

PROVIDING PSYCHOLOGICAL SERVICES TO THE POPULATION IN EXTREME SITUATIONS

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Abstract

This article discusses the socio-psychological features of providing psychological services to the population in extreme situations today and in the future. In case of emergencies, anxiety and stress establishing proper psychological services, more than what is needed in the individual elimination of mental experiences such as nervousness, restlessness, and fear information is provided. Extreme psychology has changed the human environment studies the laws of mental activity in conditions and conditions there are several factors that affect a person in extreme conditions, monotony, change of space, risk factors are studied.

Key words

extreme, monotony, danger, isolation, mental stress, mental reaction, mental readaptation, ontogenesis, analyzer, compensator, psychogenic factors, stereotype, alkalosis.

Аннотация

В данной статье рассматриваются социально-психологические особенности оказания психологической помощи населению в экстремальных ситуациях сегодня и в будущем. Предоставляется информация о том, как оказать надлежащую психологическую помощь в случае чрезвычайных ситуаций, тревоги и стресса, а также как предотвратить психические переживания, такие как чрезмерная нервозность, беспокойство и страх, у человека. Экстремальная психология изучает закономерности психической деятельности человека в изменившихся условиях внешней среды, а также факторы, оказывающие ряд воздействий на человека в экстремальных условиях; изучаются монотонность, изменение пространства, факторы риска.

Ключевые слова

экстрим, однообразие, опасность, изоляция, психическое напряжение, психическая реакция, психическая реадaptация, онтогенез, анализатор, компенсатор, психогенные факторы, стереотип, алкалоз.

INTRODUCTION

It is known that in the process of building a new society, studying all its constituent aspects and moving towards a single goal demonstrates our high recognition of our country. In today's rapidly changing social, economic and spiritual life, a person faces various situations. Throughout our lives, we often encounter urgent problems such as difficulties, external and internal obstacles and tensions, and severe psychological shocks. In such situations, people are likely to become discouraged, nervous, stressed, and depressed. The importance of studying extreme situations and finding solutions to them is very high. This situation is becoming especially acute among young people. The importance of preventing such situations and providing psychological services to the population in extreme situations is significant. The reason is that a person with a healthy psyche grows up to be a physically and spiritually perfect person.

MAIN PART

Extreme psychology studies the laws of human mental activity in conditions of changing environments. In extreme conditions, a person is affected by a number of factors. For example, monotony, change of space, risk factors, time, change of personally important information, loneliness, group isolation and life danger. The biological function of human adaptation to such extreme conditions is observed in extreme conditions (for space, arctic, fire conditions, etc.). In the process of adaptation to extreme conditions, it is customary to distinguish the following stages, characterized by changes in emotional states and the emergence of abnormal mental phenomena: preparation, initial mental stress, acute mental reactions of entry, mental readaptation, final mental stress, acute mental reactions of exit and readaptation. The genesis of abnormal mental states is determined by the state of uncertainty of previously clear information (the stage of initiation of mental stress and the final stage); includes disruption of the functional systems of analyzers formed in the process of ontogenesis or a long stay in extreme conditions, disruption of mental processes and changes in the system of relationships and attitudes.

When emergency situations arise, it is natural for a person to experience anxiety and stress. In anxiety, on the one hand, the feeling is a signal that warns us of danger. On the other hand, anxiety can make us think, interfere with our work and deprive us of activity. A state of fear. The following factors are considered the most common causes of fear: the subject's feeling of an insurmountable danger to himself and his loved ones, a sense of impending incompetence, a sense of his own helplessness, and his defenselessness in front of it. One of the common reasons that

cause fear in a person is physical pain and the negative consequences associated with it for his life and health. Pain can cause physical suffering, which is further exacerbated by fear. Pain, suffering, fear, thereby creating a certain stable emotional symptom complex. It is these factors that accompany extreme situations. External, behavioral manifestations, specific indicators of strong fear are: a fearful facial expression (wide-open eyes, raised eyebrows, inner corners of the eyebrows moved, horizontal wrinkles on the forehead, open, elliptical mouth, tense lips). The most painful thing about anxiety is the inability to control oneself, lack of calm, muscle tension, and the constant spinning of one thought in the brain. When you are anxious, your blood pressure and body temperature decrease, capillaries fill with blood and alkalosis occurs, functional changes occur in the gastrointestinal system, and blood sugar levels decrease. Living in fear of something that does not actually exist puts a person in a very difficult situation. It makes you suspicious of everything, inventing problems for yourself out of nowhere.

CONCLUSION

Thus, extreme and emergency situations occur in all spheres of human life. Every person has a number of situations that are extremely difficult for him during his life. Therefore, everyone needs the knowledge, skills and abilities necessary in an emergency. Since the rise of our country is in the hands of young people, we should pay special attention to their physical and mental health and maturity. We should help not only young people, but also the entire population to find the right solution to the problem in extreme situations and become a means for them to become spiritually pure people. This goal is also the basis of our research and studies.

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