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FACTORS INFLUENCING PERSONALITY DYNAMICS IN EMERGENCY SITUATIONS

INTRODUCTION:

This article describes the factors that affect people suffering from stress in extreme situations and the process of providing psychological support to them, the process of understanding what happened after the emergency situation is over, and the different methods of providing psychological support to them. The article provides an overview of approaches, theories, problems and issues in the study of extreme situations. A multifaceted critical analysis of various definitions of extreme situation is carried out. The concept of extremity is explained in connection with such semantic concepts as trauma, stress, loss, transit.

OBJECTIVE:

It consists in identifying, classifying and classifying the factors affecting the individual's psyche and its dynamics in emergency situations, developing psychological strategies for coping with stress and giving psychoprophylactic explanations.

MATERIALS AND METHODS:

In working on this article, we used modern scientific knowledge, as well as experience in disaster and emergency situations. We tried to share the acquired knowledge with colleagues and people of various professions, as a result of which they had the opportunity to continue their good work as long as possible without harm to their personal life and health. Working in emergency situations, in eliminating their consequences, makes serious demands on specialists (rescuers, firefighters, dog specialists, psychologists, doctors, engineers) and at least on their psychological preparation.

Highly qualified specialists working in emergency situations are exposed to many stressful situations. Making a mistake in such cases can cost a person's life. The need to make quick decisions that can depend on people's lives, working in non-standard conditions with unusual work procedures and lack of information is a characteristic of emergency specialists.

In an emergency situation, the state of professionals is subject to general laws to adapt to a stressful situation. The specialist's sensitivity to stressful factors is determined by individual psychophysiological characteristics, level of stress resistance, work experience. An emergency situation always disrupts plans, is removed from the daily rhythm. For experienced specialists in such situations, this situation is not alien, but for a young specialist it is one of the stressful factors. Knowing the laws of mental response to stress increases the body's resistance to stress.

We used V. Zunga's differential diagnosis of depressive states and the possibilities of the "Anxiety and Anxiety" methodology to study the influence of various factors affecting the dynamics of a person in emergency situations.

CONCLUSION: The main task of providing psychological support is to prevent negative situations arising from emergency situations, to understand the process of adaptation to new conditions, and to activate the adaptive and compensatory resources of a person. The result of providing effective psychological assistance to victims is the normalization of a person's mental state in emergency, unusual situations. According to the results of the research, the following general conclusions can be drawn:

1. In the psychological research of personality characteristics in an emergency situation, it is observed that the problems are different in nature and this requires a unique approach to each situation.
2. The characteristic aspects of the research made it necessary to study a number of situations: a situation in the context of natural disasters, a social emergency, an epidemiological emergency, and a man-made emergency.
3. As a result of the analysis of the emergency situation, it was necessary to determine the mental state of the person in the emergency situation, the increase in the state of excitement in the emotional state of the person, the decrease in memory efficiency. mental processes.

When empirically researching the depressive states of individuals, their levels of aggression, mental state, the results obtained by the method of differential diagnosis of depressive states of V. Zunga were obtained and the preliminary experimental materials were fully disclosed.

Key words: Emergency situation, emergency crisis, psychosomatic and physiological disorder, stress, relaxation sessions, psychocorrective and therapeutic method, critical situation, adaptive and compensation.

ВВЕДЕНИЕ:

В данной статье описаны факторы, влияющие на людей, страдающих от стресса в экстремальных ситуациях, и процесс оказания им психологической поддержки, процесс осмысления того, что произошло после окончания чрезвычайной ситуации, а также различные методы оказания им психологической поддержки. В статье представлен обзор подходов, теорий, проблем и вопросов исследования экстремальных ситуаций. Проведен многогранный критический анализ различных определений экстремальной ситуации. Понятие конечности поясняется в связи с такими смысловыми понятиями, как травма, стресс, утрата, транзит.

ЦЕЛЬ:

Он заключается в выявлении, классификации и классификации факторов, влияющих на психику личности и ее динамику в чрезвычайных ситуациях, разработке психологических стратегий преодоления стресса и даже психопрофилактических разъяснений.

МАТЕРИАЛЫ И МЕТОДЫ:

В работе над этой статьей мы использовали современные научные знания, а также опыт работы в условиях стихийных бедствий и чрезвычайных ситуаций. Мы постарались поделиться полученными знаниями с коллегами и людьми разных профессий, в результате чего они получили возможность продолжать свое доброе дело как можно дольше без вреда для своей личной жизни и здоровья. Работа в чрезвычайных ситуациях, при ликвидации их последствий предъявляет серьезные требования к специалистам (спасателям, пожарным, кинологам, психологам, врачам, инженерам) и как минимум к их психологической подготовке.

Высококвалифицированные специалисты, работающие в чрезвычайных ситуациях, подвергаются множеству стрессовых ситуаций. Ошибка в таких случаях может стоить человеку жизни. Необходимость принятия быстрых решений, от которых могут зависеть жизни людей, работающих в нестандартных условиях с необычным порядком работы и недостатком информации, характерна для специалистов по чрезвычайным ситуациям.

В чрезвычайной ситуации состояние специалистов подчиняется общим законам адаптации к стрессовой ситуации. Чувствительность специалиста к стрессовым факторам определяется индивидуальными психофизиологическими особенностями, уровнем стрессоустойчивости, стажем работы. Чрезвычайная ситуация всегда нарушает планы, выбивает из повседневного ритма. Для опытных специалистов в подобных ситуациях данная ситуация не чужда, но для молодого специалиста она является одним из стрессовых факторов. Знание законов психической реакции на стресс повышает устойчивость организма к стрессу.

Для изучения влияния различных факторов, влияющих на динамику человека в чрезвычайных ситуациях, мы использовали дифференциальную диагностику депрессивных состояний В. Зунги и возможности методики «Тревога и тревога».

ЗАКЛЮЧЕНИЕ: Основной задачей оказания психологической поддержки является предупреждение негативных ситуаций, возникающих в результате чрезвычайных ситуаций, понимание процесса адаптации к новым условиям, активизация адаптационных и компенсаторных ресурсов человека. Результатом оказания эффективной психологической помощи пострадавшим является нормализация психического состояния человека в чрезвычайных, нестандартных ситуациях.

По результатам исследования можно сделать следующие общие выводы:

1. При психологическом исследовании особенностей личности в чрезвычайной ситуации отмечается, что проблемы различны по своей природе и это требует уникального подхода к каждой ситуации.
2. Характерные аспекты исследования обусловили необходимость изучения ряда ситуаций: ситуация в условиях стихийного бедствия, чрезвычайной ситуации социального характера, чрезвычайной эпидемиологической ситуации, чрезвычайной ситуации техногенного характера.
3. В результате анализа аварийной ситуации необходимо было определить психическое состояние человека, находящегося в чрезвычайной ситуации, нарастание возбуждения в эмоциональном состоянии человека, снижение эффективности памяти. психические процессы.

При эмпирическом исследовании депрессивных состояний личности, уровня их агрессивности, психического состояния были получены результаты, полученные методом дифференциальной диагностики депрессивных состояний В. Зунги, и полностью раскрыты предварительные экспериментальные материалы.

Ключевые слова: Чрезвычайная ситуация, экстренный кризис, психосоматическое и физиологическое расстройство, стресс, сеансы релаксации, психокорректирующий и терапевтический метод, критическая ситуация, адаптивно-компенсационный.

Relevance of the topic: Each of us has faced life's accidents at some point. Often, such situations take a sharp turn, and we cannot overcome the emotions that are going on in our psyche without the help of our loved ones or others. Examples of this include the death of dear people, the breakdown of relationships with loved ones, and divorce. In such situations, depressed people prefer to use various drugs or alcohol. Long-lasting strong emotional pressure and terrible experiences lead to various psychosomatic and physiological disorders. In such sudden and unexpected situations, not only an objective assessment of the situation, but also people's understanding and understanding of such a situation and their behavior should be considered. Humans, as direct witnesses, causes or victims of emergency situations, are inextricably linked to such situations. It is for this reason that it is necessary to take into account that people have psychological experiences in response to stressful situations.

At present, the concept that arouses great interest in many fields of knowledge (medicine, psychology, sociology) can be defined with one word "Emergency". The urgency of the problem of emergency situations is an alarming concept not only for our country, but also for the whole world. Various types of situations can be seen in concepts such as anthropogenic disasters and the increase of the place where a tense or dangerous situation occurred, crimes against the personality, and violence. The specific features of life are characterized by an "unexpected" sharp increase in the speed of life for people, an increase or (decrease) in the country's standard of living with failure due to a radical change in the chaotic and social psychological conditions known in political, economic, social, ecological failure.), is characterized by the loss of stress-type wealth in a person, which touches a large segment of the population. Thus, the interest in studying such a concept as "Emergency" is logically correct and clear in various branches of science and practice.

In the modern scientific literature related to the concept of emergency situations, conditions and circumstances, there is still no clear information about general situations, concepts, and terms. A large number of influencing situations called "stressors" can be shown in the literature of modern psychology. However, the conditions of their suitability for use are given without sufficient classification and without much guidance. Currently, the classification is intended to reveal the theoretical and practical aspects of the demand.

Life Situations Clarities and Basic Approaches. In the science of man, the idea that there is a continuous connection between a person and his life conditions is more confirmed. It is easy to consider and model the processes of a person's life and work, if they are divided into parts.

When it comes to an emergency situation, special attention is paid to the concept of "situation". "In order to determine the category of the situation, it is necessary to define concepts such as incident, incident, fact, conflict, episode, etc. Then it is appropriate to distinguish the generalized and scientific

understanding of the situation. In psychology, the scientific interpretation of the "situation" is considered not as a theoretical concept, but as a real psychological phenomenon.

Today, there are different approaches to understanding the situation in psychology:

The situation - like the perceptual structure of the person (D. J. Forgs, A. T. Gervin) does not reflect the life of a person, but creates a situation in his mind.

Situation - like objective, subjective reality (I. Likonov and others) determines the situation as a result of the active interaction of the person and the environment. In this understanding of the situation, it becomes possible to distinguish between objective and subjective situations based on the predominance of external circumstances or personal characteristics. This allows us to separate concepts such as situation and environment.

Often, psychologists use the concept of situation as a synonym for the concept of environment. Later, after explaining the materials, we follow the situation that the concepts given to us are not the same and do not allow us to use them as synonyms, because the environment is a complex of some external conditions in relation to a person. and the situation always includes the person himself. The situation is always subjective.

An emergency situation is an accident, dangerous natural phenomenon, disaster, natural or other disasters in a certain area, resulting in human casualties, damage to human health or the environment, large material losses, and disruption of people's living conditions. Each emergency situation has its own causes, characteristics and development.

Among the problems that society faces, one of the most important is the behavior of people in emergency situations. A person manifests himself at different levels of society and has a negative impact on all its spheres. In the most general sense, an emergency situation should be defined as an impossibility, that is: the impossibility of realizing the internal needs of the subject's life (motives, aspirations, values, etc.). The impact of emergency situations on a person is manifested in various mental diseases (neurosis, depression, suicidal tendencies, alcohol and drug addiction, psychosomatic diseases, etc.). first of all, it leads to disruption of mental regulation. These psychological consequences determine the fate not only of one person, but also of entire social groups. At present, experience has been gained in providing psychological support in stress, despair, conflict and crisis emergency situations. Despite the vast literature on this issue, theoretical ideas about critical situations are poorly developed. This is especially true for stress and crisis theory, where many authors limit themselves to a simple list of concrete events that lead to stressful or crisis situations or, without specifying them theoretically, to imbalances (mental, emotional,) are used to describe

Given this situation, the primary theoretical problem to be solved in the following pages is to identify for each of the conceptual adjustments of the critical situation a specific category field that defines its field of application. In solving this problem, we proceed from the general idea, according to which the type of critical situation is determined by the nature of the "impossible" situation that has arisen in the subject's life. This "impossibility", in turn, is determined by the necessity of life as a result of the subjectivity of the types of activities that are unable to overcome the existing external and internal conditions.

A.M. Stolyarenko distinguishes the following situations according to the level of emergency:

1. Standard means generalized, does not cause difficulties for a person, requires activity, and usually ends with a safe result. In essence, in such a situation there are no emergency signs and they do not belong to an emergency.
2. Paraemergency - close to emergency situations, capable of causing failures, capable of causing strong internal tension in a person.
3. Extraordinary - it is characterized by internal tension and stress that is borderline or close to the limits experienced by a person. The decrease in success leads to the failure of the action and the arrival of the desired result.
4. Hyper-emergency - they call internal pressure, increase human capabilities, many people are told to break the usual behavior and actions that are intolerable and lead to dangerous consequences.

When studying emergency situations, it is necessary to distinguish between situations and conditions. Y.M.Zabrodin and B.T.Zazikin propose a difference between the periodicity level and the speed of impact of extraordinary factors creating the operating conditions and the concepts. Relying on the ideas of this and other authors (L.T. Dikaya), they combined activity with the random effect of emergency factors (stress), and emergency conditions are their permanent and long-lasting situation.

V.G. Androsyuk in his book "Pedagogy and Psychology" comes to the following conclusion: "an emergency is a state of the vital activity system that is dangerous for life and health, inconvenient for the functioning of the human psyche and causes tension."

So, let's look at the works of different authors. There is the term "Peaceful situations" - M.I. Dyachenko, L.A. Kandybovich, V.A. Ponomarenko, "Extremely difficult conditions" - L.G. Yovvoyi, "Difficult situations" - A.V. Libin, "Stressful situations" - G. Selye, Kitayev-Smik, "acute situations" - V.V. Avdeev, "emergency situations" - A.F. Maydikov, "abnormal conditions" - V.D. Tumanov, "special conditions" - S.A. Shapkin, L. G. Yovvoyi The term "emergency situations" is used by the following authors: T. A. Nemchin, V. G. Va-rostyuk, V. I. Lebedev, G. V. Suvorov, M. P. Mingalieva, T. S. Nazarov and V. S. Shapovalenko and others.

The lack of clarity regarding categorical frameworks and limitations has had the greatest impact on the concept of stress. First, the non-specific reaction of the body to the effects of harmful agents, manifested in the symptoms of the general adaptation syndrome, this concept is now called anything, so the critical work on stress miraculously coexists under the heading of this concept, seeing research even develops its own genre conventions to begin with. Completely unusual events, reactions to cold influences and heard criticism, forced breathing of the lungs lead to hyperventilation and joy of success, fatigue and humiliation. According to R. Luft, "most people consider everything that happens to them as stress when they are not lying in their bed" and G. Sel'e "is in a state of complete relaxation "Even so, the sleeper experiences some stress" and equates the absence of stress. If we add that according to G. Sel'e, stress reactions are characteristic of all living things, including plants, then this concept has its simple derivatives (stressor, micro and macro stress, good and bad stress) becomes almost a cosmological center.

When a person experiences a strong emotional state - heartache, anger, hatred, guilt, fear, panic, death of dear people, breakdown of relations with loved ones, divorce, various diseases, etc. In such cases, it is necessary to create the necessary conditions for the person to maintain his strength and overcome the pressures. Such actions will help him to catch himself and save his much-needed strength in emergency situations. For this, 6 simple methods can be used.

1. It is necessary to engage in physical labor: (replace furniture, clean the house, work in the garden).
2. Exercise: (run or walk a moderate distance).
3. Taking a contrast shower.
4. Screaming loudly, kicking the ground, breaking unnecessary china, etc.
5. Cry, tell your close people about your pain.
6. Do not drink a lot of alcohol, such an action will make the situation more difficult.

The indicated exercises belong to psychological methods, often people perform similar exercises intuitively. For example: when women get angry with their spouse child, they immediately start doing housework to avoid quarrels; men go to the gym and do physical exercises when they are angry or angry; We will be relieved by telling our loved ones about disagreements at work. Such actions prevent psychosomatic disorders, normalize a person's psychological state, and prevent the emergence of experiences that have a negative impact on mental and health functions.

The main task of providing psychological assistance is to prevent negative situations caused by emergency situations, to understand the process of adaptation to new conditions, and to activate adaptive and compensatory resources of a person.

Scale	Boys (n=60)	Girls (n=60)	Overall result
Very high anxiety level	18	14	32
High anxiety level	24	20	44
Moderately high anxiety	10	17	27
Anxiety level is low	8	9	17
	60	60	120

The result of providing effective psychological assistance to victims is the normalization of a person's mental state in emergency, unusual situations.

We used the opportunities of V. Zunga's Differential Diagnosis of Depressive Conditions and "Anxiety Anxiety" methodology. These methods empirically research the depressive situations of individuals, their levels of aggression and mental states. With the help of these methods, it is possible to eliminate conflicts in the internal motivation of a person and interpersonal relations, to manage conflicting situations and to perform various correctional works.

The key to the "Lie Scale" (level of accuracy of information).

Response type	Question numbers					
Yes	2	10	39	55		
No	16	20	28	29	41	59

Key to the anxiety rating scale

Response type	Question numbers											
Yes	6	7	9	11	12	15	18	21	23	24	25	26
Yes	27	30	31	32	33	34	35	36	37	38	40	42
Yes	44	45	46	47	48	49	50	51	53	54	56	60
No	1	3	45	8	13	14	17	19	22	43	52	57

Empirical analysis: The analysis of the preliminary results obtained by the anxiety scale identification test, the following methodology was obtained from 120 subjects and the following result was obtained.

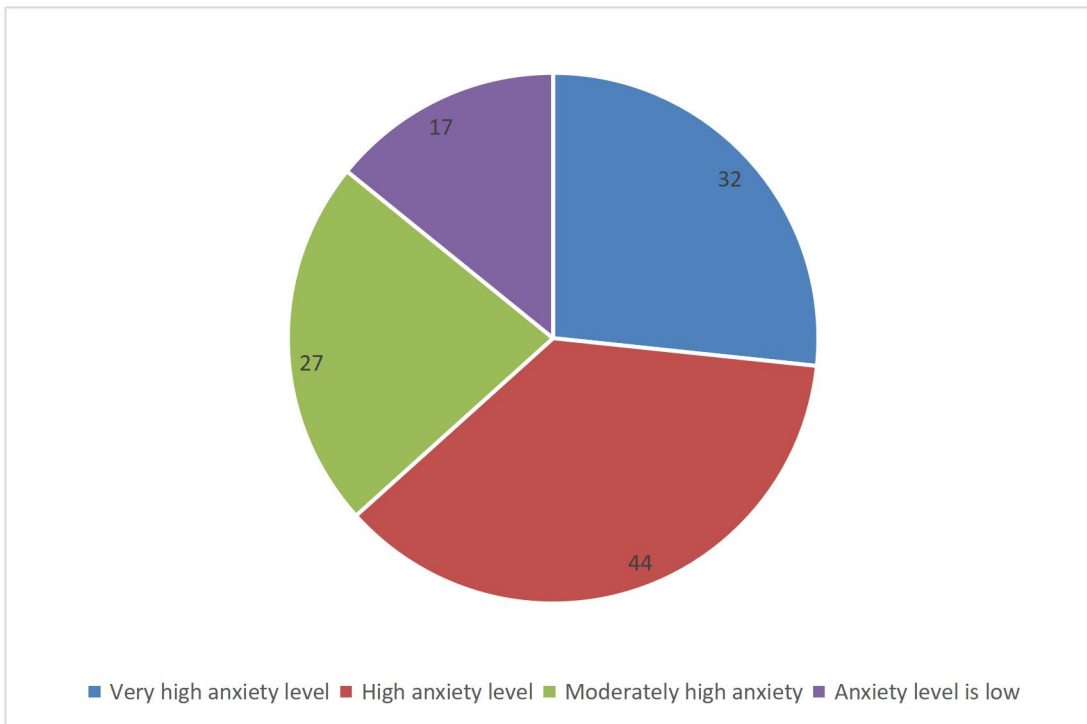
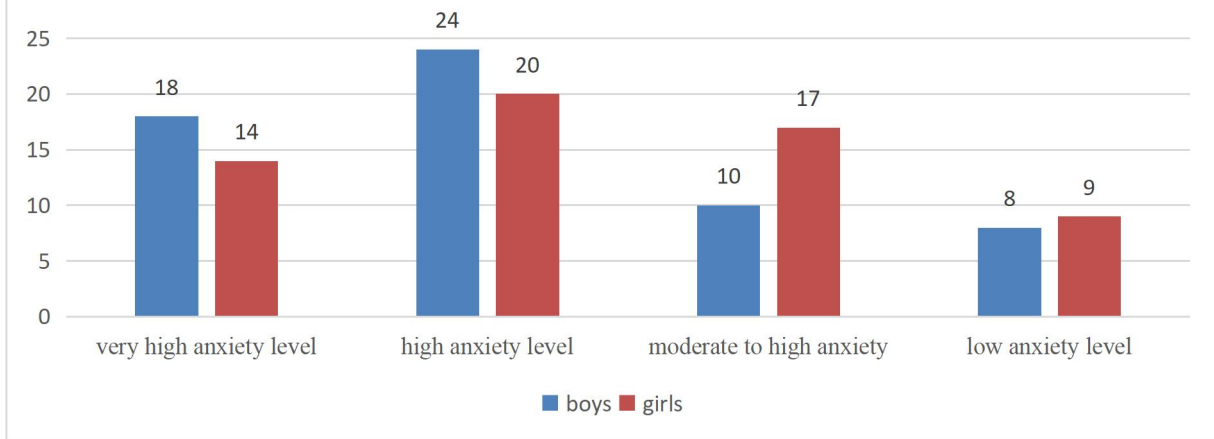
According to the analysis of the anxiety scale test:

- Very high level of anxiety was found in 32 subjects
- High level of anxiety was found in 44 subjects

- Medium-high anxiety tendency was found in 27 subjects
- Low level of anxiety was found in 17 subjects

The results showed that the high-anxiety scale scored higher than the other scales..

PRELIMINARIES OBTAINED THROUGH THE DETERMINATION TEST OF THE ANXIETY SCALE GENDER DIFFERENCES IN OUTCOMES



The gender differences of the preliminary

results obtained by the Anxiety Scale Identification Test show that the level of anxiety is higher in boys. That is



- - Very high level of anxiety-anxiety in boys 18 people and in girls 14 people
- - High level of anxiety was found in 24 people in boys and 20 people in girls.
- - The results were higher in girls with a tendency to high anxiety than in boys, that is, it was noted in 10 of the boys and 17 of the girls.
- - According to the indicator of low level of anxiety, 8 of the boys and 9 of the girls were recorded..

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