



The New Method and Mechanism for Determining Professional Stresses in the Service of Military Workers

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Abstract

This scientific article examines the research and empirical study conducted by the co-authors based on their service experience and develops practical proposals, recommendations and software based on a new mechanism for detecting occupational stresses in the military personnel.

Keywords: *Socio-Psychological Characteristics; Express Diagnostics, Stress in Military Activities; Stress Response; Stereotypical; Emotional State; Psycho-Traumatic Behaviors; Epidemiological and Clinical Observations; Emotional Arousal; Men Tap Impact*

Introduction

Several scientific studies are being carried out at many research institutions around the world to identify professional stress and its socio-psychological factors, to study and eliminate individual characteristics of the individual, as well as their early prevention. At the same time, serious attention is paid to scientific research aimed at improving the effectiveness of methods of psych prophylaxis, psych correction, as well as the identification of psychological features of the occurrence of professional stress in the individual. It is known from world experience that scientific research on professional stress has covered many fields, including teachers, doctors, engineers, drivers and other professionals but the insufficient targeted research has been conducted to identify professional tensions and its socio-psychological factors that contribute to them in the military sphere, which is responsible for the country's defense and security. In spite of this, the service activities of these professionals are subject to many stressful situations, such as strict schedules, lack of time, limited interpersonal communication and contact with relatives, training and combat missions using military weapons, high morale, lack of time for rest, serving in unfavorable climatic conditions, long-term family break-ups, etc. This proves once again that the study of socio-psychological factors that because professional stress is one of the most pressing issues in this sphere.

Materials and Methods

In recent years, large-scale work has been carried out to consistently reform and develop the national army, further strengthen the defense capabilities of our state, and train military personnel. The

reforms being carried out in our Armed Forces, which are a guarantee of maintaining peace and tranquility in our country and further strengthening our independence, serve to further increase the combat readiness and military potential of our national army. Therefore, one of the most important tasks facing the leadership and officials of the Ministry of Defense is to equip the military personnel with all-round maturity, professional secrets, mentally strong, physically strong, healthy faith. [3, pp. 42-51]

The study of psychological factors that cause professional stress in servicemen is one of the most pressing issues in the field of military psychology. This is because if the psychological knowledge of occupational stresses in these professions is systematically taught in the process of military service, then they will be able to easily solve such a problem in their future activities. In conducting the study, we selected a contingent of military personnel, mostly adolescents. In the course of the study, we focused on the psychological aspect of the level of professional stress, as well as their individual and socio-psychological characteristics. In our study, the method of "Express diagnosis of stress factors in personality" by I.D Ladanov and V.A Urazaeva, the questionnaire "Study of temperament in personality" by Ya. Strelyau and "Person coping" developed by James Amirkhan, and modification variants of these methods and questionnaires for studying the psychological factors that cause occupational stress, were developed using questionnaires such as "indicators" and identifying aspects of factorial, discriminant analysis and correlation between the methods.

These methods are modeled on the basis of software, and a mechanism for assessing the individual on the basis of covert, and operational and confidential methods using information technology were created. The following is to be mentioned about the developed algorithm and model.

An **algorithm** for determining the psychological readiness for combat readiness has been developed on the basis of software aimed at psychological diagnosis of occupational stress in servicemen.

1. Gives the following conclusion about the serviceman according to the method "Express diagnostics of stress factors in the activity of the person":

"Ready to perform combat service" if the result of the above 4 indicators is below the standard norm;

"Ready to perform a duty" if out of above 4 indicators, only indicator 3 shows a condition above the standard norm;

"Recommendation to a military psychologist" if the above 4 indicators are higher than the standard norm in 1, 2, and 4 indicators or in any of them.

2. According to the questionnaire "Study of temperament in the person" gives the following conclusion about the serviceman:

"Ready to perform combat service" if the answer to the above 4 indicators is below the standard norm;

"Ready to perform a duty" if out of above 4 indicators, only indicator 4 shows a condition above the standard norm;

"Recommendation to apply to a military psychologist" if the above 4 indicators are higher than the standard norm in 1, 2, and 3 indicators or in any of them.

3. According to the survey "Coping indicators of the person" gives the following conclusion about the serviceman:

"Ready to perform combat service" if the answer to the above 4 indicators is below the standard norm;

“Ready to perform a duty” if out of above 4 indicators, only indicator 4 shows a condition above the standard norm;

"Recommendation to apply to a military psychologist" if the above 4 indicators are observed in indicators 1, 2, and 3 or in any of them above the standard norm.

4. According to the questionnaire "Study of personality" gives the following conclusion about the serviceman:

"Ready to perform combat service" if the answer to the above 12 indicators is below the standard;

“Ready to perform a duty” if the above

If any of the 12 indicators 5, 6, 8, 9, 10, 11 and 12 is above the standard norm in any or all of them;

"Recommendation to apply to a military psychologist" if any of the above 12 indicators 1, 2, 3, 4 and 7 are above the standard. [1, pp. 69-73]

The mechanism of *"readiness for military service"*, *"readiness for military service"*, *"recommendation to apply to a military psychologist"* on the basis of factor and discriminatory analysis of psychological factors that cause occupational stress.

Mechanisms of “readiness for military service”, “readiness for duty”, “recommendation to apply to a military psychologist” on the mental state of a serviceman.



Results and Discussions

The results of the above research show that the responses of the respondents to the survey of professional diseases and professional stresses, which are considered to be global problems for the current period, show that today's servicemen overcome their professional difficulties when entering the next career, which helps to prevent factors such as professional stress through ongoing training and educational combat training. They also provided feedback on the analysis of questionnaires aimed at assessing psychological factors that cause professional stress, such as stress factors, personality traits, and socio-psychological factors. [10, pp. 24-25]

At the same time, there are a number of positive qualities that characterize professionalism, the analysis of some of its socio-psychological components, the state of extreme, complex conditions associated with the acquisition of professional knowledge by servicemen, whether to get out of difficult situations or not.

On the basis of factor analysis of the psychological characteristics that cause professional stress in the service, a program was developed to determine the mental state of a serviceman, determined by such criteria as "readiness for military service", "readiness for duty", "recommendation to apply to a military psychologist".

Conclusion

In conclusion, the level of professional knowledge in the military field is one of the psychological factors necessary for the successful and effective conduct of military activities. Only then will the highest level of service activity be achieved without professional strain. In the extreme and strict disciplinary conditions, the military is distinguished by the following as characteristic features of positive actions: motivational communication, monitoring and evaluation of professional actions; better understanding of the goals and objectives of military service, studying the situation and making quick decisions; to analyze the results and to be competent in military professional activity. For reaching the success and to serve without professional stress, a military man must first be able to assess his emotional experiences, have the ability to manage stress or make extensive and timely use of socio-psychological methods to reduce it. [2, pp. 53-54]

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