



Psychological Aspects in Emergency Situations

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Abstract: This article discusses the psychological aspects (heartache, anger, guilt, fear, anxiety, inappropriate behavior) in emergency situations.

Keywords: Emotional reactions, extreme situation, extreme stressful impact, psychological preparation.

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Introduction. As a rule, any emergency situation is associated with a danger to human life and health. This naturally causes him feelings of fear, confusion, often determines inadequate behavior. Emotional reactions that arise in connection with fears for one's life and the lives of others are the result of the influence of strong irritants that inevitably appear in all natural disasters, catastrophes and major accidents. These reactions are exacerbated by the fact that emergencies occur suddenly, often at night, they are accompanied by disruptions in the operation of electricity and water supply systems, and in natural disasters, a sharp deterioration in meteorological conditions.

Severe natural disasters and catastrophes are a difficult test for many people. The mental reaction of a person to extreme conditions, especially in cases of significant material losses and death of people, can permanently deprive a person of the ability to rational actions and actions. However, it should be noted that in any, even the most difficult conditions, 12-15% of people retain self-control, correctly assess the situation, clearly and decisively act in accordance with the situation. This is determined by the level of their psychological defense, which is formed in everyday conditions.

There are two forms of human response to an emergency - passive and active. The feeling of danger in some turns into a sense of doom, makes a person completely helpless, confused and incapable of purposeful actions, including active protection. In other people, a threatening situation can cause a general rise in spiritual and physical strength, induce them to perform their tasks more persistently, more accurately and faster, without knowing fatigue. The instinct of self-preservation pushes some people to flee from threatening circumstances and environmental factors, while others, on the contrary, mobilize them to take active steps in response.

Assessing the traumatic effect of individual adverse factors that arise in life-threatening situations on a person's mental activity, one should distinguish between psycho-emotional (normal) reactions of people to an extreme situation and pathological conditions. The former are characterized by psychological comprehensibility of the reaction, its direct dependence on the situation and, as a rule, a short duration. With such reactions, working capacity is preserved (although it decreases), the possibility of contact with others and a critical assessment of one's behavior.

In the literature, such reactions are referred to as a state of stress, mental tension, etc. Psychopathological disorders, on the other hand, are painful conditions that almost completely disable a person and require special assistance. Although emergencies vary in nature, and each individual responds differently to the situation, some generalizations can be made about the typical reactions of people. Usually these reactions are grouped according to the stages of the situation, which should be divided into a period of warning, a period of the emergency itself, and a period of recovery and resumption of a stable order of life.

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When providing psychological assistance to people who have been in extreme situations, one very important provision should be taken into account - a real disaster occurs when the effect of the elements ends and the awareness of the events begins. It is at this moment that the victims need help and support.

Providing assistance to the victims - psychologists of an extreme profile work in this direction. It is difficult for a person who finds himself in a difficult situation to immediately orient himself and act adequately to the situation that has arisen. It is difficult to describe all the diversity and depth of feelings experienced by a person in trouble, because each specific situation requires an individual approach [1,2,3].

In 2014, a "department of psychological support" was opened in the Ministry of Emergency Situations. The provision of emergency psychological assistance to victims in extreme and emergency situations is one of the most important areas of work of the psychological department. Psychologists in the system of the Ministry of Emergency Situations provide psychological assistance to specialists of an extreme profile and work with people who find themselves in an emergency zone. In particular, in the work, psychologists conduct individual conversations and consultations with rescuers.

In order to unite, relieve psycho-emotional stress, prepare for unusual and extraordinary situations, psychological trainings and relaxation sessions and exercises are conducted with specialists of an extreme profile. Various psycho-correctional and therapeutic methods of work are used. The main emphasis is on the prevention of stressful conditions. Psychologists try to prepare rescuers for non-standard situations in such difficult conditions of their work.

Each of us has ever faced life situations that are so traumatic that they require outside help, since the person himself is unable to cope with strong emotional experiences, the situation of death, loss of a loved one, breakup of relationships - when personal resources may turn out to be not enough. To cope with extreme stress, people experiencing loss often begin to abuse alcohol and drugs.

Due to chronic stress, they may also experience a variety of psychosomatic disorders. Physical suffering such as peptic ulcers of the stomach and duodenum, ulcerative colitis, hypertension or coronary heart disease often arise as a result of extraordinary circumstances against the background of prolonged and intense states of anger, rage, anger, fear, despair, depression or sadness. As a result, people who have experienced stress may turn out to be patients of a doctor [4,5,6].

So, you find yourself in a situation where you are overcome by strong feelings - mental pain, anger, anger, guilt, fear, anxiety. In this case, it is very important to create conditions for yourself in order to quickly "relieve stress". This will help to save a little mental strength, which is so needed in an emergency. You can try one of the simple and universal ways:

- Engage in manual labor: rearrange furniture, clean, work in the garden.
- Work out, go for a run, or just walk at a moderate pace.

- Take a contrast shower.
- Shout, stomp your feet, beat unnecessary dishes, etc.
- Give vent to tears, share your experiences with people you can trust.
- Do not drink large amounts of alcohol, as this usually only makes the situation worse.

As you can see, these methods are not psychological techniques, many people intuitively use them in life. For example, often women, when they are angry with their husband or children, start cleaning to avoid a quarrel; men, feeling angry, go to the gym and furiously hit the pear; when we are offended by injustice at work, we complain to our friends. Such actions are necessary to prevent behavioral disorders and the prevention of psychosomatic disorders.

They involve the normalization of the mental state with the leveling of negative experiences that have such a devastating effect on both the mental and somatic functions of a person.

To optimize the condition of people in emergency situations, one should:

- take into account that a person who has suffered a mental trauma recovers faster if he is involved in physical work, and not individually, but as part of a group;
- to prepare the population for action in emergency situations, to form mental stability, to educate the will.

Conclusion. From the foregoing, we can conclude that the level of psychological preparation of people is one of the most important factors that determines the effective response to emergency situations and their consequences. The slightest confusion and manifestation of fear, especially at the very beginning of an accident or catastrophe, can lead to serious and sometimes irreparable consequences. First of all, this applies to officials who are obliged to immediately take measures that mobilize the team, while showing personal discipline and restraint [7,8,9].

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