

PROBLEMS RELATED TO PSYCHOLOGICAL FACTORS AFFECTING THE COMBAT SITUATION AND THEIR SOLUTIONS

NIYOZOV SAMANDAR UKTAMOVICH

Associate Professor, Lieutenant Colonel, Shooting Training Cycle, Department of General Army Training, Faculty of Military Security and Defense, University of Military Security and Defense of the Republic of Uzbekistan

Abstract: This article scientifically analyzes the psychological factors affecting military personnel in modern combat conditions, the causes of combat stress, and its impact on soldiers' operational effectiveness. The mechanisms of fear, fatigue, psychological tension, and post-traumatic stress conditions are also examined. In addition, the experience of psychological training in foreign military forces is studied, and practical recommendations aimed at improving the psychological stability and combat readiness of military personnel are proposed.

Keywords: Combat stress, military psychology, psychological training, psychological tension, fear.

In the current conditions, when the situation in the world is changing rapidly and threats and dangers to security are increasing, work aimed at reforming the Armed Forces and ensuring their combat readiness and the ability to deliver a timely and adequate blow to any aggression directed against our country is gaining particular importance. During the reforms carried out in our country, special attention is paid to replenishing the ranks of the army with specialists who have in-depth knowledge in their field, think modernly, are intellectually mature, have a high level of combat training and combat readiness. At the same time, practical work on the psychological preparation of a fighter and his readiness for negative psychological consequences that may occur during combat, one of the main factors in the process of forming a modern mature warrior, should be carried out regularly in units.

The future tasks in this regard are briefly and fully reflected in the following thoughts of our esteemed President, Supreme Commander-in-Chief of the Armed Forces Shavkat Mirziyoyev: "The army, provided with the most modern weapons and necessary means, is not enough, but the moral weakness of the soldiers, their fighting spirit, loyalty and love for the Motherland, lack of a sense of responsibility for its fate or indifference can lead to irreparable consequences."

Therefore, the loyalty of the soldiers to the Motherland, their fighting spirit and sense of responsibility are also important.

So, based on the above thoughts, first of all, it can be noted that every commander and chief must understand that the successes of a soldier in combat and physical training, as well as his tolerance to combat stress and mental strain during combat, are related to the moral and spiritual state of the soldier and his readiness in this regard.

If we look at history, at all times, along with a warrior's combat and physical fitness, his moral and spiritual state and psychological preparation have been one of the main issues.

For example, the great commander Amir Temur's "Temur Regulations" states: "Let any soldier who fights with a sword with determination increase his salary. Let any soldier who turns away from the battle and flees, deprive him of our favor. If he is forced to retreat, accept his apology. If he is panicked, honor him. Let any soldier who fights with a sword in the face of the enemy and is wounded, honor him and give him alms. If he escapes after being wounded, praise him and take into account his wound." The issue of combat stress is also

covered in the historical work "Temurnoma" by historian Sharafiddin Ali Yazdi, "the danger of death, the ambiguity and uncertainty of the battlefield always threaten the soldier, and this extinguishes the soldier's confidence and hope for victory." Military service, in terms of its complexity and danger, is one of the most stressful types of human activity.

Combat practice has proven that in combat conditions, psychologically traumatic factors increase several times, reduce the effectiveness of their vital activity, cause combat psychological injuries, and ultimately affect the success of combat operations.

The specifics of combat situations require a fighter to experience great psycho-emotional stress, work with great pressure on the nervous system. Many emotions affect not only the nervous system, but also almost all organs of the human body. In combat stress situations associated with danger, the functional reserves of the fighter's body decrease by up to 30%.

If we talk about direct combat stress, combat stress, unlike ordinary stress, has additional stressors.

Combat stress is a complex of emotional states that arise in servicemen under the influence of psychologically traumatic factors of a combat situation.

Combat stress is one of the worst, most dangerous forms of negative mental states in a unit, a military team, and is not just a mental state, but a complex of unconscious and uncontrolled actions of people, performed separately or simultaneously.

People who fall into this state not only lose control over themselves and their willpower for a certain period of time, but also get out of the control of their commanders and exert their influence on the entire team. As a result of scientific research and studies, it is possible to identify specific stressors that affect the psyche of a military serviceman in a combat situation: a life-threatening situation, the risk of injury, contusion, burns and radiation, the death of loved ones and colleagues, the terrible spectacle of death and suffering, the victimization of a subordinate military serviceman and civilians, incidents related to the violation of the honor and dignity of a military serviceman, and other unpleasant scenes of a combat situation.

One of the aspects characteristic of combat conditions is the presence of a constant threat to the life of a military serviceman. In such a threatening situation, he must constantly respond to danger. This reaction is manifested through a feeling of fear. A person is afraid of losing his life and tries to protect it. Under certain conditions, fear can disrupt the psychological defenses of the organism and cause a person to become emotionally exhausted and withdrawn.

All of the above causes psychological consequences in a warrior exposed to combat stress in a combat situation, that is, a combat stress response occurs.

The most common combat stress response states in a soldier are listed below: fear, fatigue, aggression-aggression, alcohol-drugs, withdrawal from existence, unconsciousness, apathy, restlessness, thoughtless actions, tremors, eating disorders, depression, memory loss, confusion, loss of speech, sudden mood swings, self-deprecation, body temperature "jumps", nausea, vomiting, bladder and bowel problems.

Let's briefly analyze some of them.

Fear is the main negative emotional experience of a soldier when he is in a combat stress state.

Fear is a characteristic and important emotion for any mentally healthy person. Because it is one of the body's defense mechanisms.

People who lack a sense of fear are considered mentally unhealthy because they constantly commit stupid and life-threatening actions. According to the conclusions of American military experts, 90% of servicemen experience obvious fear in battle.

Of these, 20-25% experience fear accompanied by nausea and vomiting, 10-15% cannot control the urinary tract and bowel functions.

Research and analysis show that approximately 30% of servicemen experience maximum fear before the start of the battle, 45% during the battle, and 15% after the battle.

Terror (terrification) is considered the strongest level of fear.

It is caused by an extremely dangerous and complex situation. It deprives a person of the ability to act purposefully and voluntarily for a certain period of time. For example, "freezing", inability to move from a place or making reckless movements, for example, running, sometimes running towards the enemy (danger), etc.

Combat practice and experience show that units suddenly confronted with an ambush make almost 75% of incorrect movements in the first minutes due to combat stress. Fear is a unique feeling to a certain extent, if a warrior can use it (because in moments of fear, the human body mobilizes all its capabilities).

Fear can be learned to be controlled. There is such a wonderful feature in a person that he cannot live in fear for a long time. The victory of a warrior over the enemy begins with the victory over himself, over his shortcomings, doubts and fears.

Being in a combat situation for a long time requires a soldier to spend a lot of physical and emotional energy, and this leads to fatigue.

If a soldier does not have the opportunity to rest, then fatigue turns into chronic fatigue. In this case, even after sufficient rest, signs of fatigue remain.

According to the results of studies conducted by Russian psychologists, a soldier who has been actively engaged in three days of combat, on the fourth day loses his entire combat potential due to increased fatigue.

A strong manifestation of fatigue is sleep disturbance. When the sleep time was 1.5 hours per day for six days, the combat power of military personnel was doubled, and by the seventh day, 50% of personnel were observed to be out of action, and when the sleep time was 3 hours per day, 91% of military personnel maintained their combat power for nine or more days. A soldier should know how to fall asleep correctly, quickly, and stay fully rested from short-term sleep in various conditions.

Prolonged exposure to combat stress can lead to post-traumatic stress disorder, which, unfortunately, can lead to other mental illnesses such as hysteria, freezing, escape reactions, imaginary neurosis, and panic attacks.

As can be seen from our analysis above, there are enough problems related to psychological factors affecting a soldier in combat situations.

Let us consider the extent to which the solution to these problems, that is, the psychological preparation of a soldier, has been established in the armies of developed foreign countries using the example of the United States of America.

Studies conducted by American psychologists and military experts during the study of modern armed conflicts have divided psychotraumatic symptoms affecting the psyche of military personnel into three groups. The first group (with the greatest impact): the presence of the threat of death and injury; the possibility of killing an enemy soldier or local resident; witnessing the death of a comrade, enemy soldier, or civilian.

The second group (with medium impact): the variability and randomness of the situation; difficult weather and climatic conditions; separation from loved ones and relatives; the possibility of being captured.

The third group (with low impact): the constant replacement of comrades; the increasing fear of being killed or injured as the replacement period approaches; the realization of the futility of hostilities.

And based on the psychotraumatic symptoms indicated in these groups, the following measures are organized and carried out for the psychological preparation of US military personnel:

- a comprehensive in-depth study of candidates for military service (for example, a thorough study through a questionnaire, a special test of professional suitability and questions and answers, etc.);

- special psychological tests (several targeted special tests of varying complexity);

- conversation (long-term psychological conversation on various topics in different conditions, for example, a continuous conversation at night without sleep);

- “basic course of soldiers”, “long-term training course” (in these training and test exercises, you can practically “taste” all the “fruits” of combat training, for example, “The Grim Reaper”, “Hell Week”, “The Execution House”, etc.);

- psychophysical (psychophysical) training (in which the soldier is simultaneously developed mentally and physically through exercises, for example, endurance

- marching, mountain training, airborne training, etc.);

- “combat adaptation” or “combat vaccination” methods (training in conditions that are as close as possible to combat situations);

- involvement in service in “hot spots”;

- classified psychological training courses.

For the purpose of comparative analysis, we will briefly dwell on the extent to which psychological training issues have been established in our military units:

- studying candidates for military service for professional suitability through special tests and questions and answers;

- psychophysical (psychophysical) training (march-throw, hand-to-hand combat, “reconnaissance trail”, mountain training, airborne training, etc.); exercises in the “psychological bunker” and “corridors”, etc.

Based on the above, instead of concluding, I would like to make several proposals to increase the effectiveness of psychologically adequate training of military personnel for psychological factors in combat situations and their negative consequences:

- targeted work of practicing psychologists based on the results of targeted special tests of varying complexity;

- increasing the types of psychophysical training exercises based on the field of the units and regularly conducting them in various conditions (weather and terrain);

- organizing and conducting exercises in conditions as close as possible to combat situations in order to improve combat adaptation skills in military personnel;

- regularly conducting complex practical exercises and tactical-line exercises under various tactical scenarios in order to form combat reflexes in military personnel;

- enriching the “psychological bunker” and “corridors” under various scenarios and conducting constant exercises;

- training military personnel in various traditional and unconventional methods and means of quickly restoring psychological balance during and after combat (meditation, extreme medicine, modern pharmaceutical and folk medicine products, etc.);

- informing personnel about the real situation during combat through operational filming, documentary films and interviews with people who have seen combat;

- organizing special psychological training courses.

The impact of fear and fatigue on combat activity:

Fear is one of the most common forms of combat stress. This is a natural protective reaction that serves to protect the human body from danger. However, a high level of fear can

disrupt the actions of a fighter and create a state of panic and horror. According to analyzes, the majority of military personnel on the battlefield experience a strong feeling of fear.

Also, prolonged combat operations cause fatigue. As a result of insufficient rest and lack of sleep, a soldier's combat power decreases sharply. Studies show that the combat potential of fighters who do not get enough sleep for several days is reduced by up to half. Foreign experiences and psychological training: In the armies of developed countries, special attention is paid to the psychological preparation of soldiers. In particular, in the United States army, special psychological tests, long-term interviews, psychophysical training, and practical training courses that are maximally close to combat situations are widely used in the selection and training of military personnel.

Such training serves to develop in soldiers: stress resistance, quick decision-making skills, the ability to manage fear, combat reflexes, and psychological adaptation.

Psychological bunkers, marching drills, mountain training, hand-to-hand combat, and special psychological and physical training are also being organized in our National Armed Forces.

Problems and their solutions - In order to reduce psychological problems that arise in combat situations, it is advisable to implement the following measures:

1. It is necessary to improve the system of in-depth psychological selection of military personnel;
2. It is necessary to regularly conduct special psychological tests and training;
3. It is necessary to increase practical training close to combat situations;
4. It is necessary to regularly teach methods of combating stress;
5. It is necessary to develop a psychological rehabilitation system;
6. It is necessary to systematically organize mental and physical training exercises;
7. It is necessary to gradually prepare military personnel for combat conditions (adaptation) in a combat situation.

The experience of modern wars shows that the psychological preparation of a soldier, one of the main factors of the success of combat operations, is always in the focus of the attention of commanders and leaders, and I will quote the following words of the great philosopher Confucius: "Hands do not know that they are weak. Legs do not understand that they are weak. Only the human brain knows and understands this. Therefore, a person who considers himself weak is weak, and who considers himself strong is strong." Be among the strong throughout your life, this is within your power.

In conclusion, the success of combat operations largely depends on the psychological preparation of a military serviceman. A soldier who is able to manage combat stress and mental tension can act effectively even in difficult situations. Therefore, it is important to improve psychological preparation in the Armed Forces based on modern requirements, study international experience and put it into practice.

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