

PSYCHOLOGICAL PREPARATION OF MILITARY SERVICEMEN BY MEANS OF PHYSICAL TRAINING

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ABSTRACT

The conducted scientific studies aimed at determining the features of the development of special physical qualities, the formation of military-applied motor skills and functional capabilities in military all-rounders cadets-athletes with different levels of sports fitness allow us to conclude that they express the external and internal mechanism of adaptation of the body of military all-rounders cadets-athletes in the process of developing sports skills. This mechanism shows the degree of development and interrelationships of physical qualities, applied motor skills and functional capabilities of the body of all-rounders.

Keywords: psychological training, emotional and volitional stability, physical training and sports, pedagogical conditions.

INTRODUCTION

The problem of the psychological preparation of a warrior has always existed: in ancient times, in the Middle Ages, and in modern history. But with such acuteness as now she has not yet declared herself. The effectiveness of combat training began to be largely determined by the psychological factor. It is known that the stability of the psyche and, in particular, its emotional-volitional sphere can ensure success in battle even for a mediocre physically prepared warrior. And, on the contrary, an excellent student of combat training can fail in a difficult, stressful situation. At present, there is a constant search for new ways, means and forms of educating psychologically stable military personnel. Without understanding the accumulated scientific and practical experience, this is difficult for all military specialists, including those in physical training and sports.

BASIC PROVISIONS

The tasks of psychological training using physical exercises are solved in various forms of physical training, the main of which are training sessions. They play the most significant role in nurturing moral and psychological qualities in military personnel. When planning, preparing and directly carrying out them, it is necessary:

- select physical exercises and military-professional actions that are most aimed at cultivating specific mental qualities and personality traits;
- create pedagogical conditions for the use of physical exercises as a set of variable influences that ensure the effective growth of professionally important mental qualities (select adequate methods and methodological techniques, using in which means of physical training are implemented; create specific environments in which physical training is carried out, requiring the solution of specific motor tasks. , causing the activation of specific mental processes).

Morning physical exercise, which optimizes the ratio of inhibitory-excitatory processes, taking into account the specifics of medical, biological and psychological logopedagogical aspects of its implementation, namely:

- biorhythmic factors that determine the state of the body in the early morning;
- a low level of need among military personnel to perform morning exercises and, as a consequence, a lack of experience in using physical exercises in the morning, as well as the skills to endure physical activity in relatively extreme conditions.

To ensure the effective impact of morning physical exercise on the body and psyche of military personnel, it is necessary to consider the following:

- general level of physical fitness;
- the nature and level of combat training loads for the coming day;
- the nature and level of physical activity in other forms of physical training;
- general motor activity the day before;
- level of adaptability of personnel to service conditions;
- biorhythmological features of the body and its adaptability to morning stress.

Physical training in the process of combat training activities, including all its components, also forms in military personnel the mental readiness to endure physical activity and the skills to perform professional applied exercises, and actions in order to improve combat skills.

Sports and mass work in the interests of psychological preparation fosters a positive attitude towards physical culture as the most important factor in a healthy lifestyle. In the process of carrying out all types of sports and mass work, military personnel develop socio-psychological skills and abilities that lead to positive personal development and the creation of good morality Czech climate in military units. Independent physical training allows for the wide implementation of the individual psychological characteristics of military personnel in the process of self-development and self-education as the highest We are an educational and pedagogical process, where it is advisable to observe principles such as:

- independent physical training should have a military-professional orientation, reflect the specific requirements for a specific military specialty;
- the training program must be specific, accessible and adequate to the psychophysical state;
- planned physical activity must have quantitative and qualitative indicators, evaluation criteria and deadlines, which will allow for competent medical and pedagogical self-monitoring of the individual training effect and physical activity reconcile manifestations of emotional pleasure and “muscular joy”.

One of the most important tasks of psychological training is the formation of the emotional-volitional sphere of military personnel, which ensures the overcoming of great neuropsychic stress. Physical preparation plays a significant role in this.

It is in the process of performing physical exercises in an emotional environment that the EVA of military personnel is developed, significantly expanding their ability to exercise conscious control of their psychophysical state and regulation knowledge in extreme conditions. Emotional-volitional stability among military personnel develops during combat training and educational work, and the following must be taken into account:

- will is included in the structure of a person's character as one of the main components;

- the peculiarity of volitional regulation is that when mobilizing one's mental and physical capabilities to overcome difficulties and obstacles in a person's purposeful activity, it is necessary to make efforts in which his awareness and activity;
- the development and improvement of electronic devices occurs both in the process of overcoming difficulties associated with individual activities, and in the process of interpersonal communication. As an example, we can recommend the following two.

CONCLUSION

Theoretical analysis and generalization of various aspects of the problem of psychological training of military personnel by means of physical training allows us to draw the following conclusions:

- education of emotional-volitional stability is the most important task of training, its theoretical and methodological basis, which is of fundamental importance in ensuring psychological readiness for the profession financial activity;
- the greatest effect in the formation of the emotional-volitional sphere can be achieved by using a technological approach in the practice of physical training and creating pedagogical conditions for the manifestation of emotions volitional qualities in a stressful environment, in particular.

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