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Psychological Aspects of a Stable Personality in Army: World Experience

This article examines the psychological components of the formation of a full-fledged and self-sufficient personality among employees in the armed forces. As part of the consideration of the psychology of a serviceman, the world experience of military pedagogical experience in instilling moral and volitional qualities in soldiers and officers is taken as a basis. The article also describes the relevance of the topic under consideration, since the moral and psychological portrait of a modern military man is one of the main aspects of the formation of a strong and sustainable army. In addition to pedagogical and educational training, the legal aspects of the formation of military units involved in the psychological training of future soldiers are also considered.

Keywords: psychological portrait, moral and volitional qualities, stress resistance, self-sufficiency.

Introduction

In the context of current global events, global problems and challenges of the modern geopolitical situation, special attention is paid to the principles of security, sustainable peace, competent coordination of international relations between all subjects of world politics [1]. In this regard, an important aspect is a deep understanding of the navigational guidelines that underlie the formation of sustainable and coordinated state security. And as you know, any state security presupposes a strong army. In this regard, research in the field of military sciences is more than relevant today.

At the heart of the armed forces is the personality of the serviceman – a soldier with a strong psychology, adequate self-esteem, constructive life principles, unbending will and a sense of patriotism. This is a portrait of a real warrior, ready to defend his homeland despite any difficulties. However, in reality, we all understand that not every soldier can meet these positive criteria for a defender of the fatherland. Therefore, in all armed forces of all countries, great attention is paid to developing the most effective pedagogical methodology for training soldiers with a high coefficient of combat effectiveness, volitional and spiritual potential. This is especially important when a state faces various kinds of difficulties in relations with other states and, especially, when the state is drawn into any military conflict.



In this regard, this article will be devoted to the study of pedagogical systems and methods aimed at the psychological preparation of strong-willed soldiers with a high degree of stress resistance.

Research methods

The main methods of this article are dialectical and comparative methods.

- the dialectical method involves the formation of personality through internal identification of contradictions in order to subsequently remove these contradictions of psychological and moral origin and bring the student to a level of high stress resistance and psychological self-sufficiency.

- the comparative method involves conducting a comparative analysis of pedagogical trajectories for the training of psychologically stable military personnel in the Kazakh army with similar pedagogical methods in the armies of other countries.

Main body

Effective completion of a combat mission with minimal losses is one of the main goals of the troops. Modern combat activity is associated with great physical and mental stress, which, for obvious reasons, significantly reduces the morale of the soldiers themselves, destabilizes the psyche of soldiers, which generally negatively affects the results of combat missions. Therefore, modern military affairs require highly trained and professional soldiers.

A considerable amount of research has been conducted in the field of psychological resilience. One of the first studies was conducted by Emmy Werner. She conducted her research in 1971 and the subjects were Hawaiian children. The living conditions of these children were far from good. This includes abuse of these children, poverty, chronic illness, and even mental disorders of parents [2]. Therefore, two thirds of children showed their destructive character even in adolescence, such as drug addiction, substance abuse, early birth of children, lack of desire to find a job, etc. [3].

In this regard, the concept of “resilience” was introduced into modern psychology, in particular into positive psychology [4]. At the same time, scientists consider the resilience not only of an individual person, but also of social groups, for example, resilience within a family [5]. Within the framework of this article, the object is not only the general self-sufficiency of the individual as such, but also of social structures, such as military units. In this regard, modern militaries require soldiers who have the skills to perform complex missions over long periods of time in the most difficult and unpredictable environments. To carry out such difficult tasks, it goes without saying that it is necessary that the soldiers themselves have a strong and stable psyche. In modern English-speaking psychology, the term “hardiness” is also actively used. This term is interpreted as one of the important factors in the formation of psychological resilience, but differs from the latter in



that it seems to absorb severe stress in a person. Hardiness includes three components: involvement, control and risk taking [6].

Scientists also identify a number of factors aimed at strengthening resilience in people. Aspects such as:

- acceptance of the realism of the world around us and the creation of plans according to real reality, that is, a person should not build castles in the air;
- adequate and positive self-esteem, self-confidence;
- ability to solve problems not only independently, but also in a team;
- ability to keep emotions under control, manage strong character traits [7].

Therefore, it is very important to analyze and take into account external and internal factors that in one way or another can affect the psychological stability of personnel as a whole during combat operations. There are several such factors, among which we will outline only the main ones.

Firstly, the professional qualities of each military man in a particular military unit. Everyone knows that the current century is the century of high technology. As a result, all people in this world in one way or another encounter the products of technogenic civilization, and therefore, in a certain sense, build their relationships based on the criteria of technocratic competence. At the everyday level, this means that if a person does not have technological communication skills (for example, does not know how to use a personal computer, does not have his own page on social networks, does not use various instant messengers), then it is usually difficult for such a person to adapt to the modern world among those who have long mastered the above skills and use them in their daily practice. Therefore, almost every person is in some sense a hostage to the rapid development of modern technologies. The above-mentioned skills in using technology largely form the portrait of a modern person who has not lagged behind life. All this, of course, is a positive side of personal development. But there is also another side to the matter. It lies in the fact that many people, especially the younger generation, have formed various kinds of dependence on the achievements of technological civilization. Such addictions include the constant need to spend hours on social networks, instant messengers, and so on. Therefore, many people, being competent in using modern devices and technologies, are at the same time very dependent on them. In other words, if you take away from such a dependent person access to the Internet, telephone communications, computer, television, then by and large this person remains empty in his content. It is known that a very small percentage of modern youth devotes their time to reading literature or studying any scientific, cultural and social achievements. The vast majority of humanity spends countless hours literally disappearing on the Internet, social networks, instant messengers, etc. It is no coincidence that we raise this problem, since it somehow concerns the military sphere. In order to raise a psychologically complete, self-sufficient military man, it is necessary not only to instill in him the knowledge, skills and abilities to use modern technical means of cognition and communication, but also to convince him that there are always risks of becoming dependent on technology. In this regard, psychological stability consists precisely in raising a person with a strong psyche, who will not satisfy his cognitive curiosity by spending hours on the Internet, but,



on the contrary, will constructively distribute his time in the name of his own development and achievement any positive results. In this regard, it is important to cultivate in a person the strength of his character, since this trait is directly related to his psychological resilience [8].

Secondly, the introduction of the very idea that the human personality can only be considered self-sufficient when the spiritual, psychological, intellectual, social, moral aspects of human existence itself, in particular, the life and activity of an individual person, are taken into account. In other words, if a person is developed intellectually, this means that he needs to pay more attention to his moral, mental and physical development. If a person is developed physically and physically, then he needs to work more on his intellectual and mental development. That is, we all understand that, firstly, a person represents a variety of several aspects of his existence, as we noted above, but, secondly, we also understand that in each person these aspects of his personality are developed differently, unevenly. For some, the bias goes more towards physical development, and for others, towards intellectual development. But due to the fact that a full-fledged personality as a substrate implies the development of all aspects of the human personality, many educational programs and systems pay great attention to the development of the most universal and effective methodology, which in the future could contribute to the formation of a full-fledged self-sufficient personality. In this regard, military science also pays considerable attention to the creation and improvement of existing systems for the formation of an intellectual, psychologically stable and physically developed personality.

In view of all of the above, we note that the portrait of a modern soldier should first of all consist of such components as:

- high intelligence;
- psychological stability;
- moral self-sufficiency;
- technological competencies;
- social adaptability;
- moral resistance to stress;
- physical health;
- cognitive openness;
- communicative flexibility.

The presence of all these qualities can have a positive effect on the fact that if such military personnel are present in the armed forces, then the effectiveness of national security and the resolution of various contradictions and problems will be at a high productive level. Formation of armed forces, which consist of full-fledged and self-sufficient military personnel, is a guarantee that at the level of international relations, states will always be able to reach any constructive compromise, avoiding various armed conflicts.

Research results

During the study, the authors came to the following results:



- psychological stability is one of the decisive factors in the formation of a self-sufficient personality;

- in the conditions of modern interstate, geopolitical and global processes, special attention must be paid to improving pedagogical systems, focusing on the development of a full-fledged personality. This is especially true for military affairs;

- the psychological stability of military personnel is a key factor in the formation of a strong and competitive army, regardless of which state the army belongs to.

Conclusion

Summarizing this article, it should be noted that today there are all technological possibilities for human development. The main problem is to direct all the achievements of the modern technocratic era towards the formation of a constructively thinking, spiritually complete, intellectually developed and psychologically stable citizen. If these trends are also directed into the field of military art, then the level of reliability of state security may increase significantly. And in this regard, states simply need to cooperate closely to form a common pedagogical system for educating soldiers who are self-sufficient in the physical, psychological and intellectual sense.

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Қарулы күштердегі тұлғаның тұрақтылығының психологиялық аспектілері: әлемдік тәжірибе

Бұл мақалада қарулы күштердегі қызметкерлер арасында толыққанды және өзін-өзі қамтамасыз ететін тұлғаны қалыптастырудың психологиялық құрамдастары қарастырылған. Әскери қызметшінің психологиясын қарастыру шеңберінде сарбаздар мен офицерлердің бойында моральдық-еріктік қасиеттерді тәрбиелеудің әскери педагогикалық тәжірибесінің әлемдік тәжірибесі негізге алынған. Сондай-ақ мақалада қарастырылатын тақырыптың өзектілігі сипатталған, өйткені қазіргі заманғы әскери адамның моральдық-психологиялық портреті күшті және тұрақты армияны қалыптастырудың негізгі аспектілерінің бірі болып табылады. Педагогикалық және тәрбиелік дайындықпен қатар болашақ сарбаздардың психологиялық дайындығына қатысатын әскери бөлімдерді құрудың құқықтық аспектілері де қарастырылады.

Кілт сөздер: психологиялық портрет, моральдық-еріктік қасиеттер, күйзеліске төзімділік, өзін-өзі қамтамасыз ету.

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Психологические аспекты устойчивой личности в вооруженных силах: мировой опыт

В данной статье рассматриваются психологические компоненты формирования полноценной и самодостаточной личности среди служащих в вооруженных силах. В рамках рассмотрения психологии военнослужащего за основу взят мировой опыт военно-педагогический опыт привития морально-волевых качеств солдатам и офицерам. В статье также прописана актуальность рассматриваемой тематики, поскольку морально-психологический портрет современного военнослужащего является одним из главных аспектов формирования сильной и устойчивой армии. Помимо педагогической и воспитательной подготовки также рассматриваются правовые аспекты формирования военных подразделений, занимающихся психологической подготовкой будущих солдат.

Ключевые слова: психологический портрет, морально-волевые качества, стрессоустойчивость, самодостаточность.

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