

Studying the Concept and Problems of Psychological Self-Regulation in the Context of Military Psychology

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In modern society, the education of regulatory qualities and the ability to self-regulate is an integral part of the development of a mature personality. Parallel to the progressive development of humanity, the demands placed on the individual as the smallest unit of the public are also progressing. The interest of specialists in the development of a scientifically based system for the formation of a person with the necessary individual qualities, such as self-control, self-improvement, self-realization, requires a thorough, in-depth study of theoretical and methodological problems, the development of a methodological complex for the experimental part related to the will of the individual and its correction.

The problem of self-regulation has a long history since antiquity. It should be noted that in the pre - Socratic period, as such, a certain concept of self-control, will, did not exist within the framework of psychological teaching. This phenomenon can be justified by the fact that at that time philosophers sought to study the soul, life, and being. Despite this, Eastern and Western thinkers had their own views on this issue. So, the Western thinker Socrates believed that reason and its laws are objective and true, they exist independently of a person. Will, according to Socrates, is akin to the direction vector of a flying arrow. Such a comparison implies the inevitability of what is inevitable: "the arrow is still destined to break from the bowstring, but the will allows it to do so only when the target is correctly chosen. All this, connected with the representation, is obviously an image, as well, as" lack of will", which, on the contrary, is represented by misfortune, as if someone did not send arrows and did not achieve their goal-what they wanted, what they consulted about and what they were striving for [2].

As stated by the Russian psychologist Fr. Konopkin The problem of studying the psychological mechanisms of mental self-regulation should proceed as an independent task of psychology at the International Congress of Psychologists in Moscow (1966). In recent works, O. A. Konopkin paid the greatest attention to the development of theoretical ideas about the general ability of a person to voluntary self-regulation. He proved that the level of its development is a criterion of a person's subjective development, determines his activity potential and determines the initiative-creative mode of establishing effective relations with the subject and social world by a person [3].

L. S. Vygotsky also addresses the problem of will in the study of self-regulation. He argues that the most characteristic for mastering one's own behavior is choice, and it is not for nothing that the old psychology, studying volitional processes, saw in choice the self-existence of a volitional act. However, the problem of choice is posed to them not in connection with the generation of action, but in connection with the problem of mastering their own behavior. As reasons for choosing, it indicates the external characteristics of the chosen actions and their motives. In complex cases of equality of motives or lack of knowledge about the situation, a person uses the lot, introducing " new stimuli that are completely neutral in comparison with the whole situation, and gives them the power of motives. Through this operation, a person masters the process of choice, making it arbitrary. The choice or decision on an action represents one of the moments of regulatory action, the second is the implementation of the chosen action" [1].

The efficiency and productivity of developed regulatory processes is achieved by the obligatory awareness of all their structural elements in their subordination to the achievement of the target result. It is the mediation of activity by regulatory activity, which is conscious at all levels, that ensures that the

initial structure, programming, and effective implementation of the activity itself are adequate to the goals and conditions, based on conscious control and necessary corrections.

As you know, military service is characterized by high tension, primarily due to the unconditional and accurate execution of commands and combat tasks, as well as extreme conditions of professional activity. Military service has a special impact on the health of military personnel, their psychophysiological state and neuropsychiatric stability. Often during the service there are psychosomatic diseases and disorders, as well as psychological stresses. Various forms of manifestation of negative psychological consequences of occupational stress have been studied by military psychologists.

A.Ya.Antsupov, M.I.Dyachenko, A.M.Zhukov, A.G.Karayani, L.A.Kandybovich, V.P.-Kashirin and others contributed to the development of the problem. Various aspects of professional stress of military personnel are reflected in the works of R.A.Abdurakhmanov, V.D.Bitsoyev, A.B.Bulgakov, S.V.Zakharik and others.

As a psychophysiological state, stress is described as follows. Stress is a state of severe emotional distress, overexcitation and depression, which is expressed in the inability of a person to think and make reasonable decisions, as well as in inadequate adaptive social behavior. This person is not able to act rationally and purposefully in the current situation.

Among the most significant tasks related to the objective need to eliminate the negative manifestations of stress of military personnel are the following:

Increase of activity productivity and its efficiency and effectiveness;

Training of military personnel to work in difficult and extreme conditions;

Reducing the risk of accidents and accidents caused by the "human factor", etc.

Despite the presence of a truly huge accumulated systematized biochemical, physiological, psychophysiological, clinical and experimental material on the problem of stress, some of its aspects are not fully studied and developed, and therefore they are an urgent research problem. Military psychologists have been studying the problem of psychological stress during military service for many years.

To overcome stress and improve the emotional and psychological state of a serviceman, it is necessary to observe measures and rules for dealing with stress, as well as develop a system of adaptation measures to improve the socio – psychological climate in the team.

To work with stress, it is effective to include self-regulation methods in working with military personnel. Mental self-regulation is the process of psychological influence of a person on himself, on his behavior in order to achieve and maintain optimal, desirable psychological states for him [2]

A conscious level of self-regulation, which presupposes the independent construction of a person's activity, provides him with an understanding of the entire system of grounds that determine the direction of activity and the features of its implementation (needs, motives of activity, their attitude to the adopted goal, external and internal conditions as the basis for the chosen methods of action, the probability of success and its subjective significance, etc.). the principles of activity require coordination and overcoming possible inconsistencies between the initial (internal and external) factors and trends in its construction and implementation. Naturally, the subject's conscious reasons for choosing the goal of activity and implementing just such a process (with all its features) of its regulation are evaluated and accepted not only rationally, but also emotionally. At the same time, the activity itself is consciously constructed and subordinated to the goal (in each of its links and in general) volitional activity, and the person performing it is a real subject of this activity and feels himself its creator and master.

The role of awareness and understanding of the grounds of activity as a necessary prerequisite for effective self-regulation is clearly shown in the example of the goal of activity. To successfully achieve

the results of any relatively complex or long-term activity, its goal must necessarily have sufficient stability and consistency. After all, in relation to the goal and in relation to it, the regulatory process is built and adjusted, the activity is monitored and its results are evaluated, i.e. the regulatory process at all stages of activity must be consciously purposeful in the literal sense of the word. To do this, throughout the activity, its goal must be clearly fixed in the subject's mind.

In conclusion, we can emphasize that conscious activity is one of the most common and essential manifestations of human subjectivity, which ensures the achievement of goals accepted by a person, the application of behavioral models and, as a rule, the effectiveness of activity and the impact of stressful situations and stressful factors on the human psyche.

References

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