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THE CONCEPT OF PSYCHOLOGICAL RESISTANCE OF MILITARY TRAINING CADETS TO SOCIAL THREATS

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Annotation: *Modern challenges and social threats facing future military specialists emphasize the importance of developing and implementing the concept of psychological stability in military training cadets. This article is devoted to the analysis and study of the concept of psychological stability in the context of training future military personnel to social threats.*

The article provides an overview of key concepts related to psychological stability and identifies the main factors determining the ability of cadets to adapt effectively and resist social threats. Special attention is paid to the relationship of psychological stability with the factors of military training and the socio-cultural environment.

The article reveals the relevance and significance of the development of the concept of psychological stability in the framework of military training, emphasizing the need to create specialized approaches and methods to prepare future military personnel for various social threats. This research is of interest to educational institutions, psychologists and teachers aimed at the formation of a stable and competent military personality capable of acting effectively in today's complex social environment.

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

Introduction.

Psychological stability plays an important role in the formation and development of professional skills, adaptation to difficult conditions and effective performance of tasks in various fields of activity, including military service. Military training cadets face special social threats and stressful situations that can significantly affect their psychological state and success in training.

The concept of psychological resilience of military training cadets to social threats is a comprehensive approach to the development and maintenance of psychological resilience in future military specialists. This concept is based on an understanding of the importance of strengthening mental mechanisms that allow you to cope with the challenges associated with military service and function effectively in conditions of increased tension.

In this paper, the main components of the concept of psychological stability in military training cadets are considered. Special attention is paid to the study of factors influencing the formation of psychological stability, as well as methods and strategies aimed at the development and maintenance of this important psychological characteristic are presented.

The purpose of the concept of psychological resilience of military training cadets to social threats is to create optimal psychological conditions for the development of resilience in future military specialists so that they can effectively cope with social threats that may arise during service and performance of official tasks.

Psychological stability plays an important role in the professional activities of military specialists, as it allows them to effectively adapt to various situations and stressful conditions, maintain mental balance and make informed decisions. The key objectives of the concept include:

formation of psychological stability. Recognition of psychological stability as an important element of military training and development of programs and techniques aimed at the formation of stability in cadets;

prevention of the negative impact of social threats. Creation of a system to prevent and minimize the negative impact of social threats on the psychological state of cadets so that they can function successfully in the service environment;

development of stress resistance. Improving the ability of cadets to cope with stressful situations and maintain efficiency in conditions of high workload and responsibility;

strengthening of moral and psychological fortitude. The development of cadets' confidence in their professional abilities and values, which contributes to resistance to negative influences.

creating a positive psychological environment. Formation of a favorable psychological environment that supports the psychological stability and development of cadets.

The task of the concept of psychological stability of military training cadets to social threats is to develop and implement comprehensive measures aimed at the formation of psychological stability in future military specialists. The main objectives of the concept include:

identification of vulnerable points. Analysis and study of social threats faced by cadets during training and service. Identification of factors that may affect their psychological stability;

development of educational programs. Creation of specialized educational programs aimed at forming the resistance of cadets to social threats. Inclusion in the curricula of subjects and trainings aimed at the development of psychological skills and abilities.

psychological support. Organization of psychological support and counseling for cadets who may face social stresses and difficulties. Creating conditions for developing adaptive behavior strategies and problem solving.

development of stress resistance. Conducting trainings and exercises aimed at developing stress tolerance and the ability to cope with extreme conditions of service.

strengthening values. Fostering patriotism and strengthening value orientations that contribute to resistance to the negative impact of social threats.

increased self-regulation. Developing the ability to control your emotions and behavior in stressful situations, which contributes to making informed and deliberate decisions.

performance evaluation. Conducting a systematic evaluation of the effectiveness of the concept and adjusting measures depending on the results obtained.

The concept of psychological stability is aimed at achieving the following goals:

1. Development of psychological mechanisms. The concept aims to create a basis for the development of psychological mechanisms among cadets that will allow them to effectively adapt to various social and military situations, maintain emotional balance and make informed decisions in difficult circumstances.

Psychological mechanisms of cadets' resistance to social threats are a complex of psychological processes and qualities that help them to cope effectively with various challenges and stressful situations associated with military training and service. These mechanisms provide psychological resilience and stability of cadets in difficult and changeable conditions of the military environment.

2. Reducing the impact of social threats. The concept is aimed at reducing the negative impact of social threats on the psychological state of cadets, providing them with tools and approaches to overcome stressful situations and maintain mental balance.

Reducing the impact of social threats on the cadet of military training is an important task that can be achieved with the help of an integrated approach and psychological measures.

3. Professional development. The goal is also to increase the professionalism of future military specialists by developing their psychological qualities that contribute to the effective performance of official duties and maintaining an optimal level of professional activity.

Improving the professionalism of military training cadets is an important goal that ensures the effective and successful performance of military duties and tasks.

Improving the professionalism of military training cadets contributes to the creation of highly qualified and ready to perform their duties military specialists, which plays a key role in ensuring the security and protection of the interests of the country.

4. Ensuring the safety and efficiency of the service. The concept of psychological stability sets itself the task of ensuring security and stability in the military environment, preventing possible negative consequences for cadets associated with unforeseen situations and social threats.

Ensuring the safety and effectiveness of military training cadets' service is an important task that is of paramount importance for the successful fulfillment of military tasks and ensuring national security.

Ensuring the safety and efficiency of military training cadets' service is the responsibility of the command and all involved structures, and the successful completion of this task ensures the creation of qualified and reliable military specialists ready to perform their official duties for the benefit of society and the state.

5. Self-development and self-knowledge. The concept aims to promote self-development and self-knowledge of cadets, so that they are aware of their strengths and weaknesses, and are able to work effectively on self-improvement and personal growth.

Self-development and self-knowledge among military cadets play a key role in the formation of psychological resistance to social threats. These processes allow cadets to better understand themselves, their emotions, reactions and motivations, which is an important basis for successful adaptation and overcoming stressful situations in military service.

Self-development involves striving for personal and professional growth, awareness of their potential and efforts to realize them. In the context of psychological resilience, self-development helps cadets develop sustainable strategies for coping with stress, increases their confidence in their abilities and contributes to the formation of resources to overcome social threats.

Self-knowledge, in turn, allows cadets to better understand their emotions and reactions to stressful situations, to identify their strengths and weaknesses. Knowing themselves and their reactions helps them to manage their behavior and emotions more effectively, which helps to strengthen psychological resilience in the face of social threats.

Thus, self-development and self-knowledge of military training cadets play an important role in the formation of psychological stability and preparing them for effective and safe service in conditions of social challenges and threats.

The objectives of the concept of psychological stability for military training cadets are aimed at ensuring their effective adaptation to service in the armed forces, as well as the development of psychological mechanisms that will allow them to successfully cope with various social threats. Some of the main tasks include:

1. Formation of psychological resilience. The priority task is to develop psychological stability among cadets, which will help them cope with stressful situations and adapt to service requirements.

The formation of psychological resilience is an important and priority aspect of military training of cadets. Psychological resilience allows future military specialists to effectively cope with various stressful situations, as well as successfully adapt to service requirements and performance of official duties.

2. Development of strategies for managing social threats. Cadets must master effective strategies to counter various social challenges and threats that may arise during service.

The development of strategies for managing social threats is an important aspect of training cadets of a military educational institution. Cadets should be prepared to effectively confront various social challenges and threats that they may face in the course of service.

The development of social threat management strategies involves an integrated approach that combines practical training, psychological support and introspection, which contributes to the formation of stability and competence of future military specialists in the field of coping with social challenges and threats.

3. Preparation for stress management. Cadets should learn how to effectively manage their emotions and stress in difficult situations in order to avoid negative consequences for their health and performance of official duties.

Stress management training is an important part of the training of military training cadets. Effective stress management allows cadets to cope with unforeseen and responsible situations while maintaining their performance and health.

Preparation for stress management will help cadets to be more effective in their professional activities, as well as maintain their physical and psychological health in conditions of high workload and responsibility. This is an important aspect of the formation of the competence of future military specialists and ensuring the successful performance of official duties.

4. Increasing self-efficacy and self-confidence. It is important to develop students' confidence in their abilities and increase their confidence in their abilities for the successful performance of official tasks.

Increasing self-efficacy and self-confidence is a significant task of military training of cadets. These qualities contribute to the formation of successful and competent military specialists.

Improving the self-efficacy and self-confidence of cadets is a process that requires attention and support from teachers and the management of the educational institution. Creating favorable conditions for the development of these qualities will help future military specialists to successfully perform their official tasks and achieve high results in their professional activities.

5. Formation of professionalism. The concept should help cadets improve their professional skills and knowledge, which will increase their qualifications and competence in military activities.

The formation of professionalism is one of the main goals of military training of cadets.

The formation of professionalism will allow cadets to become competent and responsible military specialists capable of effectively performing their official duties in various conditions and situations. This will ensure the safety and reliability of military operations and increase the level of readiness and efficiency of the entire military service.

6. Development of the ability to adapt. Cadets need to learn how to adapt quickly to different conditions and situations, which is especially important in military service, where conditions can change quickly.

Adaptation is an important aspect of military service, and the development of the ability to adapt should be especially emphasized in the training of cadets.

The development of the ability to adapt will allow cadets to be more ready and successful in the service, effectively perform their duties and act effectively in various situations, which contributes to the security and success of military operations.

7. Increasing the level of communication and cooperation. The development of communication skills and the ability to cooperate will help cadets better cope with social threats and interact with colleagues.

Increasing the level of communication and cooperation is an important aspect of military training of cadets.

The development of communication skills and the ability to cooperate contributes to the formation of an effective and well-coordinated team, which increases the level of success and security of military service. These skills are also applicable outside the military sphere and will be useful in the personal and professional life of cadets after graduation.

8. Ensuring the safety and efficiency of the service. The concept should pay attention to ensuring the safety and success of the service of military training cadets, which includes training in measures to prevent and counter threats.

Ensuring the safety and effectiveness of the service is one of the main objectives of the concept of military training of cadets. Devoting special attention to ensuring the safety and success of the service will increase the level of readiness and professionalism of cadets, as well as ensure the safety and effectiveness of military activities.

The implementation of these tasks in the concept of psychological stability of military training cadets contributes to their successful military training, effective preparation for service and adaptation to various social situations and threats that they may face in their military career.

In general, the purpose of the concept of psychological stability is to form psychological resources for future military specialists that will allow them to successfully overcome difficulties and stressful situations in military service, as well as effectively perform their official duties in the interests of ensuring the safety and protection of society.

An integrated approach to the development of psychological mechanisms in military training cadets is aimed at ensuring their psychological stability and effectiveness in situations related to social challenges and stressful situations during military service and training. This approach includes a number of key activities:

1. Psychological preparation. Implementation of special trainings and psychological programs that help cadets develop the ability to manage emotions, stress resistance, adapt to new situations and overcome difficulties.

The purpose of psychological training is to form students' psychological stability, readiness for service and successful performance of tasks in difficult conditions of service of the armed forces. Properly structured trainings and programs contribute to the development of skills necessary for the successful professional and personal life of cadets.

2. Support and consulting. Providing access to psychological support and counseling for cadets so that they can discuss their problems, stressful situations or anxious thoughts with professional psychologists.

Support and counseling play an important role in the psychological preparation of military training cadets. The organization of access to psychological support and consultations contributes to providing a favorable psychological environment and helps cadets to cope effectively with various problems and stressful situations.

Providing access to psychological support and counseling contributes to improving the psychological well-being and stability of cadets, which, in turn, contributes to their successful service and the fulfillment of military tasks.

3. Simulation training. The use of simulations and scenarios that allow cadets to master various stressful situations by experience, which contributes to the development of their ability to respond adequately in real conditions.

Simulation training is an effective method of psychological training of military training cadets. They are based on the use of simulations and scenarios that allow students to master various stressful situations by experience, which contributes to the development of their ability to respond adequately in real conditions.

Simulation trainings are a valuable tool in the psychological training of cadets, as they help to develop the necessary skills and abilities to effectively respond to challenges and stressful situations that they will face during the service of the armed forces.

4. Development of team spirit. Promoting the formation of a strong spirit of cooperation and support in a team environment, which helps to reduce stress levels and increase confidence in their actions.

The development of team spirit plays an important role in the psychological preparation of military cadets. It is aimed at promoting the formation of a strong spirit of cooperation and support in a team environment, which helps to reduce stress levels and increase confidence in their actions.

The development of team spirit contributes to the formation of unity and support in the team environment, which creates favorable conditions for reducing stress levels and increasing confidence in their actions. Cadets with a strong team spirit cope more effectively with challenges and tasks during the service of the armed forces and successfully perform their duties.

5. Psychological monitoring. Conducting regular assessments of the psychological state of cadets, which allows timely identification and response to possible problems and stressful situations.

Psychological monitoring is an important part of the psychological training of military training cadets. This is the process of conducting regular assessments of the psychological state of students in order to timely identify and respond to possible problems and stressful situations.

Psychological monitoring helps to provide timely assistance and support to cadets, which helps to reduce the negative impact of stress and increase their psychological stability. It is an important tool for maintaining psychological well-being and successful training of cadets for the service of the armed forces.

An integrated approach ensures the formation of stability and adaptability among cadets, which contributes to their successful service and training in military specialty.

Conclusions. The concept of psychological resilience of military training cadets to social threats is a comprehensive and purposeful approach to the development of psychological resources and qualities that are necessary for effective adaptation to the service of the armed forces and coping with social challenges and stressful situations. The following conclusions can be drawn from this concept:

The importance of psychological preparation. The development of psychological resilience begins with psychological training, which includes trainings, seminars,

simulations and programs aimed at developing emotional control, stress tolerance, decision-making skills and teamwork. This helps cadets successfully cope with unforeseen situations and remain stable in extreme conditions.

The role of psychological support. Providing access to psychological support and counseling plays an important role in maintaining the psychological well-being of cadets. Professional psychologists help to detect and solve possible problems and stressful situations, which helps to strengthen their psychological stability.

The value of teamwork. The development of team spirit and the ability to work in a team plays an important role in the formation of psychological stability among cadets. Team training and interaction with diversity in the team contribute to the development of leadership skills, cohesion and support in a team environment.

Psychological monitoring. Regular psychological monitoring makes it possible to detect changes in the psychological state of cadets in a timely manner and warn about possible problems. This makes it possible to provide support and assistance if necessary.

Constant self-improvement. The concept of psychological stability implies constant self-improvement and development of psychological resources among cadets. This contributes to the creation of a stable psychological basis for successful service and solving social threats.

The concept of psychological resistance of military training cadets to social threats is an important and integral part of their professional training. It contributes to the formation of a stable and competent personality who will be able to effectively cope with the challenges and difficulties facing them during the service of the armed forces.

Conclusion

The concept of psychological resilience of military training cadets to social threats is a comprehensive and purposeful approach to the development of psychological qualities and skills necessary for effective coping with challenges and stressful situations associated with social threats. This concept includes a number of methods and approaches that contribute to the formation of psychological stability in future military specialists.

One of the key aspects of this concept is psychological training, which includes trainings, simulations and psychological programs aimed at developing the ability to manage emotions, stress resistance, adaptation to new situations and overcoming difficulties. These activities help cadets develop self-confidence, self-confidence and willingness to cooperate with others within the framework of teamwork.

Another important aspect is psychological support and counseling. Providing access to psychological help allows cadets to discuss their problems, stressful situations and anxious thoughts with professional psychologists, which contributes to the early identification and resolution of psychological problems.

Also an important component is the development of team spirit. The formation of a strong spirit of cooperation and support in a team environment helps to reduce stress levels and increase confidence in their actions. Teamwork, problem solving, and achieving common goals develop cadets' leadership, communication, and emotional intelligence skills.

Finally, psychological monitoring is an important tool for timely identification of psychological problems and reactions to stressful situations. Regular assessments of the psychological state allow you to warn about possible problems in a timely manner and provide the necessary support and assistance to cadets.

All these aspects together contribute to the formation of a stable psychological basis for cadets, which helps them successfully cope with social threats and solve emerging problems within the armed forces service. The concept of psychological stability makes it possible to provide optimal conditions for the personal and professional growth of future military specialists and contributes to improving their efficiency and success in the service.

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