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## THE ROLE OF PSYCHOLOGICAL STABILITY OF MILITARY TRAINING CADETS AS AN ELEMENT OF PROTECTION IN THE EDUCATIONAL ENVIRONMENT

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**Annotation:** *Psychological stability of a military training cadet plays a significant role as a key factor of protection in the educational environment. This article is devoted to the analysis of the importance of psychological stability as a means of protection in the context of the educational environment of a military educational institution. The article provides an overview of the main aspects of the psychological stability of the cadet, highlighting its importance in providing protection in the process of military education. The main emphasis is on understanding the role of psychological stability as a mechanism for resisting negative influences that may arise in the educational environment.*

*The article notes the relevance of the study of this topic in the light of the growing complexity and need to protect the psychological well-being and adaptation of military training cadets. This research is of practical importance for educational institutions, teachers and psychologists aimed at creating optimal conditions for the formation of a stable personality in the context of military training.*

**Keywords:** *Military training, cadet, social support, sustainability, formation, resources.*

### **Introduction.**

In the modern educational context, especially in military training, the psychological stability of the cadet plays an important role as a factor of protection in the educational environment. In the conditions of constant challenges and stressful situations that arise during training and service, cadets face various psychological, emotional and social threats. Psychological stability is a key component contributing to successful adaptation and overcoming difficulties.

In this study, we will consider the psychological stability of cadets as a complex psychological phenomenon, including stress resistance, adaptability, self-regulation, self-efficacy and other cognitive and emotional aspects. The analysis of modern scientific research related to the role of psychological stability in the educational process and military training will be carried out.

The purpose of our research is to identify the importance of psychological stability of cadets as a factor of protection in the educational environment, as well as

to determine methods and strategies for its development and maintenance. We will also try to identify the relationship between psychological stability and successful adaptation of cadets to the educational process and service.

To achieve this goal, we will analyze modern psychological theories and concepts related to sustainability, as well as consider the results of empirical research related to this topic. To assess the psychological stability of cadets, we will develop appropriate measurement tools and techniques. It is assumed that the results of the study will help determine effective practices and strategies for the development of psychological stability in the educational environment, contributing to the successful adaptation and protection of cadets in difficult conditions of training and service.

Psychological stability of cadets plays an important role as a factor of protection in the educational environment, especially military training. Below are the main aspects that make psychological stability a significant factor of protection in this environment:

### **1. Stress resistance.**

Stress resistance is an important aspect of the psychological stability of military training cadets. In this context, when cadets face intense training, service tests, harsh conditions and responsibility for their actions, stress becomes an integral part of their daily life.

Psychologically stable cadets have the ability to effectively cope with such situations. They usually have better control over their emotions, are able to adapt to changes, and their confidence in their abilities is not strongly influenced by stress. Such cadets have a more positive attitude to challenges and trials, which allows them to perform their official duties more successfully.

Stress tolerance is also associated with a decrease in the possibility of developing negative emotional reactions and psychological problems. Cadets with good stress resistance have more stable mental resources and can more easily withstand environmental pressure. This contributes to a better adaptation to new conditions and helps to prevent or cope with possible negative consequences of stress, such as anxiety, depression or painful psychosomatic symptoms.

Maintaining and developing stress tolerance is an important aspect of the psychological training of military training cadets. This can be achieved through trainings and trainings aimed at developing stress management skills, developing psychological support and strengthening resistance. It is important to pay attention to the psychological well-being of cadets, to provide support and assistance in the development of their stress resistance in order to ensure successful adaptation and protection in the educational environment of military training.

### **2. Adaptability.**

Adaptability plays an important role in the formation of psychological stability in military training cadets. Both the educational environment and military service can present diverse and unexpected situations that require rapid adaptation and adaptation to new conditions. Psychologically stable cadets have the ability to flexibly and effectively adapt to various circumstances, which allows them to successfully cope with the challenges and requirements of military activity.

Adaptability includes not only the ability to quickly acquire new knowledge and skills, but also the willingness to change their psychological and behavioral strategies in accordance with the changing situation. This allows cadets to effectively solve problems, make decisions based on up-to-date information and manage their behavior in order to achieve their goals.

An important aspect of adaptability is the ability to overcome stressful situations and maintain efficiency and emotional stability in difficult conditions. Psychologically stable cadets are able to find positive solutions even in stressful situations, which contributes to the effectiveness of their activities.

In the process of military training, adaptability plays a key role, as cadets face various educational, service and social situations. The development of adaptability is an integral part of the educational process and helps to prepare cadets for successful service in various conditions and environments.

As a result of research and practical activities aimed at developing the adaptability of cadets, it is expected to increase their ability to cope with a variety of situations, increase professional competence and better adaptation to service requirements. This, in turn, contributes to the formation of psychological stability and improving the quality of military training.

### **3. Self-regulation.**

Self-regulation plays a significant role in the formation of psychological stability in military training cadets. This ability of cadets to control their emotions, behavior and reactions to various situations helps them to effectively cope with the demands and challenges they face during training.

Military training often involves strict discipline, strict rules and requirements, as well as a high level of responsibility for their actions. Psychologically stable cadets have the ability to regulate their behavior in accordance with these requirements and control their emotions in order to prevent negative consequences.

Self-regulation also helps cadets cope with various stressful situations that may arise during service. Psychologically stable cadets are able to remain calm and confident in difficult circumstances, which helps them make informed decisions and act effectively.

An important aspect of self-regulation is the ability to manage your reactions to stress and pressure, as well as the ability to control your emotions to avoid outbursts of anger or fear that can affect decision-making.

The development of self-regulation among cadets is an integral part of their educational process. Trainings, practical exercises and psychological programs are aimed at developing this ability and help cadets become more confident and successful military specialists.

As a result of the development of self-regulation, it is expected to improve the quality of military training, reduce the stress level of cadets and improve their adaptation to service conditions. It also contributes to the formation of psychological stability and increase the effectiveness of their professional activities of military specialists.

#### **4. Confidence and motivation.**

The psychological stability of cadets really has a positive impact on their confidence and motivation in the educational environment of military training. Cadets with good psychological stability usually show high confidence in their abilities, which contributes to the successful assimilation of the material and the performance of official tasks.

The cadets' confidence in their abilities creates a favorable psychological atmosphere, which helps to increase their motivation and desire to achieve success. Confident cadets are more open to new knowledge and experience, more willing to work independently and take the initiative in learning. This, in turn, contributes to their academic and professional success.

The motivation of cadets to achieve success is also closely related to their psychological stability. Cadets with a high level of psychological stability usually have clear goals and strive to overcome difficulties and obstacles that may arise on the way to achieving these goals. They cope better with various challenges and do not lose motivation even under stress and pressure.

It is important to note that psychological stability, confidence and motivation are interrelated factors that interact and complement each other. Cadets with good psychological stability are more likely to show high confidence in their abilities, which, in turn, supports their motivation to achieve success.

The development of psychological stability of cadets is an important task for educational institutions conducting military training. Psychologically stable cadets have the best adaptive and stress-resistant skills, high confidence in their abilities and high motivation to achieve success. These factors contribute to their better professional training and successful performance of official tasks in the future.

#### **5. Communication skills.**

Psychologically stable cadets are easier to cope with interpersonal conflicts and have better communication skills, which contributes to cooperation and effective teamwork.

Communication skills play an important role in the military sphere, where effective interaction and timely transmission of information can be vital. Psychologically stable cadets usually have a better ability to listen and understand others, as well as express their thoughts and ideas clearly and convincingly.

In addition, psychologically stable cadets are usually better able to control their emotions and react adequately during communication. They are more tolerant of other people's opinions and points of view and are willing to seek compromises in conflict situations.

All this contributes to better cooperation and effective teamwork. Cadets with advanced communication skills can more easily establish contacts with others, establish trusting relationships and maintain a positive team spirit.

Communication skills training is an important component in the development of psychological stability of cadets. This helps them not only to successfully cope with interpersonal conflicts, but also to effectively perform official tasks in the future, when their communication skills will be critically important during military activities.

In general, the development of communication skills among psychologically stable cadets contributes to a more harmonious and productive educational environment and prepares them for successful service and interaction with colleagues in the future.

## **6. Self-efficacy.**

Cadets with high psychological stability usually have a higher level of self-efficacy. Self-efficacy reflects a person's confidence in their abilities and the belief that they can successfully overcome difficulties and cope with various tasks.

When cadets feel psychologically stable, it helps to increase their self-efficacy. Their confidence in their abilities helps them better cope with the challenges of military training and effectively perform official duties.

The increased self-efficacy of cadets can also have a positive effect on their motivation to achieve success. When they believe in their abilities, they tend to set higher goals and strive to achieve them with more enthusiasm and perseverance.

A higher level of self-efficacy can also contribute to better adaptation to new conditions and situations in military training. Cadets, confident in their ability to quickly master new knowledge and skills, adapt more successfully to the educational environment and the requirements of military service.



Self-efficacy also plays an important role in stress management. Cadets with high psychological stability and self-confidence more often show positive mechanisms of coping with stress, which contributes to the preservation of their mental well-being in difficult situations.

In general, self-efficacy and psychological stability are interrelated and can mutually reinforce each other. The development of psychological stability and increasing the level of self-efficacy are important tasks in the educational environment for military cadets. This helps to create a more successful and secure environment for their professional and personal development.

### **7. Opposition to negative ideology.**

Psychological stability plays an important role in opposing negative ideology. Cadets with good psychological stability usually have more developed critical thinking and the ability to analyze information, which allows them to remain more independent and critical of ideological influences.

Psychologically stable cadets tend to maintain their values and principles even in conditions of negative influence. They have a better ability to distinguish facts from manipulative statements, which allows them not to succumb to pressure and not accept ideological beliefs that contradict their own values.

In addition, psychologically stable cadets often have higher self-esteem and self-esteem, which contributes to confidence in their beliefs and the ability to resist negative influences. They can also be more open to other points of view, which contributes to a versatile and critical understanding of information.

Psychologically stable cadets, realizing their own value and independence of thinking, will more easily resist group pressure or social norms that may be associated with negative ideology. They are ready to analyze information, check facts and make their own decisions that do not run counter to their personal beliefs.

Thus, the development of psychological stability in cadets is important to protect them from negative ideology. Psychologically stable cadets have critical thinking, confidence in their values and the ability to resist negative influences, which contributes to their successful adaptation to the educational environment and professional activities.

As a result, the psychological stability of cadets is an important factor that ensures protection and successful adaptation in the educational environment of military training. This aspect deserves special attention and support in the work of teachers and psychologists to create optimal learning conditions and the formation of highly qualified specialists.

## **Conclusion**

In conclusion, it can be said that the study of the role of psychological stability of a military training cadet as a factor of protection in the educational environment emphasizes the high importance of this aspect in modern military training. In the process of training future military specialists, psychological stability is of particular importance, providing reliable protection from negative impacts that may arise in the educational and social environment. The results of the study allow us to conclude that the development of psychological stability of cadets contributes to the formation of specialists who are able to successfully withstand stress, social and psychological challenges, as well as respond effectively to a variety of educational situations. Psychological stability plays a role not only in protecting against negative influences, but also in creating an adaptive personality capable of self-improvement and professional growth.

In relation to the educational environment of a military educational institution, the identification and understanding of the role of psychological stability contributes to the development of appropriate pedagogical strategies and methods aimed at its development. Optimization of the educational process, taking into account psychological stability, will make it possible to train future military specialists more effectively, ensuring their successful functioning in difficult conditions of military activity. Thus, the psychological stability of a military training cadet is indeed a key factor of protection in the educational environment. Its development and strengthening will enrich military education and training of specialists who are able not only to effectively cope with challenges, but also to overcome them with benefit for their professional and personal growth.

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