

## THE STUDY OF SOCIO-PSYCHOLOGICAL ASPECTS OF THE FRUSTRATING STATE OF MILITARY PERSONNEL

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### ANNOTATION

In this article, the causes, factors, and problems of the origin of frustrating situations that occur in military personnel are extensively covered by data studied in socio-psychologically psychodiagnostic assessment of sergeants on Q-sorting questionnaire. The reliability of the data collected in the research process is explained, first of all, by the fact that the testers who participated in the study were selected accordingly, the practical results obtained were scientifically substantiated, world psychology used techniques and questionnaires that were conducted many times from experiments, the practical results obtained were based on the theoretical side.

**Keywords.** Frustration, rationalization, regression, depression, fixation, individual, personality, individuality, sergeant, military personal, questionnaire.

## ИЗУЧЕНИЕ СОЦИАЛЬНО-ПСИХОЛОГИЧЕСКИХ АСПЕКТОВ ФРУСТРАЦИОННОГО СОСТОЯНИЕ ВОЕННОСЛУЖАЩИХ

### АННОТАЦИЯ

В этой статье причины, факторы и проблемы фрустрационных состояний у военнослужащих социально-психологически психодиагностическая оценка у сержантов широко освещается информация, изученная с помощью анкеты Q-сортировки. Достоверность информации, собранной в процессе исследования, объясняется, прежде всего, тем, что испытуемые, участвовавшие в исследовании, были отобраны соответствующим образом, что полученные практические результаты научно обоснованы, что мировая психология многократно использовала методики и анкеты из экспериментов, что полученные практические результаты обоснованы с теоретической точки зрения.

**Ключевые слова.** Фрустрация, рационализация, регрессия, депрессия, фиксация, индивид, личность, индивидуальность, сержант, военнослужащий, анкета.

### INTRODUCTION

In today's complex situations in the world, our military personnel deeply understand that it is important to ensure the sovereignty of our country and its territorial integrity, and to ensure the peace and stability prevailing in our country.

The moral and spiritual training and combat spirit of military personnel play an important role in maintaining peace and discipline in our country, ensuring the inviolability of our borders and always being ready against possible threats.

Therefore, in the New Development Strategy of Uzbekistan for 2022-2026, it is necessary to further strengthen the defense potential of our country and implement the rapid management of the Armed Forces based on the strategy, which is one of the priority directions of the development of the Armed Forces, to equip our national army with modern weapons and important decisions have been made that define specific measures to provide military equipment and increase moral-spiritual training and combat mood of military personnel. [1] Therefore, in order to ensure the execution of these decisions, taking into account the socio-psychological aspects of the frustrating situations that occur in military personnel during the moral-spiritual preparation exercises of the personnel of our Armed Forces and increasing the combat spirit of military personnel carrying out the training will ensure the further improvement of the moral and spiritual condition of the personnel and their mental stability. Therefore, the issue of studying the socio-psychological characteristics of frustrating situations in military servicemen and employees is one of the complex problems facing modern military psychology. Also, up to the present period in our republic, the work of psychologically studying emotional and frustrating situations of military servicemen and employees in practice has hardly been studied. Therefore, the use of questionnaires in the psychodiagnostic evaluation of the problem of frustrating situations in military personnel and the improvement of these questionnaires in the future, their systematic implementation during military service, and the development of ways to easily solve this problem in the future work will allow.

## METHODS

**The level of research of the researched problem:** within the scope of the research topic, a number of foreign researchers R.Beron, D.Richardson, N.Miller, B.Kraihi, Saul Rosensweig, Z.Freud, K.Buettner, O.F.Kernberg, T.Shibutani. The contents of the research of scientists such as Dollard, A.N.Bass, McKinnon Lewis, R.S.Eleot, their thoughts and opinions and conceptual approaches were analyzed theoretically and practically. Namely, research on the problem of frustration in Russian psychology R.S.Nemov, V.G.Sakharov, L.I.Yermolaeva, L.F.Burlachuk, D.V.Lubovsky, S.M.Morozov, Ya.Ye.Krasovskaya, V.V.Boyko, I.A.Yurova, T.N.Vasileva, G.Sh.Gabreeva, A.O.Prokhorov, V.N.Vasilev, A.P.Ramazanov, T.G.Rumyanseva, M.D.Garaliev, G.M.Breslav, L.Berkovis, T.P.Avdulova, S.N.Yenikolopov, A.Yu.Drozhdov, A.V.Bulgakov, G.A.Kanataev, A.N.Tarasov, Ye.O.Lazebnaya, A.G.Maklakov, V.V.More can be found in the works of such scientists as Sakerin, A.I.Shipilov, N.D.Lysakov, D.V.Lysakova, Ye.N.Gander, A.V.Pogosov. Although certain results have been achieved in the course of scientific research carried out by the above scientists, there have not been enough scientific studies to study the socio-psychological characteristics of mental unity among future officers. [2]

In particular, according to V.P.Rudniyev, internal and external causes of frustration include: [3]

1. Material shortages - lack of funds to satisfy some need;
2. Losses (death of loved ones, separation from work, etc.);
3. Disputes between colleagues and relatives;
4. Various prohibitions - laws, regulations and some social restrictions that prevent the use of available opportunities.

Therefore, the greater the content and importance of blocked needs for a person, the greater the probability of frustration.

In addition, when it comes to social evaluation of frustration, they are very intense and painful. According to L.E.Zotova, the hostile behavior of a person in a state of frustration is manifested in the following: [4]

1. Open to open;
2. In secret;
3. Wrath - in the form of anger;
4. Regarding oneself;
5. Focused on real events;
6. In an imaginary way;
7. In physical appearance;
8. Verbally;
9. Replacement - when replacing a limited need with another need;
10. Shifting - in the form of satisfying a limited need in a roundabout, easier way;
11. Rationalization - devaluation of the unsatisfied need object, in the form of looking for positive aspects from the failure;
12. Regression - a simpler form of behavior, for example, in the form of crying;
13. Depression - in the form of a sad, depressed mood;
14. Fixation - strengthening of inappropriate forms of behavior.

This is a sharp violation of the compatibility of flexible movements. As a result, previously formed skills and habits are manifested and strengthened in behavior, despite the fact that they have become useless or harmful as a result of frustration. This includes pathological habits and antisocial behavior.

V.T.Dotsenko said that the main differences between military personnel as individuals is that social needs manifest themselves in quantitative and qualitative indicators. [5] Therefore, the higher the level of personal development of the future military servicemen, the more social connections he will have, that is, his social needs, social activity, and value system will be richer in content.

At the same time, it is important to consider the appearance of a military serviceman as a subject of military labor, as a whole system with the characteristics of an individual, personality and individuality.

## RESULTS

The composition of sergeants in the military system was selected for the research. In the course of the research, along with the psychological aspect of the level of frustration among military personnel, their job level, individual and socio-psychological characteristics were also taken into account. In our study, we used the Q-sort questionnaire to study the socio-psychological characteristics of frustrating situations in military personnel. The object of our research is 145 employees working in the Armed Forces of the Republic of Uzbekistan. Below is the analysis of research results.

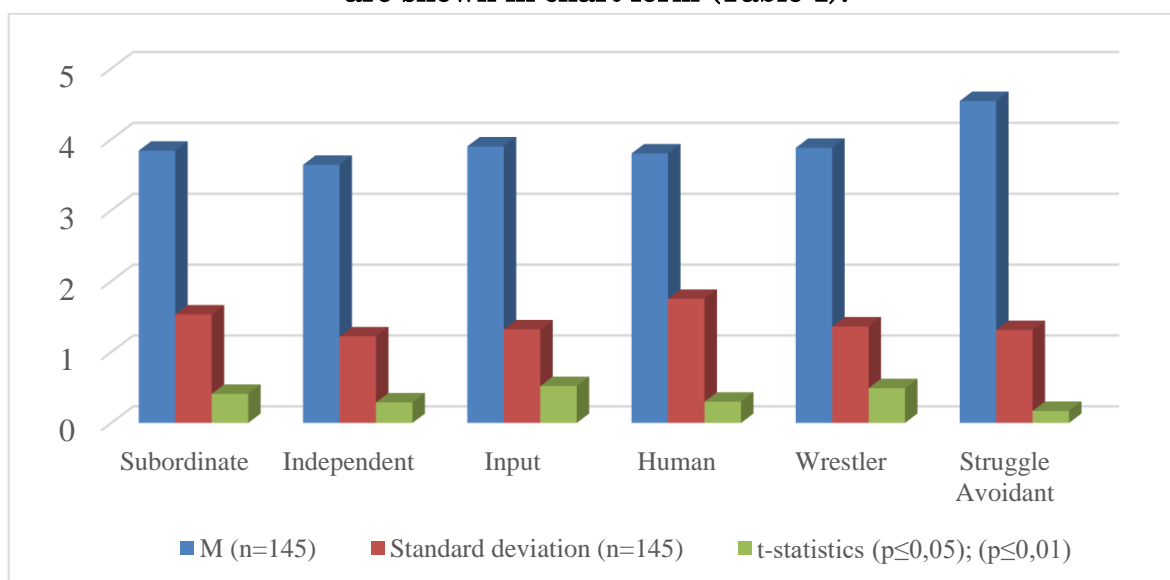
These results are presented in Table 1 with the overall mean scores of the frustration level characteristics of the Q-sort questionnaire studied in the sergeants.

The overall mean scores on the Q-sort questionnaire are shown by Student's t-test (Table 1)

Scales	M (n=145)	Standard deviation (n=145)	t-statistics (p≤0,05);(p≤0,01)
Subordinate	3,84	1,53	0,41
Independent	3,64	1,22	0,29
Input	3,90	1,32	0,52
Introvert	3,80	1,75	0,30
Wrestler	3,88	1,36	0,49
Struggle Avoidant	4,54	1,31	0,17

The results of the study show that the indicators obtained from the socio-psychological characteristics of frustrating situations in military personnel, the general average of the Q-sort questionnaire in the sergeants is 3,84 on the “subordination” scale. This was a lower result according to the standard indicator. Sergeants with this indicator can correctly accept values, social and moral ethical norms. There is a tendency to work cooperatively with a group, but often sergeants find it a little difficult to work cooperatively because of their lack of confidence in the team or in their relationships with others. Sergeants with this indicator do not give in to external influences, aggressive situations are rarely observed in them, and they do not want to depend on others.

The overall average scores for the Q-sort questionnaire are shown in chart form (Table 1).



### DISCUSSION

The average indicator on the “Independent” scale for sergeants is 3,64. Sergeants with this indicator are independent in their behavior and actions. However, they are not independent enough, due to their lack of life knowledge, they find it difficult to make certain decisions, stand firm in their opinions, and express themselves independently.

The average indicator on the scale of “Accessibility” is 3,90 for sergeants. Since the emotions of sergeants with this indicator are unstable, their moods often change, they are quick to communicate, have difficulty establishing emotional connections in a small group, and expressing their thoughts clearly. They try not to show their emotions and make a good impression on others.

The average indicator on the “Human” scale for sergeants is 3,80. Sergeants with this indicator find it difficult to express their feelings and show initiative. Although they find it a bit difficult to get into a relationship with people they don't know, they are very careful when making decisions.

The average scale of “Fighter” in sergeants is 3,88. Sergeants with this indicator actively participate in the life of military service, have a tendency to fight with team members. They try to take a high place in interpersonal relations, to achieve high results compared to their colleagues and peers. Sergeants are always moving forward towards their goal, they do not face frustrating situations as a result of working on their own strength and mind.

The average indicator on the scale “Avoidance of struggle” is 4,54 for sergeants. Sergeants with this indicator find it difficult to interact, try to be neutral in the quarrels that arise in the team. Often, when conflict situations arise in the team, they tend to be the first to withdraw or, if not, compromise with the team members.

### CONCLUSION

In conclusion, it should be said that it is appropriate to organize the moral-spiritual training sessions to strengthen the moral-spiritual state of personnel and increase the fighting spirit of military personnel, taking into account the social-psychological aspects of frustrating situations in personnel. Along with the psychological aspects of the level of frustration in military personnel, their job level, individual and socio-psychological characteristics should also be taken into account.

### OFFERS

Based on the above, the organization of moral and spiritual training with personnel in units:

1. Targeted implementation of psychodiagnostics in order to determine the individual and socio-psychological characteristics of personnel, the psychological aspects of the level of frustration in military personnel;
2. Taking into account the positions, specialties and years of service of military personnel during moral and spiritual training;
3. In order to prevent situations of frustration, it is proposed to conduct 50% of the moral and spiritual training sessions held in the units in the form of practical exercises.

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