

PSYCHOPROPHYLACTIC MEASURES TO RELIEVE STRESS THAT OCCURS DURING THE PERFORMANCE OF MILITARY DUTIES**Mavlon Komilovich Toshxodjayev**

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Annotation: This thesis examines the stress conditions experienced by military personnel during the performance of their duties, their psychological consequences, and psychoprophylactic measures aimed at reducing stress levels. The specific nature of military service, high responsibility, and exposure to risk factors directly affect mental stability. Therefore, the development of individual and group psychoprophylactic strategies plays an essential role in military psychology practice.

Keywords: military personnel, stress, psychoprophylaxis, mental stability, psychological support.

Аннотация: В данной тезисе рассматриваются стрессовые состояния, возникающие у военнослужащих в процессе выполнения служебных обязанностей, их психологические последствия, а также психопрофилактические меры, направленные на снижение уровня стресса. Особенности военной службы, высокий уровень ответственности и факторов риска напрямую влияют на психическую устойчивость личности. Поэтому разработка индивидуальных и групповых психопрофилактических подходов имеет важное значение в практике военной психологии.

Ключевые слова: военнослужащий, стресс, психопрофилактика, психическая устойчивость, психологическая помощь.

In the conditions of modern military service, the psychological readiness and mental stability of military personnel are one of the most important factors. Military activity, by its very nature, is a professional field that requires high responsibility, risk, physical and mental pressure. Therefore, the issue of managing stress situations and their consequences during service is considered one of the current areas of military psychology. Stress is a physiological and psychological response of a person to external or internal pressure. During daily service, military personnel are exposed to factors such as dangerous situations, orders requiring accuracy, high discipline, long-term separation, living away from home. Such conditions can lead to mental stress, fatigue, decreased motivation, and aggressive reactions.

Therefore, it is necessary to develop psychoprophylactic measures aimed at reducing stress and ensuring mental stability among military personnel. Psychoprophylaxis is the process of preventing the formation of negative psychological states in a person, reducing existing stress factors and strengthening psychological defense mechanisms. The task of a military psychologist is not only to identify and eliminate the consequences of stress, but also to create a positive psychological environment in military personnel, to help strengthen self-control, self-awareness and collective solidarity. Therefore, scientific research on this topic will serve to improve the military psychological service system, strengthen mental stability among military personnel and increase their service efficiency.

The issue of stress management and reduction of its consequences in military personnel is one of the separate research areas of psychology. The scientific foundations of stress theory were developed by G. Selye, who interpreted stress as a physiological and psychological response of the body to external pressure. According to Selye, prolonged stress has a negative impact on human health and activity, especially in highly responsible professions. Lazarus and Folkman (1984) in their research linked stress with the process of cognitive appraisal and explained human reactions to stress and strategies for overcoming it through the concept of "coping". According to their theory, a person's emotional stability, social support, and intrinsic motivation play an important role in overcoming stress.

In the field of military psychology, scientists such as R. Lazarus, L. Steinberg, D. Gross have studied ways to increase the psychological resilience of military personnel to stress. In particular, L. Steinberg (2005) evaluates the factors of danger, discipline and social isolation that arise in a military environment as stressors that strongly affect the mental state of a person. One of the Eastern thinkers, Abu Ali ibn Sina, in his work "The Canons of Medicine", substantiated the inextricable link between the human psyche and physical health, emphasizing the importance of peace, healthy sleep and positive thinking in maintaining mental balance. These views are consistent with the principles of modern psychoprophylaxis and show that psychological and physical factors are interconnected in reducing stress in a person.

The method of "Stress inoculation training" (building immunity to stress), developed by Western scientists D. Meichenbaum (1977), is also widely used in the military. This approach is aimed at preparing a person in advance for stressful situations, managing them in real conditions, and developing skills to reduce psychological pressure.

Uzbek scientists have conducted research in the field of military psychological training, stress prevention, and psychoprophylactic approaches. Their work shows effective ways to strengthen mental stability in military personnel through early detection of stress, group training, and psychological exercises.

In general, the analysis of the literature shows that stress management includes not only an individual psychological approach, but also social, organizational and spiritual factors. In military conditions, this process is closely related to collective cohesion, psychological support from the leader and the stability of the service environment. The study of the formation of a state of stress in military personnel, its course and consequences is one of the important areas of psychology. An analysis of the literature and the views of scientists shows that stress is a state of psychological tension in the process of adaptation of a person to external and internal pressures. In military conditions, this process is more complicated, since a military personnel is simultaneously under physical, emotional and social pressure.

The theory of the general adaptation syndrome, put forward by Hans Selye, is the main theoretical foundation for understanding the mechanisms of military stress. According to it, when a military serviceman is constantly exposed to stress factors, the body's defense systems weaken, which leads to mental fatigue, aggression or apathy. In this regard, military psychologists need to develop psychoprophylactic measures aimed at identifying stress at an early stage and reducing it. In the analysis of the concept of "coping" proposed by Richard Lazarus and Susan Folkman, two main ways of overcoming stress are distinguished: problem-oriented and emotional coping strategies. These strategies are important in military service, since their correct selection ensures the mental stability of the serviceman and the effectiveness of his service. For example, problem-oriented strategies (analyzing the situation, finding a solution) are more effective for officers and leaders, while emotional coping methods (relaxation, psychological training) are useful for ordinary servicemen.

Donald Meichenbaum's "Stress inoculation training" model is of practical importance from the point of view of analysis. This approach involves the formation of mental immunity through psychological

preparation of a person for stressful situations. In the practice of military psychology, the use of this method develops in servicemen the skills of self-control, managing their emotions, and making quick and correct decisions in emergency situations. In the analysis of Albert Bandura's concept of "self-efficacy" (confidence in one's own strength), a person's internal motivation, self-confidence, and goal orientation play a decisive role in the fight against stress. In military conditions, these factors ensure not only individual mental stability, but also collective solidarity and social adaptation.

Russian scientists VA Bodrov, LI Antsyferova and others, in their research, analyzed the role of military stress in professional activity and introduced such concepts as "exhaustion syndrome", "emotional burnout" and "psychological defense mechanisms". In their opinion, the system of preventive measures against stress is implemented through individual diagnostics, regular psychological training, and the establishment of trusting communication between managers and employees.

Research by local scientists also serves as a practical basis in this direction. They have scientifically proven the effectiveness of psychological training, autogenic exercises, relaxation techniques, and emotional relaxation conversations to reduce stress in military service.

Analysis shows that the most effective approach to preventing military stress is the introduction of a comprehensive psychoprophylaxis system. Such a system includes individual psychodiagnostics, team training, psychological culture of leadership, and regular psychological support mechanisms. This will strengthen the psychological readiness of military personnel, increase service efficiency, and reduce the negative consequences of stress.

The problem of stress in military personnel is extremely relevant for modern psychology and practice. In my personal opinion, it is impossible to completely eliminate the stress that occurs in military service, but it can be managed, mitigated and reduced to a level that does not harm the psyche of the individual. To do this, stress should be assessed not only as a "negative state", but also as a psychological signal that mobilizes the internal capabilities of a person.

Three main areas are important in increasing the stress tolerance of military personnel :

First, the psychological training system should be carried out regularly and systematically. Military personnel should be psychologically prepared in advance for the complex and dangerous conditions of their service. This should include stress management training, psychological exercises, emotional management, and self-analysis skills.

Secondly, the issue of increasing psychological culture is important. Each serviceman should be able to understand his own mental state, identify signs of stress early and not be shy about asking for help when necessary. In the military environment, conditions that are often perceived as "mental weakness" are actually signs of psychological fatigue, which, if not addressed in a timely manner, can lead to serious mental disorders.

Third, the psychological approach to leadership should be strengthened. Military unit commanders should be leaders who can control not only discipline but also the morale of their personnel, motivate and inspire confidence. Special training programs on psychological leadership and emotional intelligence should be developed for military leaders.

Also, improving the family environment, social support system, and recreational opportunities of military personnel are important factors in reducing stress. Mental stability is not only related to internal preparation, but also to social and spiritual balance. Stress in military service is a natural but manageable condition. The most correct approach is not to eliminate it, but to properly manage it, direct it to one's advantage, and mentally strengthen the individual. The effectiveness of psychoprophylactic measures is ensured only through comprehensive cooperation at the individual, team, and management levels.

Stressful situations in the professional activities of military personnel are a natural process, but their management and elimination are an important condition for maintaining human mental health. In my personal opinion, a psychoprophylactic approach should include not only eliminating the problem, but also the process of forming immunity to stress. That is, the main goal of prevention is to prepare military personnel for stress, to strengthen them psychologically, and to develop emotional stability.

Also, to reduce the stress that occurs during service, mutual psychological support in military teams, an empathetic approach by leaders, and regular psychological training are important. Stress-tolerant individuals are usually able to control themselves, remain calm when making decisions, and have a positive impact on the team environment.

Based on the experience of modern military psychology, it can be said that it is necessary to develop an individual psychoprophylactic program for each military serviceman. Because the reaction to stress is individual for each person. Therefore, factors such as the type of temperament of the person, the level of affective stability, and the level of social support should be taken into account.

In conclusion, I believe that a system of psychoprophylaxis should be systematically established in military organizations, the qualifications of military psychologists should be improved in this area, and most importantly, the mental health of military personnel should be considered as a component of the state's defense potential.

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