjoy the truth once a week.

One of the characteristics of an individual who has a unique effect on stress in improving archetypes is tolerance to frustration. Frustration is viewed as a concept that represents the unique characteristics of the manifestation of nightmares and behavior caused by invincible (or subjectively accepted as such) difficulties in achieving a certain goal or solving a task. In the years that followed, most researchers who studied the problem of consistency to stress are trying to study the inevitable stress resistance behavior in their study, namely, the strategy of kopingkurash. As an important criterion for the efficiency of koping, it emphasizes their diversity and abundant application. In fact, some studies have shown that the variety of coping techniques can greatly help solve the problem and overcome stress.

Instead, it is important to study the problem of expression of fear in the person of military personnel, to determine which characteristics of it were involved in the development of behavior manifested in a

military officer, and what was based on it or in the course of these actions. It should be based on the conclusions that need to be found and not limited to explaining the past and present existence of a military officer, but also take into account possible future changes in his behavior .

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