

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

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Annotation

The article focuses on the psychological impact on the individual in extreme situations, the need for individuals to have sufficient information about a certain range of psychological capabilities, achievements, shortcomings, as well as the theoretical and fundamental foundations of the interpretation of psychological protection in extreme situations.

Key words

Emergence of mental disorders, human psyche, Extreme situation, emotional stress, defense mechanisms, personality in the process of psychological service

Аннотация

В статье акцентируется внимание на психологическом воздействии на личность в экстремальных ситуациях, необходимости наличия у личности достаточной информации об определенном спектре психологических возможностей, достижений, недостатков, а также теоретических и фундаментальных основах трактовки психологической защиты в экстремальных ситуациях. ситуации желаемые.

Ключевые слова

Возникновение психических расстройств, психика человека, экстремальная ситуация, эмоциональный стресс, защитные механизмы, личность в процессе психологической службы

Emergencies and extreme situations (natural disasters, earthquakes, various accidents, fires, outbreaks of epidemics, etc.) have always caused various emotional stress and psychological trauma to mankind. For example, as we know from history, this situation was first committed in Egypt and lasted for 60 years throughout the Mediterranean Sea. During the peak of this epidemic, more precisely in 542, more than a thousand people died every day in Constantinople - the plague. The second most tragic epidemic in the history of the world left its mark on the territory of Western Europe under the name "Black Death" (14th

century). In addition, in 1346-48, more than 25 million people were killed due to the widespread spread of "plague" in Western Europe. . In 1892, 6 million people died in India due to the spread of the terrible "Cholera" disease, and this life also affected South America.

Today, thousands of people around the world are confused and it is very difficult to calm them down due to the situation related to COVID-19, famine in various regions, problems with cars and living spaces, and seasonal rainfall in mountainous areas. Experts say that the appearance of mental disturbance in this state directly leads to the appearance of serious diseases in people.

Therefore, the study of the impact of the above extreme situations on the human psyche requires the large-scale development of a new direction in the practice of psychology - the science of extreme psychology. From this point of view, the science of extreme psychology is a science that studies various unusual or extraordinary psychological laws that are formed in the human psyche.

Emergency and extreme situations are defined at a certain level in relevant literature. In particular, the state of emergency is determined by the circumstances of accidents occurring in certain limited areas that have a negative impact on human health, his mind and emotions, and his mental state.

Extreme situation lot. *extremus* is derived from concepts such as the last, crisis, in which a person as a separate subject is surrounded by negative effects as a result of various threats to his perception, life, and health.

In fact, the manifestation of an extreme situation related to various factors has a direct negative impact on the psychological nature of a person. As a result, a certain level of depressive states is observed in a person. In order to get out of this depressive state, it is necessary to provide psychological services to a person. For this, first of all, it is necessary to know the psycho-emotional factors that cause the extreme situation. These factors include:

1. Manifestation of various emotional actions that cause dangerous situations.
2. Current lack of necessary information and lack of information aimed at mitigating the situation.
3. Excessive mental, physical and emotional stress.
4. Adverse weather effects: extreme hot temperature, extreme cold temperature, lack of oxygen in the air, etc.
5. Famine, onset of drought, etc.

It should be noted separately that in extreme situations, the human body is more likely to become stressed. In order to provide psychological services to people, it is very important to know the essence and causes of stress. Therefore,

Hans Selye (1907-1982), a Nobel Prize laureate, an accomplished physiologist, is the world's leading specialist in the study of stress. According to the scientist, patients who are under stress first experience loss of appetite, decreased movement, increased arterial blood pressure, and depression. G. Selye defines these symptoms of stress as "a sign of a simple disease".

The well-known psychologist Ivan Ogiyev recommends psychological defense mechanisms of a person based on the following system.

Defense mechanisms

- Aggression - the manifestation of negative influence on a person who underestimates him and causes hesitation in his self-image;

- Thinking - unpleasant feeling, transfer of feelings from one object to another object that does not meet the requirements;

- Imagination - seeing one's feelings, desires and characteristics in another person without knowing it;

- Idealization - "idealizing" oneself, not admitting one's mistakes and shortcomings

- Forgetting - a person forgets his dislikes and unpleasantness: people's faces, names, situations such as recalling unpleasant unpleasant memories during communication, etc.;

- Denial - an individual's lack of adequate perception of events and events, denial and expression of knowledge about them with excuses such as "I didn't know anything about it", "it's not mine", "they told me so", "I didn't say that" arrival;

- Discrediting - low assessment of news sources "I am a symbol", "even if everyone speaks, you don't speak", "who is the judge?" humiliating a person with statements such as;

- Identification - comparing oneself with another person and with a group with exemplary behavior, comparing one's own behavior and attitude with those around, simplifying the way of life;

- Conversion (to change) - while maintaining the high level of "I", spreads and deals with unpleasant situations and situations as a joke, and accepts the given reprimands as a joke.

By providing these psychological protection mechanisms, the author scientifically researches the cases of self-protection from the external environment and aggression in the forms of personal behavior.

A person's psychological defense mechanisms can directly affect the subjective causes of some conflicts. Reasons such as not allowing a person to realize his

personal or group needs and violating his personal or group interests lead to conflict situations. Therefore, an individual's participation in conflicts is determined by the extent to which an obstacle interferes with the realization of the goal set before him. The more important the subject's goal is and the more he wants to achieve it, the more he will resist conflicting situations and the person who interferes with him.

At the root of the social, political, economic and spiritual reforms that are being carried out with a unique consistency in Uzbekistan are primarily those that serve the dignity, intelligence, spiritual potential and unique social psychological development of each person. factors lie. After all, protecting these factors in every way means protecting the person who is considered the highest gift of mankind. At the same time, it should not be forgotten that the issue of studying, researching and developing the system of being able to protect oneself from various failures and falling into various negative situations is also very important. For example, the following scientific and practical conclusions are based on all the theoretical and practical research conducted:

1. The analysis of scientific-theoretical and methodical literature in extreme psychology shows that there is an extreme shortage of research devoted to the special analysis of the process of self-psychological protection characteristic of an individual. However, various failures, internal conflicts, and high stress situations that can negatively affect the development of any person prepare a person for psychological protection.

2. The use of a set of selected and developed methods creates an opportunity to study and research the dynamics of indicators related to psychological protection criteria specific to a person and its hierarchical system in the process of systematically organized psychological service. In particular, self-emotional assessment criteria according to the Ricks-Wessman scale, anxiety characteristics of a person using the "Methodology for studying reactive and personal anxiety scales" created by C. D. Spielberg provides new information about psychological protective factors characteristic of a person.

3. In today's psychological service process, the fact that each of the criteria that affect the process of psychological protection of a person and are the subject of research at the same time has its own protective factor, sign, dynamics and hierarchical system, and that this general psychological protection it is characterized by the fact that it serves to strengthen and perfect the interconnected hierarchical chain. From this point of view, the interpretation of these criteria

proved that it is possible to provide empirical information about the system of psychological self-protection of a person.

4. Analysis of the empirical data obtained on the Ricks-Wessman scale shows that the process of self-psychological protection in individuals depends in most cases on the school life of adolescents, self, general interpersonal communication shows that it is related to the norms of anxiety, as well as the manifestation of indicators of proportionality or disproportion to the qualities of calmness, enthusiasm, emotional upliftment, self-reliability, which ensure the activity of individuals. In particular, it has been confirmed that the increase in the recorded proportionality indicators can lead to an increase in the possibilities of psychological protection in a person.

All the reforms carried out in our republic are primarily aimed at protecting the human personality and its interests, as well as ensuring the social and psychological development of each person.

Relying on the results obtained in the republic, taking into account the need to implement the achievements of modern psychology in our country, to correctly understand and research the conditions related to the psychological protection process in individuals, and to increase its share in the work of educating our youth today. the following practical recommendations are being developed.

1. It is necessary to draw up a program of work necessary for individuals in cooperation with emergency workers, fire safety workers, and people who have fallen into extreme situations and determine the activities aimed at studying the process of psychological protection in accordance with this program.

2. Psychologists working in our republic should study, analyze and research the requirements of psychological services, and in addition to the "Regulations" that constitute the work content of psychological services, the following tasks are recommended to be performed by practicing psychologists :

- Determining the level of adequacy between activity and individual capabilities; to determine the individual style associated with the successful performance of work in each person; in the course of work, opportunities are being created to determine indicators of normative emotional activity related to the provision of successful self-management of each person.

- It is necessary to carry out special explanatory work about the possibilities and perspectives of psychological protection between parents and operatives.

- It is necessary to develop and implement a corrective work plan that serves to determine the hierarchy of psychological protection in relation to the satisfaction with the activity characteristic of each person.

- Based on the psychological protection capabilities of each person, to achieve success in fulfilling the requirements of labor activity, at the same time, to provide appropriate individual advice in order to avoid various failures, as well as the appropriate conditions for the development of a successful individual style of this person in relation to the activity it is important to develop recommendations that ensure the creation of

We believe that the regular implementation of these tasks will ensure the effectiveness of psychological protection, and at the same time, the effectiveness of psychological services in extreme situations related to the research of psychological protection factors in a person.

Therefore, studying a person in extreme situations and being aware of the mechanisms of psychological influence on him requires great skill from every practicing psychologist.

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