

PECULIARITIES OF ORGANIZATION OF PSYCHOLOGICAL ACTIVITY IN CASE OF AN EXTREME SITUATION IN FUTURE PHYSICAL EDUCATION TEACHERS

G'ofurov Azizbek Umarjonovich

Fergana State University independent researcheri

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Abstract. *In this article, the psychological basis and possibilities of developing the motivations of future physical education teachers for tourism are studied. Also, specific aspects of the organization of psychological activity in the event of an extreme situation were analyzed in future physical education teachers.*

Keywords: *physical education, sport, tourism, sports tourism, professional activity, psychological training, motive, component, psychocorrective model, empirical, pedagogical-psychological feature, methodology.*

INTRODUCTION. It is known to everyone that creating conditions and effective mechanisms for realizing human interests and his harmonious development in all aspects, changing outdated models of thinking and social behavior is the main goal and driving force of the reforms being implemented in the republic. The formation of an excellent system of personnel training based on the rich intellectual heritage of the people and the achievements of modern culture, economics, science and technology, and universal human values is an important condition for the development of Uzbekistan. A perspective prepared on the basis of an analysis of national experience and world achievements in the education system of our republic, high general and professional culture, creative and social activity, and the ability to independently achieve goals in social and political life. life is aimed at forming a new generation of personnel capable of promoting and solving their problems.

LITERARY ANALYSIS AND METHODS. Definitely, a lot of research has been carried out on the development of professional skills of physical education and sports specialists, on the effective organization of work on the formation of moral values among athletes Ozieva, G.B. Shumarova, V.M. Karimova, D.G. Mukhamedova, M. Mamatova. , Z.T. Nishonova, B.Sh. Safarova, N.S. Safoeva, R.S. Samarova, S.S. Tadzhibaev and others regarding some psychological characteristics and professional competence of athletes.

RESULTS AND DISCUSSION. While talking about an extreme situation, we rather mean the psychological state of a person in relation to the event. The concept of an extreme situation refers to an objective situation.

The responsibility for organizing and helping a community of people who find themselves in an extreme situation attracts many specialists and requires the creation of special services: rescue, fire, medical, etc. The peaceful life of many people was destroyed in an extreme situation. These people need the help of specialists, including psychologists.

Providing extreme psychological assistance is an independent area of psychological practice. Its uniqueness is associated with the special conditions in which the professional activity of a psychologist who provides extreme psychological assistance continues.

The specifics of the conditions are determined by four factors:

1. The presence of a traumatic event. The provision of emergency psychological assistance occurs after an event that has a significant impact on the emotional, cognitive and personal spheres of a person. These can be large-scale extreme situations of a natural or man-made nature or minor events with a severe stressful impact on a person (accident, rape, sudden death of a loved one). Almost always such an event can be described as a sudden event.

2. Time factor. Emergency psychological assistance is always provided within a short time.

3. The work of a specialist psychologist is carried out in unusual conditions (lack or insufficiency of premises for work, poor living conditions, etc.).

4. Concentration of many people in need of psychological help in one place.

As mentioned above, extreme help from a psychologist is short-term help after a strong negative stressor (grief).

The main tasks of a psychologist when providing this type of support can be expressed as follows:

- * Maintaining a person's psychological and psychophysical state at an optimal level (help with acute stress reactions).

- * Prevention of delayed negative reactions, including ridding a person of negative emotional states caused by a traumatic event.

- * Prevent and, if necessary, stop the manifestation of expressed emotional reactions.

- * Consulting victims, their relatives, as well as emergency workers on how to relieve stress.

Assistance to specialists involved in eliminating the consequences of extreme situations.

We can conditionally divide cases of emergency psychological assistance. The first step is preparation, the second is the actual stage of emergency psychological assistance, and it can be defined as the stage of completing emergency psychological assistance. At each specific stage, psychologists have their own goals and objectives. Let's take a closer look at them below:

Preparatory stage. The goal of the preparatory stage is to prepare a detailed action plan for providing emergency psychological assistance. To do this you need to do the following:

1. Collection of information about the psychological situation caused by the extreme situation. In some cases, the necessary information is collected by psychologists or other specialists working at the scene of the incident. If such information is not available, you should collect it yourself in order to organize the work of specialists in the most optimal way.

Data collection is carried out according to the following scheme:

- * Determining the places where psychologists should work: the location of victims and their proximity, public events (acquaintances, identifications, meetings with government officials). Often such a place is the place where an extreme situation occurred (if the extreme situation occurred in a populated area).

- * Assessing people in need of help.

- * Determining the number of professionals working or working nearby.

- * Determining the time, place and expected number of participants in public events.

- * Determining the procedure, time and place for providing assistance to victims or their relatives (payment of compensation, identification procedure, obtaining a death certificate, etc.).

2. Determining the place and order of work of each specialist is the second important task that must be solved at the preparatory stage, since the effectiveness of assistance often depends on the success of its solution. Every professional should know what to do in a specific workplace.

3. We draw up a rough work plan. The solution to this problem is carried out at the preparatory stage, but during the period of emergency psychological support this plan can be changed and adjusted in accordance with changing operating conditions.

Main click. In the main work of providing extreme psychological assistance, psychologists work in two main areas: support aimed at ensuring professional working conditions for specialists involved in eliminating the consequences of extreme situations, and assistance to victims of extreme situations.

The content of the activities of psychologists can be different; it is determined at the preparatory stage and is reflected in the work plan. This content is situation specific.

Last click. At the final stage of providing emergency psychological assistance, the following tasks are solved:

* Help those in need. As a rule, the number of victims in the field of liquidation of the consequences of an extreme situation during the final dispersal is very large, but there are people who need psychological help.

* Measures to provide psychological support to specialists involved in eliminating the consequences of extreme situations. Such measures are possible and appropriate in case of this attack, since eliminating the consequences of an extreme situation, providing social assistance to victims, etc. will be reduced, and the number of specialists who will provide such assistance will be collected.

* Generalization and analysis of data obtained during the work on providing emergency psychological assistance.

* Drawing up a forecast for mitigating the situation based on generalization and analysis of data.

CONCLUSION. Finding out the factors influencing the effectiveness of students' tourist motives and the educational and psychological foundations of their development is also an important psychological task. Thus, on the basis of creative and emotional imagination, identify hidden talents, create an opportunity for them to express their activities from the student period, develop creative abilities - to raise competitive personnel with high potential, socially active, sharp mind and inventive abilities in the future, creative alternative and divergent thinking based on the accuracy of non-standard thinking, theoretical understanding of the possibilities of variety tourism based on tolerance, areas of variety tourism specific to different nations and peoples, analysis. the positive impact of extreme types of variety tourism on the formation of interethnic relations based on the synthesis of promotion criteria, as well as through the implementation of the tasks of teaching popular types of variety tourism, individualization and stratification of knowledge about them, the creation of a correctional modular system, will have a motivational impact on the development of knowledge about variety tourism tourism among future physical education teachers, it is shown that it has been improved on the basis of demonstrating and directing social changes to strengthen grade-discipline.

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