

# PSYCHOLOGICAL PREPARATION OF THE POPULATION FOR EMERGENCY ACTIVITIES

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| Abstract:                                                                                                                                                                                                                                                                                                                                                                    | Keyword                                                                                                                                                                                                                                                                             |
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| The article discusses the psychological preparation of the population for emergency treatment. The author emphasizes the importance of psychological training for people to deal with emergencies and the role of mental resilience in forming a sense of responsibility to society. The article presents five main tasks of psychological training in emergency situations. | psychological training, emergencies, mental stability, mental endurance, stress factors, sadness, eustress, types of stress, adaptation, psychological preparation, self-preservation, human behavior, health, environmental interaction, personal aspects, character, temperament. |

## Introduction

Stress is a framework of physiological protection responses to the effects of various adverse factors (stressors) in animals and the human body. When translated from English, the word "stress" means "pressure, stress, compression."

Stress plays a very large role in life, affecting a person's behavior, his ability to work, his health, his relationship with those around him and his family.

In conditions of emergency, people's psychomatic condition varies. In the early stages, people's reactions will be based on the instinct to maintain themselves, but the level of such reactions varies: from unreasonable frantic action to conscious action towards the goal.

Stress exists in everyone's lives, because stress impulses are found in all aspects of a person's life, stressful situations occur both at home and at work, and stress is the result of many diseases is the cause, it can cause serious enough damage to human health.

Stress is accompanied by a person throughout his life, it is impossible for a person to bypass stressful situations throughout his life, but everyone reacts differently to stress and is disciplined personal edges of character, temperament (client), genetic predisposition, difficulties, danger, sudden complexity of conditions and even nutrition, difficulties will depend on psychological readiness.

Here's why someone is more stable on stress, someone may develop stress-affected diseases such as hypertension, ulcers, or nervous disorders.

Spiritual (psychological) preparation is to develop spiritual endurance in humans or to perform the task assigned, to develop qualities that strengthen their ability to selflessly act in dangerous situations that's what it means.

The main tasks of psychological preparation are:

1. Development of high mental stability in different categories of population when acting in emergency situations.
2. Training the victims to come to the rescue at the time of emergency situations in each citizen.
3. To make sure that the population has the ability to maintain their protection in all possible emergencies.
4. To assist individuals desiring to benefit the worldwide work of Jehovah's Witnesses through some form of charitable planning, a brochure has been prepared in English and Spanish entities.
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## RESEARCH METHODOLOGY

In modern interpretation, stress is a multi-meaning concept, with four being basic:

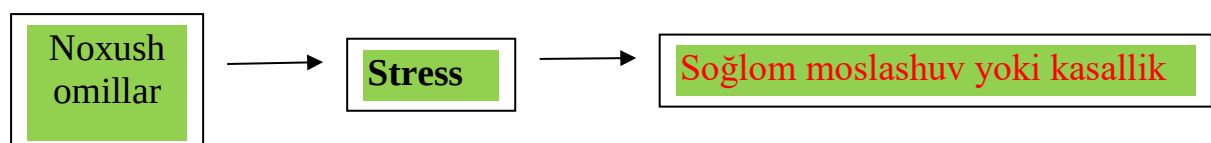
- stress - an event that brings an additional load;
- stress – reaction to a specific phenomenon (stressful nightmare);
- stress is the intermediate process between the stimulant and the reaction to it;
- stress is the process of an individual colliding with the environment.

The process of getting into a person's stress situation and adapting to the stressor effect, G. Sele believes that he will go through three periods:

**1. Period of concern.** During this period, the organism is deployed for a meeting with a threat. Biological reactions that cause fighting or exclusion occur. Specific physiological changes are observed: blood clots, increased blood pressure, enlargement of the liver, and so on. K.

**2. Period of resistance.** If the effect of the threat continues and it is not possible to bypass it, the body will try to resist or adapt to it. Physiological reactions exceed normal. Therefore, the body becomes weaker than other adverse factors. For example, a sick person's strong response to an unpleasant attitude. Eventually, the body adapts to stress and returns to normal.

**3 . The body's resources will run out if the end period - if stress persists- is not in a state where a person can adapt. End period, tendency to tire out, physical problems lead to diseases and even the destruction of the body, short-term adverse factors (muscle abuse energy reactions that allow you to resist increased pain symptoms, stopping digestion, rising blood pressure), the effect lasts a long time when it reaches it, it becomes harmful. The scheme of this process takes the following view.**



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Stress has a positive effect on the body until it reaches a specific critical level (mobilizes the body and encourages it to overcome the obstacles caused). After exceeding this figure, the body develops a process called hypersafbarism, which causes a decrease in self-regulation and activity results. Because of the critical indicator, a strong stress condition is sometimes also called distress.

**E ustress** means "stress caused by positive emotions" and "weak stress that mobilizes the body."

**Distress** is the pathological state of the body at a time when it is very unpleasant, "out of bounds" .

Two types of distress can be distinguished, **disruptive and stimulating**.

**The disruptive type** is characterized by a slowdown in movements and epchi. A person cannot act with his previous epoch, the speed of response reactions decreases , and the mental process weakens, in a peaceful state, this incomparable memory deterioration, hard care and other negative signs are manifested.

**The causative type** is characterized by hyperpherolism, a lot of speech, trembling of the hand and voice. For example, operators perform a large number of actions that do not require this situation, they check the state of the equipment, straightening their clothes, shaking their hands, When they communicate with those around them, they become jigsaw, rude, tajang, and arrogant.

Distress symptoms include headaches, nausea, lack of desire to do something, loss of confidence that the situation will change for the better, emotional state, desire to risk , partial loss of memory associated with the state of shock, inability to think about the situation that led to stress, changing mood, fatigue, laziness .

Sources of stress prevent injury or tense situations, daily conflicts, differences, quarreling or communicating with unpleasant people, achieving the goals set before them barriers, constant pressure, unfulfilled dreams or extreme demand for themselves, noise, uniform, irreversible (monotonous) work , because they don't achieve anything, it's always written by itself, even if it's not a fault, that it requires attention, to blame itself for everything that happens Work , financial difficulties, strong positive emotions, tracking family quarrels with people, especially relatives, also lead to stress.

**Anxiety** is the risk of perception and danger. Anxiety is usually a nmayon when it is expected to be the sodium of some event that can have unpleasant consequences.

**Fear** is to worry about some kind of imagination or real danger. Based on the self-preservation instincies, it affects vein stroke and respiratory frequency, arterial pressure indicators. The function of fear is to warn against the future danger, to encourage you to find ways to bypass it. Types of fears;

**A move** is an unconditional reflective "fear of a peak."

Hadik– on the contrary, is associated with constant perception of danger, slowly occurs and lasts a long time.

**Horror** is the strongest level of fear and the triumph of fear over consciousness.

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**Panic** is a sense of fear that encompasses a group of people. Its biological mechanism consists of the type of active-protection of the reflex; it also manifests itself negatively in human activity. In this case, fear can achieve the power of effect, causing escape, consolation, protective aggression.

**Forms and methods of spiritual (psychological) preparation;** training, training, independent training, games, training.

### **Kasbiy stress**

**Professional stress** is the stress that occurs in a person's work, this type of stress depends on the type of activity, occupation, and characteristics of a person's work. In extreme industry professionals, two mechanisms of occupational stress accumulation can be distinguished: accumulated (chronic) and post-traumatic stress.

Constant stress load in such occupations is caused by two factors:

- work in conditions where there are effects of stressogenic factors;
- the need to constantly maintain a high level of tea for urgent actions.

Thus, an expert will always be in a state of more abuse towards an ordinary person, and without appropriate training, a person working in such a profession will lose his psychological and physical health.

### **Traumatic stress**

**Traumatic stress** is a separate form of general stress reaction and if stress exceeds a person's psychological, physiological, and adaptation mechanisms and violates his protection, he becomes traumatic, traumatic stress is a normal reaction to a normal situation.

Psychological **trauma** is the consequence of traumatic stressogenic effects, personal protection that leads to deep disruptions in the integrity of the human movement system (from psychological to biological) refers to extreme levels of stressogenic factors that disrupt the system.

**Traumatic stress** is a condition that occurs when a person experiences a situation that leaves his or her experience, and inson natural disasters, technological accidents, military and terrorist activities, may receive psychological trauma as a result of sexual or physical violence, as well as prolonged and deadly diseases.

Psychological disorders can occur not only in those who are in a direct stress situation, but also in witnesses to what has happened. Traumatic stress is a vulnerability when two components at the same time do not have the opportunity to control the situation of the threat to the lives of themselves or their loved ones, when it is impossible to do something when it comes together.

Post-traumatic stress disorders are disorders associated with experiencing these traumatic stress disorders. Post-traumatic stress disorders are not considered professional illness in professionals who are subject to life-threatening situations according to their duties or work, such a profession Types include lifeguards, firefighters and many other professions.

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Stress disorders can be caused by:

- everyday exposure to stress;
- taking psychotropic substances;
- events that led to psychological trauma during childhood;
- anxiety, depression, conflicts before psychological trauma;
- lack of support ;
- the inability of an individual to independently overcome stress factors.

Symptoms of post-traumatic stress disorders are divided into three main categories:

- the place associated with the event that led to the stress experience, the predictions, the sounds, the pictures, the exclusion of people;
- those with high arousal, anxiety, anxiety.

A person who has had the hardest moments in his life tries not to clash any further with a source that has led to emotional abuse with an intuitive, or inner sense.

It launches an instinct to self-preserve and enables internal psychological protection and blocks all memories associated with the event, as well as the external world of man and restricts communication with it. The victim thinks there is no place for him in this life, does not build plans for the future and will never forget the nightmares he has experienced, his interest in life will fade completely. Depression, loneliness, and laxity become his companions.

Those who constantly experience the details of a stress-related event cannot escape the effects of feelings of violence, excessive arousal, psychophysical reactions in any case that brings the event to mind. Their thoughts shift to a form that settles on the brain. It seems to the victims, even though something is not happening, to the stressed person that they will repeat now.

Constant nervous abuse can lead to terrible dreams of the night, in which all details of the psychological trauma caused will continue to be repeated, either creating new situations similar to those of the previous situation. It's coming, a person who's been through a new emotional situation can't sleep and prefers to wait until the morning.

People with high emotional arousal and nervous sensitivity are part of a group of people whose post-traumatic stress disorders may develop in the first place. Psychological trauma experienced in them includes aggression, excessive jealousy, constant aggression, difficulties in focusing, rapid arousal, as well as control over everything. It causes a sense of well-being. In such people, the sleep regime is disrupted, divided as if reminding them of what happened, attempts to interact with others, even supported from outside they respond with an emotional effect, even if they are understood.

These three categories are combined with other symptoms, due to which post-traumatic stress disorders are manifested. Among them are the torment of conscience, a sense of guilt for actions that have been committed or not enhanced, alcohol abuse, thoughts of self-immolation, constant Psychophysical abuse can be distinguished.

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**Accumulated Stress**

Accumulated stress is a stress that accumulates over a long period of time from several months to several years that can lead to various problems coming to an ingot. Changing work, losing a loved one, health problems, retirement can trigger an explosion reaction after itself. Shock, confusion, rejection, anger, clicking on emotions, pain, guilt and depression become commonplace after short-term stressogenic events they can gradually become post-traumatic stress disorders. However, many people can overcome accumulated stress, such as a life-saving, firefighter- can successfully fight stress for many years as it becomes stronger.

A person can endure years of hardship if he can feel the ability to influence a situation, or to see it at least. A person's sense of well-being, weakness, and power is a different matter in general. For example, you cannot control your stressful situation, but you can always see it ahead and prepare for it first, if a person challenges it if he knows he is waiting, he can take appropriate measures to relieve stress.

Accumulated cumulative stress is the simplest, most common and most destructive type of stress, if not fought against it, over time will undermine the efficiency of people's work.

Symptoms of accumulated stress:

- davomiy charchoq;
- Bosh and 'Riqlari;
- uyquning buzilishi;
- change of appetite;
- hissiy reaksiyalar;
- anxious appearance;
- feeling of yotsirash;
- shubhalanish (paranoyya);
- Zo'riqish Hissi;
- aqliy charchoq;
- diqqatni jamlay olmaslik;
- jizzakilik;
- g'doom, o'zgalarni ayblash;
- muloqotni xohlamaslik;
- excessive alcohol ingestion;
- fear of becoming a victim.

**Stress Oqibatlari**

It is doubtful that the locals who remain in the crash or natural disaster zone will be in greater trouble.

The results of the studies testify that 50-75% of the people living in the area where such a situation arose were found to be frantic and 12-25% were diagnosed with devilhood and temptation. Some are in a state of intense arousal and perform mad-reverse actions, while others, on the contrary, are in a state of shock, depression, what is happening around them

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- cases of indifference to events are manifested. Only 12-15% of people, not losing themselves, act decisively and wisely in a complicated situation.

Stress can be maintained over the years and negatively affect a person's condition, satisfaction with life and productivity of his or her work accumulated violence, leaving the level of opportunity Working a lot in the kettle leads to subsequent consequences.

For representatives of the extreme sphere, a prolonged stressogenic situation or a possible consequence of acute stress can be the development of professional incompetence syndrome, post-traumatic stress disorders.

Diseases that can cause stress.

**In the emotional sphere:** the onset of neurosurgery is a decrease in strong emotions, constant apathy, discomfort, sleep disorders, memory impairment, inability to concentrate.

**In the cardiovascular system:** taxicardia, infarction, high blood pressure, vein spasm, headaches, migraines.

**Immune system:** decreased amount of lymphocytes, decreased protective functions.

**Gastrointestinal tract:** digestive disorders, nausea, jigsaw boiling, diarrhea and gastrointestinal tract, gastrointestinal tract, meteorism, ulcers of the stomach and twenties.

**Teri:** toshmas, qichishish, eshak feed, eczema, husnbuzar.

**Endokrin tizimi:** qalqonsimon bezning disfunktsiyasi, diabetes.

**Muscles:** excessive stress, higher risk of trauma.

**It is possible and necessary to develop and strengthen a person's emotional stability.**

In addition to psychological preparation for difficulties, dangers, sudden complexity of conditions, a person's personal reaction to a strong stress situation and psychological tolerance are his superstitious confidence It also depends on their worldview, their interests, how the issue is put, their sense of duty, responsibility, brotherhood.

The last 20th century has made a fundamental turn in human development, including the expansion of economic ties, the sharp warming of the climate on earth, The sharp growth of the planet's population, the activation of cross-border terrorism in recent years, and the entry of many countries into the activities of various extrimistic organizations have been intense.

**The number of natural and technological emergencies is also increasing in Central Asia.**

In such a situation, the role of the emergency protection system intensifies, in the event of emergencies in peace and military times, people are safe in the economy, territories provides. However, only civil protection activities, including the preparation of personal content by leaders and structures, and the civil protection of the population, have been comprehensively improved Can be achieved by going. One of the main areas of preparation is the psychological preparation of emergency operations, and a person's decline in emergency situations always has a strong impact on his or her spirituality it does.



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According to medical statistics , many people will suffer serious mental injuries and need psychiatric treatment after catastrophic emergencies.

Psychologists and scientists also talk about the importance of such preparation, bringing a happy number: 65% of the military units depend on the psychophysical state of the soldiers this is also fully attributed to FVDT structures and divisions, because they often work in conditions that can be equated with a combat situation.

### **The nature of psychological preparation in emergency situations.**

The word spiritual means "related to the inner world of a person," which is a form of social consciousness, and these mechanisms are based on people's relationships with one another and in different forms of human unity (family, labor force, nation, society in general) is expression.

A spiritual (moral) assessment of behavior and their causes constitutes a hallmark of spirituality.

The idea of good and evil, duty , conscience, and conscience among a particular layer of society is based on such an assessment of society (Matthew 24:14 ; 28:19, 20) Jehovah's Witnesses would be pleased to discuss these answers with you.

Unlike the concept of law, the principles and norms of spirituality are not stated in the state convention, but adherence to them is not a law, but a conscience and public opinion will be based.

In this matter, let's take an example. The house of a family in the neighborhood was burned down. What do they do? They save money , help the victim's family, and restore that house. In what law, then, is it written that it must be done in a manuscript? . There is no such law, it cannot be, written in the hearts of these people, spirituality is manifested in behavior and traditions, from generation to generation The stable, strengthened standards of moral behavior that continue to pass through the generation constitute spiritual traditions.

Spiritual trust, feelings, and habits that accumulate and produce an individual's moral mind are also part of spirituality, spirituality is reflected in people's behavior, and people Spiritual behavior is characterized by unity of activity with the mind.

In short and simply , spirituality is the cause of aspirations in people's hearts and hearts, including their activities, actions, the activities and behavior of others — is an internal producer who determines their assessment of their actions. All of this is concentrated and constitutes a spiritual factor. **A spiritual factor is** the spiritual capabilities of the people of the country, and such opportunities are determined by the level of spiritual maturity of these people, the level of consciousness, and social, will be able to become a factor in achieving economic and defense goals.

It is impossible to act in a complex situation believing that anyone is ready to perform a life-threatening task. There will be no one "who is not afraid of anything." It's very quick in a person who prepares for an urgent situation when everything will be needed to overcome a sense of confusion, to make the right decision and start acting In the



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winter of lack of preparation, inactivity, inactivity, and inactivity last for a long time and increase psychological disorders.

It has become customary to divide a person's fear of fear in a dangerous environment into controlled and uncontrolled fear, experts note, **"if you control fear, then face it** You will **understand possible situations, and you will try not to encounter them."**

Several times a well-known tourist who was exposed to danger, E. Bishon believes that in a dangerous environment, uncontrolled fear **can "turn" the most ventricular giant into a sad wild beast, and vice versa, if there is no such fear, even "a weak, chalajon, delicate person can become a hero because of his spiritual endurance."**

(Matthew 24:14; 28:19, 20) Jehovah's Witnesses would be pleased to discuss these answers with you. the activities of the entire team of heads depend on the behavior of groups.

People's spiritual well-being prevents their panic from developing, encourage them, gather all their will, and find the right, purposeful way to get out of the situation Otherwise confusion and panic will prevail.

(Matthew 24:14 ; 28:19, 20) Jehovah's Witnesses would be pleased to discuss these answers with you . It is known that our republic is located in the seismic hazardous zone of the planet. Earthquakes can reach up to 9 degrees Fahrenheit [-9 °C], power and destruction in the mountainous regions, floods in the valleys are frequent, manufacturing accidents, other disasters happen. The emergency will be dangerous and transformational, with no usual sleep, rest and working queues.

The right danger of performing tasks at different times of day and night, bad weather, insufficient information, overwork, leaving the human frog level Deficiency, complexity of solved tasks, finally abusive use of all power make it difficult for a person to work and prevent him from achieving the goal outlined in it can cause mental health conditions.

Strong sounds and noises are one of the causes of nervous system fatigue and even breakdown for a long time, chronic noise turns the head, aches it, visual strength reduces memory, depresses, slows down movement, and severe muscle abuse can also cause stress (severe anxiety) Exhaustion usually reduces a person's ability to focus, including diminishing attention, and strengthening negative feelings.

Given that fatigue can have a negative impact on the well-being of communities, FVDT structures and divisions commanders have been working physically and mentally, resting, for a long time linmas and structures should eat up the grief of being replaced by new forces.

The work of ending the consequences of natural disasters, manufacturing accidents, and accidents is associated with a lot of difficulties , requiring certain skills, practical training, and spiritual stability it does.

The problem of psychological preparation of people who are not engaged in manufacturing is a problem for millions of people, heads of civil protection in provinces, cities and districts, emergencies departments and departments should pay more attention

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to this topic, attracting unemployed people to activities that will help them to improve their psychological well-being in protecting against emergencies.

Such events should be attended by residents living near chemically hazardous objects in the first gallery and where there are risks of flooding, flooding and flooding, as well as other risks.

## CONCLUSIONS AND DISCUSSIONS

Organize the exercise in the form of a lecture using a multimedia presentation, analyze psychological test solving test answers with rescuers after describing the concept of stress using slides. The tendency and stability of rescuers to stress in the process is consistent with inspection exercises, including the use of weapons of mass destruction, multimedia programs, psychological tests, situational cards and requires the use of technical means of education.

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