



SPECIFIC CHARACTERISTICS OF PSYCHOLOGICAL EFFECTS ON PERSONS IN EXTREME AND EMERGENCY SITUATIONS

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Ummatqulova Mohigul Umarqul qizi

Graduate student of Asia International University

Scientific supervisor **O.R.Avezov**

ABSTRACT

The article provides information on psychological influence on a person in extreme situations, providing psychological support to a person in extreme situations, and methods aimed at stabilizing their emotional states.

Key words

extreme situation, fear, emotion, psychological impact, person, help, protection, mechanism.

АННОТАЦИЯ

В статье представлены сведения о психологическом воздействии на человека в экстремальных ситуациях, оказании психологической поддержки человеку в экстремальных ситуациях, а также методах, направленных на стабилизацию его эмоционального состояния.

Ключевые слова

экстремальная ситуация, страх, эмоция, психологическое воздействие, человек, помощь, защита, механизм.

INTRODUCTION

Devotion to the problems of the young generation proves how important the role of the spiritual component is in the formation of the personality. After all, forming a well-rounded human personality with healthy beliefs, attitudes, and worldview is one of the important tasks of preventing and reducing the possibility of moral decline that may occur in society. When thinking about the upbringing of the young generation: "...at the center of all our good intentions is to raise our children physically and spiritually healthy, to see their happiness and prosperity, to see them have a prosperous future, to be second to none in the world. It is possible to say that "the dream of raising a generation that does not exist" is possible. If we feel that we are responsible for the future and fate of Uzbekistan, then each of us should deeply understand the issues of educating the young generation, which is the means of its development, and consider it our duty to live based on a new way



of thinking. In other words, one of our main goals is the need to properly educate the young generation, to form the right attitude in them, and to create optimal conditions for their development as spiritually healthy individuals.

The problem of psychological impact and protection has always been one of the most urgent problems facing humanity. After all, a person's social development in all aspects, his activity as a person, and his self-development largely depend on this process. It is worth noting separately that if individuals have sufficient information about their psychological capabilities, achievements, and shortcomings in a certain area, this will help them to easily overcome any failures in life, to be able to use their capabilities more widely. , in a word, creates ample opportunities for the formation of perceptions about themselves that have a deeper, positive and unique social value. After all, in this process, first of all, the educational system, its content, the principles of psychological influence on the individual in extreme situations serving to improve the educational system are of great importance.

MAIN PART

An extreme situation is a change of human consciousness under the influence of extreme factors and extreme mechanisms and their impact under pressure. or characterized by a violation of psychological and moral influence (it is more characteristic under the influence of extreme factors of an informational-semantic character). A mixed type of influence is considered when the physiological system caused the dynamics of the initial moral influence, or vice versa, when the change of psychological characteristics leads to the emergence of a physiological shift. "In extreme situations, the exposure of a person's organism can be of two types: uniformity of exposure and anxiety exposure. The direction of the influence is a sign to know whether it belongs to one or another type. The main content of the homogeneous forms of the answer is the unique influence of the organism, which is aimed at eliminating or overcoming the extreme factors and solving the moral issues. Then, at the moral level, the characteristic of the response is a sufficiently conscious goal-directed character. This ensures the formation of a clear plan of human action based on a qualitative analysis of the entire existing situation, and sometimes on quantitative descriptions of extreme conditions. The form of the response related to anxiety sensitivity is characterized by the specific relationship of the extreme factor. It is primarily aimed at maintaining the functioning of the organism and maintaining the structure of the ongoing activity. In situations where the conscious control of moral influence is weakened, unconscious moral acts are observed, for example, panic. If in the same form of the response, the activity that existed before the beginning of the influence of the extreme factor remains unchanged, then in the second situation, a decrease in the subjective necessity of these reasons, and a change in the type of reasoning is observed. Anxiety



sensitivity, as a rule, appears in strong extreme situations (perceived subjectively and objectively).

Although the debates about the problems of "psychological influence mechanisms" and "coping behavior" in extreme situations arose long ago, they continue to this day. This means that there are practical and theoretical complexities in defining protective mechanisms and coping thresholds. Often, these processes are manifested in a purposeful way. Also, the behavior of psychological protection occurs in external situations and fulfills the function of "resolving internal conflict" and participates as a mediator in the conflict between consciousness and unconsciousness. In extreme situations, the psychological effect reflects: denial, displacement, rationalization, depression, identification, catharsis and many other forms. Defense mechanisms work effectively through their powerful criteria of ending anxiety and overcoming fear. According to Z. Freud, "human existence is characterized by fighting with fears and anxieties that arise in various situations." One of the successors of Sigmund Freud's work is Anna Freud. He made corrections to his father's reserve concept by summarizing and systematizing the knowledge of 54 psychological effects. In his opinion, the mechanisms of influence are not only innate, but also the product of individual experience, including the method of involuntary assimilation. A. Freud summarizes the individuality of defense mechanisms and the flexibility of a person in the stages of character and forms ideas about him. It is commendable that A. Freud clarified the definitions of defense mechanisms: "Mechanisms of influence" are considered the activities of the "I" and arise when the "I" encounters excessive excitement or by demonstrating security in relation to the affective state. They perform their function automatically, without any agreement with the mind." Anna Freud emphasized the protective nature of the mechanisms of influence, showing that they prevent the disintegration and derailment of behavior and allow the normal mental status of a person to exist. Thoughts about the protection of phenomenal behavior with a conceptual basis were specially recognized by I. D. Stoikol. He takes into account mental activity at different stages in the analysis of psychological protection. According to him, psychological protection is considered as a unique characteristic of all living beings and individuals, and he defines it as "protection is reflected in the management of activity in a hidden state in the development of the human ontogeny at all stages of the evolutionary development of the psyche." It can be divided into three according to the functional task of mental influence and the complexity of the age stages. They consist of:

1. Sensory-psychological influence-through the implementation of psychosensory control of behavior, self-influence is created in the body.



2. Perceptive psychological influence - as a result of the use of perceptive psychological management, an individual has a motive to influence others and himself.

3. Psychological influence of a person - as a result of a person's behavior, activity and conscious actions, a person's self-influence is created.

Biological causes of perceptive and sensory effects in a person are connected through communication (continuing to exist while preserving individuality). is a top view of a specific protective structure. Its purpose is to preserve and protect the conflicts during the psychological development of the personality in the human being, interpersonal relationships. In these conflicts, man participates not as an organism or an individual, but as a person.

L.M. According to Nikolskaya, I.R.Granovskaya, when a psychologically traumatic situation occurs in a person, the mechanisms of psychic influence act as a specific barrier in the movement of information, and as a result, a person either ignores the information in a situation of mutual concern, either wrong, or falsely accepted. In this special state of consciousness, a person has a unique balanced and harmonious structure. This internal protective change is a special form of a person's adaptation to the same process, and it is the unconsciousness of all these processes. There are several classifications of psychological influence, among which the simplest classification is perfect and primitive influence. The first includes rationalization, intellectualization, humor, and sublimation, while the second includes disassociation, denial, powerful control, low evaluation, isolation, aggressor judgment, attachment, and is manifested in the right situation. There are also different principles of separation of psychic influence, one of which is implemented through the perception and clarification of the situation, and the other is implemented with the help of transformation, rational reanalysis of the material.

According to B. D. Karvasarsky, all psychic effects can be divided into a minimal group.

I. Group influence - it is possible to deny and clarify by developing data analysis and blocking them.

II. Group influence is a projection aimed at distorting the thoughts and feelings of a person (formation of irrationality, intellectual reaction, identification).

III. This mechanism realizes somatic anxiety and sublimation, as a group psychological effect - relief from emotional stress.

IV. Group manipulative type of influence-considered regression fantasy formation includes coping with the disease.

In addition, there are other effects that can be divided into powerful control, idealization, evaluation, dissatisfaction, decomposition, and various other



classifications. Currently, most researchers define the process of psychological influence mechanisms as intrapsychic adaptation based on the subconscious analysis of received information. This process is accepted by all mental processes: perception, memory, attention, thinking, imagination, emotions. Each time, which of these sections receives the negative tension. (for example, in order to forget about depression, he rationalizes his behavior and directs his whole mind to denial by thinking rationally.

CONCLUSION

Psychological analysis and research is one of the most delicate and unique arts and requires strong knowledge and excellence. If we connect the individual with psychological study in an extreme situation, then the branches of psychology will expand and turn it into one of the necessary fields. We provided information about the types of situations of individuals in extreme situations, analyzed them from a psychological point of view and gave their descriptions. At the same time, sensitivity in extreme situations and its types (such as panic, fear, escape), the dynamics of an extreme situation and the uniqueness of this situation should also be fully studied and psychological assistance should be provided to a person in such a situation. makes it easier to show. Nowadays, in the advanced civilization era, we can often face extreme situations. In such a situation, a person should first of all find help from himself. This help is psychological help. Forming psychological skills, skills and knowledge for a person in situations of fear, anxiety, crying, convulsions, anxiety, feeling of guilt, ability to control physical movement, nervous tremors, anger, rage, aggression and stress. they mock It is the need of the hour to develop the mechanisms of psychological influence in extreme situations, to apply its methods to life, and to not only be influenced by the situation in such situations, but also to overcome the existing situation.

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