

**PSYCHOLOGICAL MODEL OF ENSURING THE PSYCHO-MENTAL  
STABILITY OF MILITARY PERSONNEL****Saydjanov Farxod Madraximovich**Head of the Humanities Cycle of the Institute of Information  
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**Abstract.** This article highlights the empirical study of military personnel's response to various information attacks and their experience of stress observed in mental changes under conditions of information-psychological attacks. The article presents the results of studying the level of neuropsychic stability in the context of information-psychological attacks, indicators, and analysis of the effectiveness of the psychocorrection program for the development of psychological stability.

**Key words:** suggestiveness, dependence on the environment, semantic differential, psychology, scientific problems, military structures of the Armed Forces, military personnel, neuropsychic stability, psychocorrection, H-criterion of Kraskel-Whalles, psychological factor and empirical results.

*The nature of modern warfare has changed radically. Any country that says it will win by relying solely on tanks, aircraft, or the number of soldiers is seriously mistaken. Today's battles are fought using artificial intelligence, digital control, long-range precision strike weapons, cyber and robotic technologies, political and economic pressure, and the information field.*

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Currently, the rapid development of information technologies and telecommunications has led to dramatic changes in the life of society and the state, and with the help of information technologies, it is possible not only to collect, process and transmit information, but also to manage and influence the economic, political, military and other spheres of society. The development of effective, rational means of diagnostic methods for stress formed as a result of a large flow of information in the information space for military personnel, using them in conjunction with traditional situations, events, methods of influence, including the assessment of independent and critical thinking in a person. Therefore, a new approach to the process of stress as a result of information exposure requires the realization of human potential, analysis of the level of critical thinking, self-control and management. In particular, it provides a solid basis for the practical implementation of this idea and idea before us. Therefore, it is effective to identify negative information-psychological attacks in military personnel during their service in any situation and determine their tolerance to stress under the influence of information.

There are many methods for diagnosing stress in military personnel, but before characterizing them, it is necessary to determine in the study what they measure and how adequate they are.

In the study, we paid attention to assessing a number of characteristics of military personnel, namely: spiritual values, suggestibility, and dependence on the environment.

1. The method for assessing spiritual values - allows you to assess the spiritual and moral level of military personnel by the degree of agreement with the ideas presented in the 16 folk proverbs. Here, “-” points are considered. The higher the sum of the points, the higher the level of morality. If 8 points or less, the spiritual and moral level is considered good.

2. Suggestibility assessment method - by answering 5 questions in a timely manner, i.e. empathy requires and determines the level of a certain sensitivity that allows people to enter into interpersonal relationships. However, even if sensitivity is low in this method, it determines whether a person is sufficiently able to adapt to society based on empathic abilities. The obtained scores of sensitivity are related to the nature of a person's activity.

3. Environmental dependence questionnaire - the time is measured by asking respondents to identify complex-shaped images and solve them by placing the appropriate shape. As a result, the total points are divided by the time allocated to the task (minutes). If  $I > 2.5$  - we can conclude that external factors do not affect decision-making (the impartiality of decisions is high). If  $I < 2.5$  - we can conclude that there are external factors that affect decision-making (the impartiality of decisions is high). People with a high dependence on the environment tend to believe what they see and have a hard time sorting out the situation.

Methods suitable for the evaluation of the above-mentioned characteristics were also used. The results of these methods were also checked for normal distribution (Table 1).

### 1-Table

#### Compatibility of their methodology with the law of normal distribution

#### (Kolmogorov-Smirnov criterion)

Statistical criteria	Suggestiveness	Spiritual	Environment
N	250	250	250
X	3.34	3.88	3.87
$\sigma$	2.00	1.99	1.99
Z	0.149	0.127	0.110
p	0.000	0.000	0.000

The results of this methodology led to the statistical processing of the difference indicator according to non-parametric criteria. When the results of this methodology used in the study were empirically studied according to a number of characteristics of military personnel, no different empirical indicators were observed. However, it was found necessary to conduct a psychological analysis even on insignificant values, and they were briefly described. In this analysis, the levels of suggestibility, spirituality, and environmental connection of military personnel in different professional areas under informational and psychological attacks were compared using the Kruskal-Wallis H-test. H and p-values indicate the presence or



absence of a statistical difference between the groups. The results of the study did not reveal a statistically significant difference between the indicators across different specialties, since  $p > 0.05$  was found for all scales. However, the average colors indicate in which professional areas psychological characteristics are more or less expressed.

1. In the statistical results of the analysis of suggestibility (credibility, susceptibility to influence),  $H = 5.657$ ,  $p = 0.580$  → the difference is not statistically significant. This is related to the degree to which military personnel are influenced by external information due to suggestibility, how they perceive manipulative information, and their tendency to emotional influence. High average scores in this regard were observed in the Border (187.50) and IT (155.69) directions. Individuals serving in these areas may be more sensitive to external information, more likely to perceive danger, and may show increased emotional alertness and excessive reactivity to uncertain information. Low average scores were observed in the cyber (89.86) and intelligence (116.75) fields. Servicemen in these specialties usually have high analytical skills, are accustomed to checking facts and sources, and are less susceptible to information manipulation. The difference between specialties in terms of suggestibility is not strong, but it gives a conditional idea of which department is more likely to feel a need for informational influence.

2. In the analysis of spirituality (values, duty, patriotism), the statistical results show  $H = 6.780$ ,  $p = 0.452$ , and there is no statistically significant difference. The level of spirituality of military personnel, that is, the internal value system of a military personnel, sense of duty, national pride, loyalty to the service and spiritual stability. High average scores are observed in military personnel in the 8th department (148.25), the Ministry of Defense (147.63) and the Ministry of Internal Affairs (135.08), which indicate that in these areas there are strong collective relations, strong service discipline and a strong sense of duty, and a high sense of patriotism. The directions with low average colors were Border (81.50), Intelligence (86.25) and IT (87.63). This is due to the following factors: emotional exhaustion due to high risk and highly individual tasks, internal criticism in goals and motives of action, and caution specific to the service. The level of spiritual stability is stable in each professional group, but in some directions spiritual resources are more strongly manifested as a means of protection.

3. In the analysis of connection with the environment (social environment influence and adaptation), the statistical results were  $H = 2.751$ ,  $p = 0.907$ , i.e. the difference was statistically insignificant. Connection with the environment means the employee's sensitivity to the influence of the environment, team, leadership, social adaptation and psychological environment. Accordingly, high average scores were observed in the areas of Cyber (159.21), Intelligence (155.00) and IT (139.00). These groups have strong team dynamics, unique interaction and communication, and high sensitivity to the influence of the social environment. Low average scores were found in Section 8 (111.50), Border (112.33) and NQT (119.04). This is due to the following psychological factors, namely inward-oriented work activities, a high level of personal responsibility, limited or strictly regulated team relations.

**Correlation between suggestibility, spirituality, and environmental and stress types of military personnel (C. Spearman correlation coefficient)**

Scale	Suggestion	Spirituality	Environment
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Intellectual stress	0.997**	0.956**	0.956**
Emotional stress	0.958**	0.997**	0.996**
Behavioral stress	0.957**	0.997**	0.997**
Physiological stress	0.935**	0.951**	0.950**

Explanation:\*\*-  $p < 0.01$

A correlation analysis was conducted between suggestibility, spirituality, and various types of stress reactions in military personnel. According to the results of the analysis, a very high level of correlation was found between psychological indicators related to suggestibility, spirituality, and the environment, and intellectual, emotional, behavioral, and physiological stress. The correlation coefficients in the table (in the range of  $r=0.935-0.997$ ) indicate the strength of the relationship between these indicators. The correlation sign is positive, which means that as the military personnel's suggestibility or spiritual and environmental adaptation characteristics increase, the level of intellectual, emotional, behavioral, and physiological stress also tends to increase.

In conclusion, we state the following:

1. In the conditions of information-psychological attacks, the indicators of suggestibility, spirituality and dependence on the environment did not differ statistically across different professional areas ( $p>0.05$ ). This indicates that psychological characteristics in the military environment are formed under the influence of general military discipline, standardized requirements and the collective environment rather than the professional area.

2. The levels of suggestibility, spirituality and dependence on the environment also did not differ among themselves across professional categories ( $p>0.05$ ). This confirms that psychological stability and reaction to information depend not on individual experience or category, but on the same requirements and discipline in the general service environment.

3. Length of service (1-32 years) did not have a significant effect on the level of suggestibility, spirituality and dependence on the environment ( $p>0.05$ ). At the same time, although the trends in the average colors indicate a certain change in caution, responsibility and stress processing with increasing experience, these differences were found to be statistically insignificant.

4. It was found that suggestibility, spirituality and environmental dependence were highly correlated with all types of stress ( $r = 0.935-0.997$ ;  $p < 0.01$ ). This indicates that the formation of a certain psychological characteristic in employees leads to complex reactions in stressful situations, that is, cognitive, emotional and behavioral stress can increase simultaneously.

5. A significant difference was found in the level of neuropsychiatric stability across age groups ( $H = 12.033$ ;  $p < 0.05$ ). The fact that 18-28 year olds had high stability, a tendency to decrease stability in the age group of 29-38 years, and a re-increase in servicemen over 44 years old was explained by the increase in stress load in middle age.

6. The difference in stability by military ranks was borderline significant ( $H = 15.154$ ;  $p = 0.057$ ). High stability in 3rd rank sergeants, cadets and colonels, and low stability in majors and senior lieutenants was explained by the pressure of the position, transition periods and the burden of responsibility.

7. Types of incentives did not statistically affect neuropsychic stability ( $p = 0.338$ ). However, the average colors showed that spiritual incentives (honorary badge, commemorative badge) increase mental stability more strongly than material incentives.

8. A significant difference in neuropsychiatric stability was revealed by the “Chakadar” indicator in the service experience (1-32 years) section ( $H = 11.337$ ;  $p < 0.05$ ). It was found that those with 1-10 years and 25-32 years of experience had high stability, while in 15-25 years there was a tendency to decrease due to fatigue, responsibility and workload.

9. The psychocorrection program (“Development of Mental Stability” program) gave a significant positive change in all types of stress

( $p < 0.01$ ). As a result, intellectual stress decreased, emotional stress decreased significantly, behavioral stress decreased, and physiological stress stabilized. This program worked as an insurance, simultaneously strengthening cognitive, emotional and volitional functions.

10. The psychocorrectional program “Combat Call” significantly increased neuropsychiatric stability ( $T = -14.413$ ;  $p < 0.001$ ).

The increased stability in 243 employees (97.6%) proved the effectiveness of the program. This was explained by the complex nature of the program - the combined development of cognitive analysis, emotional control, stress adaptation, team unity and willpower resources.

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