



THEORETICAL FOUNDATIONS OF ORGANIZING MILITARY PEDAGOGICAL TRAINING FOR CADETS

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A B S T R A C T	KEY WORDS
This article expresses an opinion on modern views, problems and solutions for organizing the military-pedagogical process of cadets of higher military education.	Emotion, emotional stability, mood, intelligence.

Introduction

The formation of emotional stability of the individual in the training of highly qualified specialists in modern conditions is seen as a pedagogical problem.

Emotional stability (emotional stability) is the ability of a person to adapt to the situation, remain calm and confident in himself. A person is emotionally stable, resistant to stress, calmly tolerates criticism and rarely makes mistakes that arise from the peculiarities of his personality.

Emotionally unstable is prone to anxiety, irritability and depression. Such people experience insecurity about themselves and transmit control over their emotions by getting into or criticizing a stressful situation. Emotional stability is associated with the concept of emotional intelligence. Belief in success, self – confidence, a positive attitude to life, the perception of any situation as an opportunity for success and personal growth-this is the inner attitude of the winning person. In other words, a person's strength lies in his positive emotional stability. Do not think that this quality is inherent only in special, talented people. Yes, some are lucky, they have been brought up as winners since childhood. Nevertheless, often the person himself develops confidence in victory.

Emotion [France. emotion, lot. emoveo-I shake, I excite] - subjective reactions of humans and animals to the action of external and internal triggers. Emotion is manifested in satisfaction or dissatisfaction, joy, fear and other(s) forms. Emotion consists of the active state of specialized brain structures, which in humans and animals give rise to the desire to minimize or maximize (strengthen, repeat) this state. Feature E is determined by the necessary need and the possibility of its delay. When the likelihood of delay in need is low, the emotion manifests itself in a negative (fear, anger) form. Rather gives the emotion a positive tone (satisfaction, joy) when the probability of satisfying it is higher than expected.¹

Stability (social, spiritual) – the existence of peaceful conditions in society based on the prevailing calmness, preservation and strengthening of solidarity; harmony between social strata, groups and

¹ <https://uz.wikipedia.org/wiki/Emotsiya>

political parties; a concept that means that strong cooperation between the state, public organizations, Citizens has decided.

Successful people do just that, and they succeed not because they are so special, but because they choose to control their mood, emotional state. Managing your emotions is a skill, in other words, a habit. A person is a self-adjusting system. There are a lot of techniques and exercises for a positive attitude, building self-confidence, getting out of difficult life situations, controlling your emotions. Just as we have developed the experience of responding negatively to stressful events in life, we can have a positive, successful and productive experience in solving life problems.

Emotional stability is a trait that expresses the maintenance of organized behavior in routine and stressful situations. It is characterized by maturity, perfect adaptation, great tension, lack of anxiety, as well as a tendency to leadership, communication. Emotional instability is characterized by excessive irritability, instability, poor adaptation, a tendency to rapid mood swings, feelings of guilt and anxiety, anxiety, depressive reactions, distraction, instability in stressful situations. This feature corresponds to the tendency to emotionality, unevenness in relationships with people, variability of interests, insecurity, pronounced sensitivity, irritability, irritability.

The concept of "emotional stability" includes a wide variety of emotional phenomena, and the concept in the field of emotion research is viewed by scientists in different ways. Including: We will consider the opinions of scientists and researchers working in our republic.

T.R.Beckmire-emotion is a pleasant or unpleasant experiences that arise from an individual's perception of his own attitude to reality, associated with his needs and interests. From the presented definitions, it can be seen that the concept of emotion is a broader concept in relation to emotion, covering all aspects of an individual's daily life, lifestyle.

Emotions from the point of view of their occurrence will be associated with the needs, interests and aspirations of a person. For example, emotions associated with the satisfaction of a person's organic needs create a feeling of pleasure, satisfaction in a person. It has been suggested that the inability to satisfy organic emotions causes a person to feel demoralized, distort their mood, and experience suffering, intolerance. (Emotion is a system of signals that indicate what is important to a person as a person from what is happening in a person and what is happening to him. In this case, the sensory organs are clearly separated from an unlimited number of exciters, some of which merge with each other and merge with the resulting sensation. The result is preserved as images of memory, expressed by some emotional name, evoking an impression.

This can be explained physiologically as follows: certain triggers become a harbinger of calmness for living beings. Emotional experiences, on the other hand, manifest as strengthening the system of reflexes that a person finds in his personal experience. (T.R.Having studied the opinion expressed by beckmire, it can be concluded that emotion has not only a positive but also a negative effect on a person, that is, if, at the insistence of a scientist, a person cannot satisfy his desires of envy, then his emotional state deteriorates and the environment also negatively indicates to those in opposition)².

Professor E.G'oziyev the textbook "general psychology", authored by, emotion is applied in the sense of reflecting its relationship in a person, in the brain of living beings, that is, in relation to objects that

² Emotional volitional States of personality. Tashkent 2022-y. P. 6.

satisfy the needs of individuals and monetize it. In World psychology, the terms "emotion" and "feeling" (especially in foreign countries) are used in the same sense, but they cannot be understood as exactly the same situation. Such a defect occurs in most cases in popular literature, in textbooks published abroad. Calling the exact form of the occurrence of a psychic process, which usually consists in the expression of emotions, the external symptoms of which manifest alone, in internal experiences, as an emotion is consistent with a maxim.

(From the mentioned reasoning, it can be concluded that a strict restriction of emotion and feeling from each other can also cause some misunderstanding, the attitude of the subject of activity, behavior, treatment, reflecting things and phenomena considered significant for his personality and society is embodied in emotion and can be manifested in various manifestations in a person's life and activities, factors related to)³.

Narzulla Boymurodov's guide "the psychology of the leader" "uses the two terms" emotion "and" feeling " when referring to human experiences. Viewed broadly, these are synonyms. Taken in a narrow sense, when called emotionality, it is understood that experiences are born under the influence of certain qualities, characteristics of something and phenomena that are associated with the satisfaction or non-satisfaction of organic needs. Emotions differ from feelings, and in a broader sense they are associated with the satisfaction of the spiritual needs of the leader, arising and forming in his social life, in a relationship with other people.

They expressed the opinion that they were much more stable and would have little to do with the often changing conditions. (The fact that the role and role of "emotion" and "feeling" in establishing and conducting communication with humans, that is, with the help of the monk and subordinates, is incomparable, the correct formation of the emotional state when forming professional activity, and how much autonomy of the control of the dispositions can be insisted)⁴.

Let's consider the opinions of scientists and researchers operating in foreign countries. A.V. Petrovskiy the textbook "general psychology", which came out under Petrovsky's edit, emotion is a small attitude that a person expresses in his own way in different ways in relation to what is happening in his life, what he knows, or what he is busy with. M. Vohidov teaching manual "Child Psychology" states that emotion is the reflection in our minds of our inner experiences of things and phenomena in the outside world and its being brought to the surface.

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Some authors see emotional stability as "emotional stability" rather than a person's functional resistance to emotional conditions. Thus, in a single concept, different phenomena are combined, which in their composition do not coincide with the concept of "emotional stability". Ponomarenko (Reflecting on the opinions expressed by these scientists, we have described that all external and internal factors affecting a person affect its direct emotional state, and in this one of the scientists-says that it is a small attitude that a person expresses to events, and the other - the reflection of our internal experiences in our minds and its occurrence. But in all cases, I also note that the emotion is a response of a person to external and internal factors that affect him)⁵.

³ E. Gaziev General Psychology. Textbook for the specialty of psychology I book. Tashkent

⁴ Narzulla Boymurodov "Psychology Of The Monk". "Generation of the new century", 2007

⁵ M. Vohidov's educational manual "psychology of children"

O. A. Chernikova of the signs of emotional stability Chernikova considers the presence of small shifts in the values of indicators that characterize emotional reactions, and E. A. In his book "The Psychological choice of pilots" (in addition to the ability to control and limit emerging asthenic emotions), milerian writes that emotional stability should also be understood as immunity to emotional factors. (It is precisely in pilot activity that the role of hissy stability is high in intelligence and the formation of emotional stability in the upbringing of the owners of this profession, that is, as scientists emphasize, it is advisable to form emotional stability as immunity to emotional factors and develop it)⁶.

Y. Reykovsky believes that emotional stability in some people is manifested due to their low emotional sensitivity. (Emotional stability can be defined based on the psychological characteristics of a person, as we tariff with human temperamental. For example, it can be observed that the reaction of individuals with melancholic and phlegmatic temperament against external and internal influencing factors is also slow compared to other temperament representatives).

K. K. Platonov characterizes those who tend to change emotional states more often and are emotionally very excited as emotionally unstable individuals. At the same time, the authors recognize the great role of Will in ensuring the effectiveness of activity when strong emotions arise. (Frequent changes in the emotional state require this person to make non-standard decisions in some cases under unforeseen circumstances. When making these decisions, the individual is required to above all coldness and show will in the implementation of the decisions made. Therefore, it sets the stage for us to conclude that emotion and will are inextricably linked).

N. D. Levitov characterized emotional instability with instability of mood and emotions, L. S. Slavin, on the other hand, associates it with "volatility effects", which are manifested in hypersensitivity, closeness, stubbornness, a nigotic attitude towards processes. (Unexpected changes also have significantly different effects on different people, their emotions and behavior. As I noted above, in such cases, the emotional stability of a person, the solution of existing problems in these changes, if the Will is shankled, is also carried out quickly).

K. Isard sees emotional instability as mild excitability, pessimism, anxiety, mood swings. Emotional stability, from the point of view of the above authors, is characterized by the fact that emotional equality, without pressure, that is, the emotional stimuli, situations are not affected by a person.

Some authors (L. M. Abolin, A. E. Olshannikova, V. M. Pisarenko) emotional stability refers to the predominance of positive emotions, rather than emotional equality, which sees emotional stability as "a personal property that ensures the stability of stenic emotions and emotional arousal under the influence of various stressors."

In other cases, emotional stability is understood as the degree of emotional arousal that does not exceed the limit value, does not disturb human behavior and even positively affects the effectiveness of activity.

O. A. Chernikova writes that "the emotional stability of an athlete is manifested not in the fact that he ceases to experience strong sports feelings, but in the fact that these feelings reach the level of optimal intensity." (At the first novbat in the training of athletes, they are prepared for their psychological preparation, that is, for not succumbing to emotions (emotions), and for self-control in these cases, as

6 Personnel management. A study guide. At 2 o'clock Part 1./ E. A. Milerian, Ulyanovsk: UI GA, 2021. – 95 p.

well as for actions with reason. But there are also those who moved in high emotional states and recorded high results) ⁷.

Emotional stability is a characteristic that characterizes an individual in the process of stressful activities, and its individual emotional mechanisms, in harmony with each other, help to successfully achieve the goal, which is actually seen as a functional system of emotional regulation of activity.

Thus, for many scientists, the main criterion for emotional stability is the effectiveness of activity in an emotional situation, and when determining emotional stability, it is assumed that a person includes the ability to successfully solve complex and responsible tasks in a stressful emotional environment.

In these statements, emotional stability is actually perceived as the ability to suppress emotional sensations and affections, that is, as “willpower” that leads to patience, perseverance, self-control, endurance (self-control), stability of activity efficiency.

K. K. Platonov divides emotional stability into emotional-volitional (the degree of voluntary ownership of a person's own feelings), emotional-motor (psychomotor stability) and emotional-sensory (stability of emotional actions).

P. B. Zilberman advances another approach in determining emotional stability, which understands this phenomenon as “an integral characteristic of an individual, characterized by the interaction of the emotional, volitional, intellectual and motivational components of an individual's mental activity, ensuring optimal, successful achievement of the goal of activity in a complex emotional environment.”

M. I. Dyachenko and V. A. Ponomarenko understands emotional stability as the quality and mental state of an individual, which ensures purposeful behavior in extreme situations. According to the authors, “this approach allows us to reveal the necessary conditions for emotional stability, which depend on the dynamics of the psyche, the content of emotions, excitement, experiences, as well as dialectically establish its needs, motives, will, readiness, awareness and dependence on the individual's readiness to perform certain tasks.”

However, this approach also has weaknesses. Considering emotional stability as an integral feature of an individual or a feature of the psyche, it is very important to determine the place and role of the emotional component in it. Otherwise, strong-willed emotional stability and it is difficult to avoid detection with mental stability, which can also be considered as indispensable personality traits that ensure the successful achievement of the goal of activity in a complex emotional environment. In other words, it is impossible not to take into account that the success of performing the necessary actions in a complex environment, connecting the results of activities with emotional stability, is ensured not only by him, but also by a person's many personal qualities and experiences.

When self-control (courage, perseverance) is manifested in the development of an emotional state (for example, a time accompanied by a state of boredom, apathy, monotony) and when experiencing fear, differences in the mechanisms of a person's resistance to the influence of an emotional factor are obvious. Therefore, it is not advisable to combine these different psychological phenomena under a common name.

By treating emotional stability as an adaptation to an emotionally important situation, two stages can be distinguished.

⁷ O. A. Chernikova. Emotional stability as the basis of the future teacher-psychologist's readiness for professional activity / O. A. Chernikova //Scientific notes of the Orel State University. - 2010. — No. 3-2. — pp. 257-261.

The first stage is the stage of emotional reactivity. It is characterized by vegetative (nourishing and growing) shifts that appear in the body under the influence of emotional influence.

The second stage is an emotional adaptation to vegetative shifts in the body. The meaning of emotional stability is self-regulation aimed at suppressing the emerging vegetative shifts and maintaining purposeful behavior.

K. V. Sudakov his research, Sudakov tried to identify common factors affecting the "emotional stability" of a person. As a result, a connection between emotional stability and the strength and mobility of the nervous system was established.

O. A. Chernikova and others, studying the relationship between the effectiveness of activity and the characteristics of the nervous system at different levels of emotional stress, found that an emotionally resilient group towards emotionally unstable in a situation is characterized by great variability and relative weakness of the nervous system.

N. A. Aminov and C A. Izumova high variability of emotional stability and found a connection with activity, but did not identify any connection with the power of the nervous system.

Problems of emotional stability as a mental phenomenon V. E. Chudnovsky's research, he proposes to understand this phenomenon as moral stability, since the individual's personal positions are directly related to morality. Given the behavior of a socially active subject, two methods of action can be seen: adaptation to the situation or change the situation. The last strategy of behavior will be related to the stability of the individual, since by establishing oneself as a stable individual, the individual carries out his social activities.

Emotional stability is the ability of a person to maintain personal positions in various conditions of social instability, to have certain protective mechanisms in relation to foreign influences on his personal views, beliefs and worldview as a whole. The orientation of an individual is one of the manifestations of his emotional stability. It is the sum of the needs and interests of an individual, which is concentrated around a single center and is one of the factors of self-control of an individual's behavior. Due to its regulatory function, needs serve as an important criterion for the moral development of an individual. The level of formation of an individual's moral behavior corresponds to the hierarchy of needs inherent in him, which determines the stable behavior of the individual.

In his study V. E. Chudnovsky identifies four levels of personality stability.

The first level is the situation, that is, instability. This level is characterized by the predominance of primitive needs, the satisfaction of which is associated with situational factors (need for food, safety). Accordingly, here we observe a low level of moral self-control.

The second level is instability due to the lack of a meaningful factor in the long course. This level is characterized by the predominance of narrow personal needs, although their satisfaction is achieved through a long goal.

The third level is the stability of an individual, based on long-way types whose content is ambiguous, which allows the individual to more or less leave narrow personal interests.

The fourth level is the highest level of individual stability mediated by collective orientation. At this level, the need to achieve a collective goal in the hierarchy of needs is decisive, the nature of the long course puts the individual beyond narrow personal needs, makes an optimal contribution to the liberation of the individual from the phenomena of the situation. Here the individual coordinates their needs with the plans and goals of the community.

In addition to stability, there is the concept of personality instability, which is characterized by the manifestation of passive adaptive behavior, which manifests itself through chance, through external circumstances and the desire to justify other people's activities.

In his research, V. E. Chudnovsky distinguished two types of personality instability: a) instability as a result of the situation, the absence of a long course, a low level of self-control, primitive needs; b) instability of personality due to the lack of formation of a meaningful side of a long course.

To study the problem of emotional stability of an individual K. Levine is considered to have made significant contributions to the "structural-dynamic theory of personality". In his opinion, needs are the engine of human behavior. Under the need, the author proposes to understand in a person some kind of Intention, a dynamic state that arises as a result of action. He argues that real needs are those that imply intention, that is, the needs that lead a person to adapt to a problem situation, that is, the stability of the individual. Resistance to external influences is highest when the subject not only makes a decision, but also begins to perform any specific, specific actions in the chosen direction.

The emotional stability of an individual directly determines its viability, physical and mental health. The emotional stability of an individual is based on a complementary harmonious combination, a harmonious unity of the constancy of the individual and his variability. On the basis of permanence, the life path of an individual is built, without which life goals cannot be achieved. It supports and strengthens self-esteem, helps to perceive oneself as a person and as a person. Variability is associated with the development and existence of personality. It is impossible to develop without changes that occur in distant areas of the individual and in the personality as a whole, they depend on internal dynamics and environmental influences. The variability of an individual is the basis of his flexibility, the necessary ability at any stage of life and in any situation.

The problem of emotional stability is very important, since emotional stability protects an individual from fragmentation and personality disorders, provides the basis for the emergence of inner harmony. Personality fragmentation is understood as a loss of the managerial role of a higher level of the psyche in the regulation of activity. Thus, important components of an individual's emotional stability include: full self-awareness with timely and adequate resolution of personal conflicts;

personal growth ability (value, motivation);

relative stability of emotional tone and favorable mood emotional-volitional regulatory capacity;

motivational tension appropriate to the situation.

For the emotional stability of an individual, the ability to resist external influences, subject to his intentions and goals, is also necessary. The peculiarity of voluntary processes lies in the fact that a person consciously overcomes difficulties on the way to achieving the goal. The psychological characteristics of the emotional stability of an individual are manifested in the processes of mental self-control, self-orientation, self-control.

The problems of the psychology of emotions have been and remain the subject of great controversy in trying to understand them in psychological theory. Scientific discussions in this area are conducted on a wide range of issues, starting from what mental phenomena should be classified as emotional and ending with the question of the participation of emotion in the management of human behavior.

According to foreign Yale researchers, emotions that play an important role in a person's life still remain "incomprehensible" mental phenomena for scientific research. This is due to the fact that the dominant criterion that determines the scientific nature of the study is an accurate measure.

The need to satisfy this criterion sometimes limits the researcher's ability to describe the qualitative specificity of emotions as mental phenomena. The problem of emotions is considered in connection with general problems such as self-awareness of the individual, self-awareness, perception and understanding of each other by people. Yehtimol, this is due to the fact that it is very difficult to express the phenomenology of the process of perception of emotions in the concepts of theoretical and even more experimental psychology, since emotions are "hidden" from the observer, from deep intimate experiences, which creates significant difficulties in terms of their objective study.

I have come across different definitions and concepts of emotional stability. But emotional stability is not only a person's adaptation to the situation, but also the immunity of the nervous system to unpleasant impressions. Emotional stability is the stability of motor and mental functions. Emotional stability is the degree of voluntary detachment of excessive emotional arousal.

Emotional stability is a person's ability to overcome stress, maintain mental balance and respond appropriately to various life situations. It is an important indicator of mental health and well-being that helps to overcome difficulties and achieve success in life.

The study of the qualitative characteristics of emotional stability consists in finding an answer to the question of psychological understanding of its essence as a mental phenomenon, how emotions (himself and another person) are given to the subject in his experiences, how they are perceived and carried out. The concept of "perception of emotions" is used in different contexts, but the positions of researchers are appropriate in recognizing the inclusion of the act of naming, classification, understanding, understanding in this process.

Human perception of emotions is fully explored as an individual developmental problem of a system of knowledge about emotions. However, these studies are mainly related to childhood.

In fact, in the process of forming professional self-awareness, the problem of the subject's perception of emotional experiences remains unexplored. Of particular interest in this regard is the study of the characteristics of the subject's perception of emotions in the process of professionalization. In the context of this study, the term "emotional phenomena" is synonymous with the concept of "emotions". It is introduced to emphasize that the subject, mental phenomena (processes, properties, states) that imply his emotional instability, are considered emotional.

We have analyzed the concepts of "emotion", "emotional instability", "emotional tension", as well as the views that exist within psychology on the problem of internal emotional phenomena. We were primarily interested in the process of understanding the emotional state of the subject, without which it is impossible to start the process of forming emotional stability. According to the views of representatives of introspective psychology, emotions are perceived directly by the subject as an experience.

As a conclusion, it should be cited that being aware of feelings means not only experiencing them as experiences, but also associating them in a certain way with the object or person to whom these feelings are caused or aroused and to whom they are directed. Thus, emotions are not only experienced directly by a person, but also become the object of his consciousness.

The demonstration of the emotion of the subject can be carried out at least at two levels of consciousness.

First, at the level of direct perception, the experience of having such a feeling. At this level, a person is aware of the "unity", the unity of emotions, both with the phenomena of the objective world and with the mental and physiological phenomena of his inner world.

Secondly, emotions are also made by generalizing direct perceptual information.

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