



CREATING ARTIFICIAL “STRESS” SITUATIONS IN PRACTICAL SHOOTING EXERCISES

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ANNOTATION : This article examines the issue of developing combat readiness skills of personnel by creating artificial stress situations during practical shooting exercises. The study examines the importance of imitating real combat conditions, methods for developing decision-making skills under stress, and methods for increasing the psychological stability of personnel.

The article discusses stress situations in creation applicable methodologies , for example , time pressure , unexpected obstacles and complicated conditions create , sound and light from the effects use such as methods analysis will be done . This approach personal of the content fast reaction show , weapons in management accuracy and security to the standards compliance to do qualifications to increase focused .

KEYWORDS: Stressful situations , practical training , combat preparation , psychological stability , artificial stress creation , decision acceptance to do , realistic conditions imitation to do , exercise methodology , time pressure

Introduction : Analyzing the specifics of the combat operations taking place in the world and in our region today , it is shown that it is necessary to organize and conduct combat training exercises of units in a manner that is as close as possible to combat situations. We can conduct combat training of personnel at a high level, but if we do not mentally prepare the personnel for the upcoming combat operations, then during the performance of the assigned task, various external influences and inconveniences will inevitably lead to stress conditions in the serviceman, that is, combat stress.

In combat situations, it is necessary to first identify a serviceman in a state of stress and take measures to relieve the stressed serviceman from stress or prevent negative consequences. Even in peacetime, some servicemen experience stress during practical training from shooting. Such situations should be prevented and training should be carried out to overcome fear and adapt to the situation.

Stress (English stress "heaviness, pressure, tightness, tension, tension; high tension state") is a phenomenon that affects the human body in various ways (physical or psychological), leading to a breakdown of the nervous system (or the whole organism). The degree of protection against the adaptation syndrome of the body's defense system against external influences as a result of stressful exposure.

It is worth noting that stress, as a biological and physiological reaction of a living organism, is distinguished by the fact that it depends not only on the human psyche (emotions) but also on the activity of the higher nervous system.

According to the medical, physiological, and psychological effects, there are the following forms (eustress , translated from Greek, means "good" and distress, translated from Greek, means "loss"). Depending on the nature of the effects, it can occur as a result of neurosis, extreme heat or cold, light, hunger, and insomnia.

Eustress is the stress that occurs in the human body under the influence of positive emotions. There are two types of eustress - "stress under the influence of positive emotions" and "weak stress, mobilizing the body."

Distress is a negative type of stress, in which the body is unable to withstand external influences. It undermines human health and can lead to serious illnesses.

Combat stress is a response to the natural impact of the military personnel's mind on the negative consequences of combat operations, threats to their life and health, and the violation of human dignity. Such an organism's response to external influences can occur in any military personnel, regardless of their rank, position, age, and experience.

How to identify combat stress - combat stress is distinguished by its manifestation in a service member in both POSITIVE and NEGATIVE actions and responses.

Positive actions: The unity of the unit is reflected in its teamwork, its ability to use each other, its heroism, and its desire to accomplish the assigned task by any means necessary.

Negative behaviors are manifested in symptoms such as: fear, panic, anxiety, distrust, memory loss, loss of thought and purpose, impulsiveness, aggression, disobedience, committing crimes, desertion, self-harm, suicidal behavior, and exacerbation of mental illness.

Why are the negative effects of combat stress considered dangerous? - The negative effects of combat stress are the partial or complete loss of combat capability in a military serviceman, an increase in incorrect actions or decisions, loss of orientation in time or place, slowing down of actions and decisions, incorrect use of weapons and equipment, failure to understand or remember orders. As a result of the above, it is considered dangerous in that it leads to a loss of fighting spirit, demobilization of personnel and weapons, the commission of crimes and, as a result, failure to fulfill the combat mission.

The negative effects of combat stress are mainly experienced by those who are newly recruited into the military or who are relatively weak physically and mentally. The negative effects of combat stress spread quickly among military personnel. This can lead to a rapid loss of their combat capability. Personnel who have been exposed to the negative effects of combat stress or have similar symptoms should be under constant supervision.

When asked whether it is necessary to provide medical assistance to a military serviceman who is negatively affected by combat stress to help him recover from such effects, experts answer “no”. Because in most cases, military servicemen who are negatively affected by combat stress recover independently within 24 to 48 hours after being provided with peaceful conditions and rest. After a short-term rest and recovery, a military serviceman can return to performing his duties without reducing his combat capability. On the contrary, the lack of time and conditions for short-term rest and recovery can lead to mental disorders in a military serviceman over time.

In what cases should a military serviceman suffering from combat stress seek immediate qualified medical attention:

1. When a military serviceman commits suicide, tortures or murders his fellow servicemen, or is known to be committing such acts;
2. If the negative effects of combat stress (panic, fear, anxiety, insecurity, memory loss, loss of thought and purposeful actions) do not disappear within 72 hours;
3. If the military serviceman loses his mind, acts in a manic, aggressive, disobedient manner, or cannot refrain from taking drugs.

Within a military team, military personnel must be constantly supervised by the unit commander. Military personnel must constantly be respectful of each other and immediately notify the unit commander if any of them shows signs of negative effects.

Table 1

Table for identifying the symptoms of the negative effects of combat stress in a military serviceman, assessing the condition of himself and his fellow servicemen

Combat stress! To the following trust look at :		
Body	Character	Feeling
Slipping, Pain in the chest and back area, Weakness insomnia	Inability to concentrate at rest, Emotional, Impulsive, Aggressive, Cruel, cruel and fearful Suspicious Loss of interest Lack of willpower	Panic or confusion, Feeling guilty, Fear, Withdrawal, Loss of sensation, Pressure, Hopelessness, Hostility, hatred, anger

Nightmares Difficulty breathing Tremors in the limbs Profuse sweating Heart palpitations Headaches	Recourse to alcohol and drugs	Excitement Anticipating death in the dark.
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Table 2

Distinguishing the negative effects of combat stress from physical injury, concussion, or trauma.

Contusion	Appearance	Combatant stress
Physical abuse	Reason	Emotional impact
After the consequences of eating lat	Speed is invisible.	Shortly after the mental trauma
Regeneration of the effects of injury over time	Forecast	If additional long-term treatment is required even after rest and recovery

Taking into account the above, it is possible to achieve this by creating various inconveniences in the shooting ranges to create artificial "stress" situations during practical shooting exercises.

Before practical shooting exercises, the military personnel are exposed to unexpected conditions: loud explosions; shouting; strong lighting effects; providing first aid to a wounded comrade and other situations, which create a situation close to a state of stress in the military personnel. In addition, the shooter is exposed to an uncomfortable position during shooting, and unpleasant odors are introduced.

CONCLUSION

During practical training, the main focus should be on safety rules during shooting, creating artificial conditions for personnel to experience stress.

An analysis of the ongoing military operations in Ukraine shows that military personnel from both sides are widely using noise-canceling headphones to protect themselves from loud explosions and noise.

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