

MANIFESTATION OF FRUSTRATION IN MILITARY PERSONNEL IN EXTREME CONDITIONS

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Annotation

In the given article, the manifestation of frustration in military servicemen in extreme conditions, the causes of its origin and the feeling of frustration in the conditions of military service, as well as the types of stress that are inextricably linked with professional activity, are widely covered.

Keywords. Frustration stress, professional tension, military personnel.

As a result of the lack of formation of national pride, fighting spirit and ideological immunity in military personnel in the armed conflicts that are taking place today in some states, the mass surrender of the military to the enemy, joining the rebels and failure to fulfill the combat mission took place.

Last year, the concept of improving the moral and spiritual training and fighting spirit of military personnel was adopted, and the children's and teenagers' movement "Support of the Motherland" was established. These contribute to raising the feelings of patriotism in the hearts of young people. [1]

Therefore, when considering the state of frustration as a strong stress in military activities, we can distinguish several methods aimed at increasing the adaptation of the team to frustrating situations. For example, techniques such as self-regulation, self-control can be used. In addition, one of the factors that most strongly support a person in extreme conditions is the mechanism of self-defense. In this case, military personnel act in the case of "I can do it", "I will Epe it".

A.G.Maklakov notes that the factor affecting the effectiveness of the process of solving frustration situations in military communities this is the person of the commander. The most important condition is his reputation, as well as how he carries out Management. The head has the appropriate powers in relation to subordinates, he must fulfill the roles of observer, guide, modifier of each process. [2]

It is worth noting that in any group there can almost always be people who solve many problems through a dispute. By analyzing the conflict situation, leaders, gaining positive experience, also master the optimal solutions to the solution of conflict situations.

Even in the military, the feeling of frustration is usually accompanied by negative emotions such as anger, aggression, feelings of guilt, anger. Intense experiencing of these emotions can lead to maladaptive forms of behavior, namely aggressive behavioral reactions that are self-directed. Sometimes aggression and stresses in a person can also have a clinical nature.

V.V.Sackerin " comments on the post-traumatic stresses encountered in the activities of military figures, explaining it as follows: [3]

- stress and aggressions can sometimes be of an extremely dangerous character for activities;
- getting ride of the situation, refusing any activity, loyalty;
- regression, in which adults behave like children;
- some people do not eat after a quarrel, stop communicating, get upset and wait for a miracle that will help in this situation;
- a person cannot control his external behavior, aimlessly and performs irregular movements. For example, if a person has closed the door and he can pull out the door handle several times, knowing that he cannot enter the room;
- in this situation, protective mechanisms can be used that help to survive the power of frustration, that is, "I didn't want to achieve it so much", etc.

A.N.The adaptive reactions of future military officers to frustrating situations on Tarasov are characterized by the following: [4]

- to try to overcome obstacles by changing his behavior, using new methods and tools;
- activity in search of various optimal ways to bypass difficulties;
- compensation function (filler) - search for another area to meet needs;
- the reaction of negating the established goal, choosing new goals and reassessing one's own values, etc.

From the above classifications, it is known that in frustrating situations, any person seeks flexible conditions for himself-including military personnel.

In addition, in the conditions of military service, in addition to the feeling of frustration, types of stress are also distinguished, which are inextricably linked with professional activities. Researcher A.I.Shipilov, in his dissertation " the psychological foundations of Officer cooperation in interpersonal complex situations", specifically touches on the issue of professional stresses related to the activities of military individuals, describing it as follows: "occupational stress is the result of a person's psychic and physical reactions to stressful situations that occur in labor activity. [5]

Also, occupational stress is widely manifested in all types of activities. The most stressful and frustrating professions include militarism, firefighting, Civil Aviation Pilot, public transport driver, teacher, doctor, miner, internal affairs officer and airport dispatcher.

According to R.S.Eleot, one of the foreign researchers, the causes of stress and desperate situations in professional activity depend on the following factors: [6]

- physical - the reasons for its origin – unfavorable working conditions, cold climate, high levels of heat and increased noise levels;
- excess information and tasks - due to increased responsibility for the decisions made, inability to complete the tasks given in a short time or extreme mental exhaustion;
- emotionally disproportionate contacts - inadequate relations in the Labor team, especially conflict situations between the executive employee, excessive pressure of persons holding high positions on subordinates, etc;
- the same work schedule or drastic changes in activities or some problems with one's own health;
- low levels of communicative competence-such as the inability of an employee to fully communicate with colleagues, leaders, Service personnel or insufficient formation of communicative skills in it also cause stress.

In general, in any stressogenic situation and frustrating situations, the characteristics of a person's sense of self-support, the ability to develop oneself, responsiveness to tasks are traced. Therefore, in the conditions of military service, such as the implementation of psychoprophilactic measures, the improvement of psychological training, the creation of socio – psychological support conditions are considered extremely important.

In conclusion, in extreme situations, a number of phenomenal qualities, such as patience, endurance, optimism, responsiveness, high duty, national image and national self, which are present in the personnel of the military in their content, socio-psychological aspects, also imply an explanation of the content of such concepts as patience, endurance, optimism, responsiveness, high duty, national image and national identity, as well as their scientific research.

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