PSYCHOLOGICAL SAFETY AS A NECESSARY CONDITION FOR ENSURING THE PSYCHOLOGICAL STABILITY OF A CADET IN EDUCATIONAL AND PROFESSIONAL ACTIVITIES

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Abstract. This article is devoted to the methodology of research and determination of psychological stability in cadets in the conditions of psychological and pedagogical work in military educational institutions. Various approaches to the study of psychological stability are analyzed, as well as the methods being developed to assess this indicator. Within the educational environment of military educational institutions, aspects of protection and support of cadets are especially important, and their psychological stability plays an essential role in the successful development of the curriculum. The article also discusses the features of the application of this technique in the context of military training and the influence of military conditions on the formation of psychological stability in future military specialists.

Keywords: military training, cadet, social support, sustainability, formation, resources.

INTRODUCTION

Psychological safety plays a key role in ensuring the psychological stability of cadets in educational and professional activities. This chapter discusses the importance of understanding and creating conditions for ensuring psychological security in the educational environment of military training. Military training is a complex and intensive process that can be associated with high levels of stress, physical and emotional challenges, as well as social and psychological challenges. To successfully overcome these difficulties and achieve the best results in training and performance, cadets must have psychological stability.

Here are a few statements by scientists who emphasize the importance of psychological security to ensure the psychological stability of military training cadets:

John Shechtman, a psychologist and researcher in the field of security psychology, emphasizes the fundamental role of psychological security in maintaining and developing the psychological stability of military training cadets. His words confirm that creating a safe and supportive learning and professional environment is crucial for their success and well-being. The general emphasis on psychological security emphasizes that not only the development of internal resources, but also the creation of a supportive learning environment is an integral part of ensuring the psychological stability of military training cadets.

Karla Allen, a specialist in psychological security and education emphasizes that psychological security contributes to the development of more emotionally healthy, confident and stable military training cadets.

David Mann, a researcher and practitioner in the field of psychological support, emphasizes the importance of psychological security as a key factor for the successful training and adaptation of military training cadets. His words confirm that the creation of a safe and supportive environment has a significant impact on the training and professional development of cadets.

Psychological safety is the foundation for effective training and development of cadets, allowing them to cope with challenges more successfully and strive for professional growth.

Psychological security plays an important role in the formation of psychological stability among military training cadets. Creating an educational and professional environment where they can freely express their thoughts and feelings, seek support and feel accepted contributes to their emotional well-being, learning and development. Psychological safety helps cadets better cope with stress, negative emotions and challenges they face during training and military service. It also helps to build trust, team spirit and the ability to cooperate within the training group.

However, psychological stability cannot be ensured without psychological security. Understanding and eliminating potential psychological threats, as well as creating favorable conditions for the development of psychological stability are becoming priorities. This chapter will cover various aspects of psychological safety, such as a supportive educational environment, effective support and counseling, the professionalism of teachers and mentors, as well as psychological programs and measures aimed at reducing stress and increasing the level of protection of cadets.

The purpose of this chapter is to identify the importance of psychological safety and provide recommendations for creating optimal conditions that contribute to the development of psychological stability of cadets and their successful adaptation to educational and professional activities.

Key aspects of psychological security include:

1. Supportive educational environment. Creating an atmosphere of trust, respect and support contributes to the formation of psychological stability. Educational institutions should provide favorable conditions for the development of students and ensure their safety.

A supportive educational environment plays an important role in the development of students and contributes to the formation of psychological stability. Here are a few aspects that emphasize the importance of creating such an environment:

SUPPORTING EDUCATIONAL ENVIRONMENT IN THE DEVELOPMENT OF MILITARY TRAINING CADETS AND CONTRIBUTING TO THE FORMATION OF PSYCHOLOGICAL

Trust. Educational institutions should strive to create an atmosphere of trust between students and teachers. This allows students to feel comfortable, express their thoughts and ideas, and ask questions without fear of judgment. Trust also promotes the development of strong relationships and emotional connection between students and teachers.

Respect. A culture of respect and tolerance should be promoted in the learning environment. This includes respect for different opinions, cultural differences, as well as recognition of the individual abilities of each student. When students feel that their opinion and personality are valued, they are more open to the learning process and development.

Support. Educational institutions should provide support systems for students who need additional help or resources. This may include training courses for those experiencing difficulties in certain subjects, psychological support for those facing emotional difficulties, as well as access to other specialized services.

Safety. It is important to provide a safe environment for all students, including protection from physical and emotional threats. This includes preventing bullying and abuse, as well as providing the means to seek help if necessary.

Fig. 1 Supporting educational environment in the development of military training cadets and contributing to the formation of psychological stability

The creation of such a supportive educational environment contributes to the improvement of learning, the development of students and helps them become more psychologically stable, which, in turn, has a beneficial effect on their future success and happiness.

Psychological safety is a set of measures and conditions aimed at preventing and reducing psychological risks, creating a supportive educational environment and ensuring the psychological well-being of students.

Psychological security provides students with protection from various psychological threats, such as stress, anxiety, depression, adaptation difficulties and other negative emotional reactions. It contributes to the formation of psychological stability, which allows students to cope more effectively with the challenges of military training, maintain a positive emotional state and successfully adapt to professional activities.

2. Support and consulting. Psychological support and counseling programs help students seek help in case of stressful situations or emotional difficulties.

Psychological support and counseling programs play a key role in ensuring the psychological wellbeing of students. Here are a few reasons why these programs are so important:

PSYCHOLOGICAL SUPPORT AND COUNSELING PROGRAMS IN CASE OF STRESSFUL SITUATIONS OR EMOTIONAL DIFFICULTIES

Help in managing stress and emotions. The learning environment can be unpredictable and stressful for students. Support and counseling programs provide them with the opportunity to talk with professional psychologists who help in managing stress, anxiety and other emotions.

Overcoming problems. Many students face various personal, family, or academic challenges that can affect their studies and overall well-being. Consultations help students to understand such cases.

Professional orientation. Counseling programs can help students identify their interests, goals and ambitions, as well as choose a suitable educational and career trajectory. This can help to improve professionalism.

Support in crisis situations. When students face crises or traumatic events, professional psychologists and counselors can provide assistance.

Popularization of a healthy lifestyle. Support programs may also include health and well-being education, which helps students develop healthy habits and ways to cope with stress.

Fig. 2 Programs of support and counseling on psychological issues in the event of stressful situations or emotional

Educational institutions should recognize the importance of psychological support and create accessible and effective programs to ensure the psychological well-being of students and promote their academic and personal development.

3. Professionalism of teachers and mentors. Competent and empathetic teachers and mentors play an important role in supporting and developing students' psychological resilience. The professionalism of teachers and mentors is of great importance for the successful training and development of students. Here are a few reasons why competent and empathetic teachers and mentors play an important role in supporting and developing students' psychological resilience:

PROFESSIONALISM OF TEACHERS AND MENTORS IN THE DEVELOPMENT OF MILITARY TRAINING CADETS

Support and inspiration. Competent teachers and mentors can provide students with support and inspiration, which is especially important in times of difficulty or doubt. Their confidence and positive attitude can be a motivation for students to continue their academic efforts and strive to achieve their goals. Adaptation to different learning styles. Competent teachers and mentors are able to adapt to different learning styles and individual needs of students. They are able to explain the materials in such a way that students can more easily understand and assimilate the educational material. Support in overcoming difficulties. When students face difficulties in their studies or personal life, empathetic teachers and mentors can provide not only academic help, but also emotional support. Their ability to listen and understand students helps them overcome problems and stressful situations. Creating a safe educational environment. Professional teachers and mentors create a safe educational environment in which students can freely express their thoughts and ideas, ask questions and make mistakes without fear of judgment. Positive interaction and modeling. Quality teachers and mentors are positive roles that inspire students and set an example of professionalism, tolerance and empathy. Such interactions can have a significant impact on the formation of students' personal qualities and their future professional career. Leadership development. Teachers and mentors can help students develop leadership qualities and skills such as communication, leadership, and problem solving. This helps students become more confident and resilient in the modern world.

Fig. 3 Professionalism of teachers and mentors in the development of military training cadets

So, the professionalism, competence and empathy of teachers and mentors play an important role in creating a supportive educational environment and contribute to the formation of psychological stability of students.

4. Psychological programs. The introduction of specialized programs and measures aimed at reducing stress levels, developing psychological skills and managing emotions contributes to improving the psychological stability of students.

The introduction of specialized psychological programs and measures in educational institutions is of great importance for improving the psychological stability of students. These programs provide students with the necessary skills and tools to effectively manage their emotions, stress, and the challenges they face in their studies and life. Here are several types of psychological programs that can be useful for students:

INTRODUCTION OF SPECIALIZED PROGRAMS AND MEASURES AIMED AT REDUCING STRESS LEVELS FOR THE PSYCHOLOGICAL STABILITY OF MILITARY TRAINING CADETS

Stress management programs. These programs teach students stress reduction techniques such as relaxation, meditation, deep breathing, and physical activity. They also teach how to plan time efficiently and overcome task overload.

Programs for the development of psychological skills. As part of such programs, students learn the skills of emotional intelligence, conflict management, setting boundaries, coping with negative thoughts and emotions, as well as improving communication abilities.

Psychological trainings and seminars. These are events where students can learn practical skills of psychological resilience through interactive exercises, discussions and role-playing games.

Individual consultation. An important part of psychological programs is individual counseling with professional psychologists or qualified mentors. This provides students with an opportunity to discuss their personal issues and receive personalized help and support.

Programs for the development of resistance. Resilience is the ability to overcome difficulties and adapt to change. Special programs for the development of resistance help students become more resistant to stress and challenges.

Awareness of a healthy lifestyle. Psychological programs can also include elements that promote a healthy lifestyle, such as support for physical activity, proper nutrition and sleep, which also has a positive impact on mental health.

Fig. 4 Introduction of specialized programs and measures aimed at reducing stress levels for the psychological stability of military training cadets

The introduction of such specialized psychological programs and measures helps students to develop their psychological stability, increase self-efficacy and cope with life challenges more successfully. This is an important component of the educational process, which contributes to the overall well-being and success of students.

5. Physical and emotional well-being. Promoting a healthy lifestyle, physical activity and psychological well-being contributes to strengthening the psychological stability of cadets.

Physical and emotional well-being are closely related to psychological stability and form an important basis for successful training and development of cadets. Providing opportunities for a healthy lifestyle, physical activity and psychological well-being can significantly affect their psychological stability, such as:

PHYSICAL AND EMOTIONAL WELL-BEING FOR SUCCESSFUL TRAINING AND DEVELOPMENT OF MILITARY TRAINING CADETS

Physical activity. Regular exercise and physical activity have a direct impact on a person's psychological state. They contribute to the production of endorphins - hormones of happiness that reduce stress and anxiety. Cadets who participate in physical activities or sporting events often feel more balanced and emotionally stable.

Healthy eating. Proper nutrition is an integral part of a healthy lifestyle and psychological well-being. A nutrient-rich diet can positively affect energy levels, mood, and cognitive functions.

Psychological support. Providing access to professional psychological support and counseling helps cadets cope with emotional difficulties, stress and pressure. Such programs also contribute to the development of psychological skills and improve the ability to cope with the challenges of life.

Rest and sleep. Adequate rest and quality sleep play an important role in restoring physical and emotional resources. Regular sleep and opportunities for rest help to reduce the feeling of fatigue and increase the ability of cadets to cope with everyday stresses.

Social support. Support from friends, colleagues and teachers also plays an important role in psychological stability. Healthy social connections and communication help reduce feelings of isolation and loneliness.

Fig. 5 Physical and emotional well-being for successful training and development of military training cadets

The combination of physical and emotional well-being creates the basis for strengthening the psychological stability of cadets. Educational institutions can pay attention to these aspects and create conditions that contribute to the development of a healthy lifestyle and psychological wellbeing of students, which in turn will contribute to their best academic success and future career. Ensuring psychological security is a prerequisite for the successful development of psychological stability of cadets and their effective adaptation to the educational and professional activities of military training. It promotes the formation of personnel who are ready to effectively withstand challenges and stresses in the service and ensures their confidence in their abilities and success.

CONCLUSION

In conclusion, it can be said that in this section important aspects related to the creation of conditions for the psychological stability of cadets in educational and future professional activities were considered. Conclusions can be formulated as follows:

Psychological safety is a key aspect. Psychological safety is an important condition for ensuring the psychological stability of cadets. Creating a safe educational environment, free from fear and pressure, allows students to feel comfortable and freely express their thoughts and feelings;

Professionalism of teachers and mentors. Competent and empathetic teachers and mentors play an important role in supporting and developing the psychological stability of cadets. Their positive influence and support contribute to the formation of students' positive beliefs and selfconfidence;

Psychological programs and counseling. The introduction of specialized psychological programs and measures, as well as providing access to professional psychological support, help

cadets develop psychological skills, manage stress and emotions, as well as cope with various challenges;

Healthy lifestyle and physical activity. A healthy lifestyle, including proper nutrition, physical activity and regular rest, is an important component of psychological stability. This helps to reduce stress levels and increase the level of psychological well-being;

Psychological stability and success. Psychological stability has a direct connection with the success in the educational and professional activities of cadets. Students with high psychological stability are more adaptive to changes, show greater perseverance in achieving their goals and successfully cope with life challenges.

Thus, psychological safety and psychological stability play a critical role in the educational and professional activities of cadets. Creating favorable conditions that provide support, development of psychological skills and stress management is an important task of educational institutions to ensure the successful formation of students and their future success.

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