

MENTAL PREPARATION OF THE POPULATION TO ACT CORRECTLY IN EMERGENCY SITUATIONS

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ANNOTATION

Mental preparation in civil protection is the education of the belief that the performance of civil protection duties is a duty to the country and the people, it is the understanding of the need to conscientiously perform one's duties in times of peace and military operations, to overcome difficulties in such situations, and education in the spirit of endurance to mental difficulties.

Keywords: mental preparation, emergency, civil protection of propaganda, destruction, danger.

INTRODUCTION

If we pay attention to recent years, the number of natural and man-made emergency situations is increasing in Central Asia. In such conditions, the role of the emergency protection system becomes stronger. This system ensures the safety of people, economy, and territories in case of emergency situations. But this supply can be achieved only by the civil protection activities, including the training of the personnel of the leaders and structures, and the comprehensive improvement of the population's knowledge on civil protection.

One of the main areas of preparation is mental preparation to act in emergency situations. The fact that a person falls into the conditions of an emergency always has a strong effect on his psyche. According to medical statistics, many people suffer serious mental injuries and need psychological treatment after catastrophic emergency situations.

Psychologists have also reported the importance of such preparation. As a result of research, it was found that 65% of the fighting ability of military units depends on the psychophysiological state of the soldiers. This fully applies to FVDT structures and units. Often they work in conditions that can be equated with a combat situation.

Ending the consequences of natural disasters, industrial accidents and accidents is associated with many difficulties and requires certain skills, practical training, and mental stability.

An unexpected life-threatening situation can frighten an unprepared person to the point of unconsciousness. In this case, the tension that is expressed in the inability to fully understand the incident, in the difficulty of perceiving the surrounding things, in the unclear performance of life-saving actions, develops the most.

fav situation is different. In the initial period, people's reactions are based on the instinct of self-preservation. However, the degree of such reactions varies: from irrational panicked action to purposeful conscious action.

A person in an emergency situation experiences intense mental (emotional) distress because his usual lifestyle changes in an instant. As a result, a person experiences feelings of fear, panic, helplessness, separation. In such a situation and mental state, a person cannot always overcome his emotions on his own. It is for this reason that it is necessary to support people in such a situation and help them find courage and strength to continue their lives.

Mental (psychological) preparation is the formation of mental endurance in people or the formation of qualities that strengthen the ability to perform a given task and act selflessly in dangerous situations.

The main tasks of mental (psychological) preparation are as follows:

1. Development of high mental stability during action in emergency situations in different categories of the population.
2. Cultivating the willingness of every citizen to come to the aid of the injured in emergency situations.
3. Achieving the ability to protect the population in all possible emergency situations.
4. Formation of high moral qualities in leaders and willingness to protect the population from emergency situations and education of self-confidence.

Residents in disaster or natural disaster areas face more hardship. 50-75% of the population living in the area where such a situation has arisen have been found to be possessed, and 12-25% have been demonized and tempted. Some people are in a state of intense excitement and perform crazy actions, while others, on the contrary, show stiffness, depression, and indifference to the events happening around them. Only 12-15% of people act decisively and rationally in a difficult situation without losing themselves.

It is possible and necessary to develop and strengthen the emotional stability of a person. In addition to mental preparation for difficulties, dangers, and sudden complications of conditions, a person's personal reaction to a strong stress situation and psychological endurance also depends on his ideological confidence, worldview, interests, how the issue is set, duty, responsibility, and sense of brotherhood.

People's mental fitness prevents them from developing a panicky mood. It gives an opportunity to be bold, gather all the will, and find the right, purposeful way out of the situation. Otherwise, confusion and panic prevail.

We all know the Tashkent earthquake of 1966, the first tremor of magnitude 8 and lasting 10 seconds was recorded on April 26, 1966 at 5:23 local time, and there were almost no casualties. Even so, the researchers who began to study the mental state of the population of Tashkent from the morning of the first tremor came to the conclusion that 11% of the population was still in a state of reaction.

In general, when a natural disaster occurs, including an earthquake, many people make a mistake in making a realistic assessment of the risk.

Also, fire, gas explosions have very serious consequences. At present, this may also be caused by terrorist acts.

According to the psychologist-researcher Stewart in his book "Surviving the disaster", for many people, during a fire, its flames seem to be the fire of hell. People are probably more panicked during a fire than in any other dangerous situation.

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A person perceives the situation in a fire as a direct threat to his survival, a feeling of intense fear, which makes the body sweat like ice, appears, the tragedy seems to be momentary, and an idea arises in the mind that it is necessary to act immediately.

Naturally, a person is himself control ca n't do it q takes _ Of this reason very simple : man is dangerous in the circumstances fa q at himself _ He thinks about his surroundings h ech who and h ech what does not feel That's why for , without thinking netmay , involuntarily h effort it will _

In difficult circumstances, you cannot trust that anyone is ready to perform a life-threatening task. There is no such thing as a "fearless" person. It's all about the time it takes to overcome the feeling of confusion, make the right decision, and start taking action. It will be much faster for someone who has prepared for an emergency. In the winter without preparation, inactivity and anxiety remain for a long time, but it aggravates mental disorders.

It is necessary to educate the population about the possibility of emergency situations and the level of danger. However, it is necessary not to scare people, but not to forget about this danger, to encourage them to be ready for protection in case of emergency situations. Then the damage caused by emergency situations will be minimal.

Regardless of the forms of ownership, it is necessary to talk about this in work communities and residences, to explain to them the rules of behavior in the event of an emergency. It is necessary to carry out mental training activities regularly.

The more civil defense trainees understand the role of the field today, the more solid and well-rounded their knowledge, skills, and abilities will be.

Civil defense propaganda touches people's minds and hearts, encouraging them to conscientiously fulfill their civil defense duties. The more closely and deeply the propaganda is connected with life, with solving the tasks of emergency protection, the more effective it will be. Civil protection propaganda contributes to the mental preparation of the population to act in emergency situations, that is, this propaganda complements and enriches special preparation. Life itself requires strengthening the practical direction of propaganda as one of the forms of studying the behavior of the population in emergency situations .

The more often we refer to practice, the best experience, the more boldly we arm all the good works achieved in the city, district and public economy objects, the more effective the promotion of protection against emergency situations will be.

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