

FACTORS OF THE RESCUER'S STATE OF STRESS

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Abstract. *Lifeguarding is one of the most difficult professions in the world. They sometimes experience various terrible and unexpected tasks in difficult and extremely challenging conditions. At this time, representatives of some fields fall into various stressful situations.*

Keywords: *seriousness, tension, hardness, autogenic exercises, derailment of hydrotechnical structures.*

Stress is derived from the English word, which means seriousness, tension, hardness. Stress is an emotional state that occurs when you try to find the necessary measures immediately when dangerous situations arise, heavy physical and mental loads, work exceeds the norm. Victims of murder often suffer from stress. In this case, the person hears poorly, does not see, does not feel the result of actions, falls into an incomprehensible depressed state. Depending on the existing individual characteristics of the person, stress lasts for a long or short time. Stress states are close to affect states. Emotional stress occurs when a person is hurt, ashamed, in danger, and so on. When stress causes disturbances in attention and thought processes, it is related to the emotional sphere.

Stress can have a positive or negative effect on a person. Therefore, optimizing the activities of law enforcement officers and military personnel should be aimed at preventing stress.

Of course, it is difficult to imagine a person's life without stress. However, it is important to get enough sleep, wake up early in the morning with a good mood, exercise, and take a shower to prevent stress. Nowadays, the goal of autogenic exercises is not to get into a state of stress, and if you are in a state of stress, not to report it to others or subordinates and not to pass it on.

Different definitions of stressful situations have been given by psychologists, and one general opinion has not yet been reached. Some scientists emphasize that negative changes occur in the psychology of a person in emergency situations, while others emphasize that a positive movement begins in the psyche of a person in response to such situations.

A physiological change in a person causes emotional stress in an emergency. Physiological change does not occur without emotional stress (even if the stress results in physiological damage). In emergency situations, a person's daily work routine and rest time will change. Fires, destruction of houses, explosions, earthquakes, derailment of hydrotechnical structures, destruction of radioactive and nuclear power plants, use of chemical agents cause severe excitement and mental stress in a person.

People's readiness or unpreparedness for emergency situations becomes known in the event of a fire, flood, avalanche, drought, earthquake, or epidemic. Emergency situations can endanger a person's life and, unfortunately, lead to death. Thus, a state of stress occurs in emergency situations. Stress first manifests itself in the form of fear, as a result of which a person prepares his

body for protection physically and mentally, and in many cases, the ability of a person can be lost due to emotional stress.

The state of stress experienced by rescuers is influenced by a complex interplay of factors. These factors can be broadly categorized into individual, situational, and organizational dimensions. Understanding these elements is crucial for developing effective interventions and support systems to mitigate stress and enhance the well-being of rescuers.

1. Individual Factors: Personal characteristics such as resilience, prior experience, coping mechanisms, and mental health history significantly impact a rescuer's stress levels. Rescuers with robust coping strategies and higher resilience tend to manage stress better than those with vulnerabilities or less experience in high-stress situations.

2. Situational Factors: The nature of the emergency, the severity of the situation, and the unpredictability of events contribute substantially to stress levels. High-risk scenarios, exposure to traumatic events, prolonged operations, and the physical demands of rescue activities heighten stress. Additionally, the emotional burden of dealing with victims and their families can intensify stress.

3. Organizational Factors: The support system within the organization, including leadership quality, team cohesion, training, and access to mental health resources, plays a critical role in stress management. Organizations that prioritize the mental health of their rescuers, provide regular training, and foster a supportive environment help reduce stress levels.

To conclude, addressing the state of stress among rescuers requires a multi-faceted approach. This includes providing comprehensive training, promoting a supportive organizational culture, ensuring access to mental health resources, and fostering individual resilience. By recognizing and addressing the various factors that contribute to stress, we can enhance the overall effectiveness and well-being of those who perform the vital role of rescuing others in times of crisis.

In general, every person can be an object of stress. But not everyone is affected by stress in the same way, because the human body is structured differently, for example, it is easy to get sick, quickly pay attention to events, fear, etc.

Thus, a person should not be depressed in any situation, should not spoil his relationship with himself and the employees around him, and most importantly, should take measures to catch himself in such situations.

There are many psychological methods and tools for this. But man can never escape from himself. Therefore, all military personnel working in the Emergency Situations System should have a sincere relationship with each other and serve with a proper understanding of each other.

For this, it is demanded to have a good knowledge of the psychology of the individual, as well as to overcome all difficulties in emergency and stressful situations, and the employees should have qualities such as endurance, patience, tenacity, selflessness, a positive attitude towards work and society, and loyalty to the employees.

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