



METHODOLOGY FOR DEVELOPING PSYCHOLOGICAL STABILITY IN EMERGENCY SITUATIONS IN CADETS OF THE ACADEMY OF INTERNAL AFFAIRS

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Abstract

The article examines the issue of developing psychological resilience among cadets of the Academy of Internal Affairs in emergency situations. The decision-making process of cadets under extreme conditions, stress-coping mechanisms, and the influence of psychological factors are analyzed on a scientific basis. The role of pedagogical and psychological methods in fostering psychological resilience, as well as the effectiveness of training sessions, reflective approaches, and simulation exercises, are highlighted. These approaches ensure not only professional training but also personal development of cadets.

Keywords: Academy of Internal Affairs, cadets, emergency situations, psychological resilience, decision-making, methodology.

Introduction

In today's era of globalization and rapid changes, the professional skills and psychological preparation of internal affairs officers are of particular importance in ensuring public security. During the prevention of emergency situations - natural disasters, man-made events, social conflicts or crimes, employees of the internal affairs system are required to have a high level of responsibility, quick decision-making, and mental stability. Therefore, in the process of training future specialists, not only theoretical knowledge and practical skills, but also the ability to control oneself in stressful situations, an adaptive approach to the situation and the development of willpower are becoming an urgent issue. Cadets studying at the Academy of Internal Affairs must be thoroughly prepared for the complex



aspects of professional activity. Because a mistake or emotional instability made in emergency situations can negatively affect not only personal, but also social security. Therefore, in the process of forming the psychological stability of cadets, it is necessary to effectively use modern pedagogical technologies, innovative trainings, simulation exercises and reflexive methods.

This study analyzes the pedagogical and psychological foundations, methods and practical approaches to developing psychological stability in emergency situations among cadets of the Academy of Internal Affairs. The scientific research conducted in this direction shows that psychological stability is not only an individual personal quality, but also one of the important factors for achieving a successful result in the professional activities of cadets.

Formation of psychological stability in the cadets of the Academy of Internal Affairs for effective functioning in emergency situations is a multi-faceted process. This process is closely related to the emotional and volitional characteristics of the individual, the level of stress resistance, communication culture and professional training. The main indicators of psychological stability are willpower, emotional balance, speed of decision-making and the ability to control the situation even in conditions of uncertainty. Research shows that it is appropriate to pay attention to three main directions in the development of psychological stability of cadets:

1. Theoretical-pedagogical direction. Providing cadets with in-depth knowledge of the psychology of emergency situations, stress theory and decision-making mechanisms increases their conscious readiness. This process is carried out through special lessons, interactive methods and analysis of problem situations.
2. Practical-training direction. The use of various trainings, role-playing games, simulation exercises and situational tests is effective in strengthening psychological stability. These trainings develop the skills of quick decision-making, coping with stress and self-control in cadets in an environment close to the real situation.
3. Personal development direction. Developing cadets' self-awareness, reflection, and self-improvement skills helps them independently form psychological stability. Psychological interviews, individual counseling, motivational programs, and sports training play an important role in this direction. Also, the



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use of mechanisms of group solidarity, collective cooperation and mutual support in the process of developing psychological stability will also give positive results. Strengthening the culture of communication among cadets, creating an atmosphere of trust among them, and establishing a social support system reduces mental stress in emergency situations. Therefore, the methodology for developing psychological stability will give effective results only when it is carried out in a way that combines theoretical knowledge, practical skills, and personal development.

The skills of making effective decisions in emergency situations, correctly assessing the situation and taking necessary measures are an integral part of professional training for employees of internal affairs bodies. Therefore, the development of psychological stability is of great importance in preparing cadets studying at the Academy of Internal Affairs for successful work in difficult conditions in the future. Psychological stability is understood as a person's ability to control himself emotionally, willfully and intellectually, and to continue effective work even under the influence of various stress factors. It is necessary to rely on several scientific approaches in the development of the methodology for the development of psychological stability. First of all, the process of forming psychological stability should be carried out in stages. At the first stage, cadets are given theoretical knowledge about psychological preparation. At this stage, it is important to provide knowledge about how a person's emotional state changes in emergency situations, the physiological and psychological consequences of stress, and the mechanisms of making sharp decisions. At the second stage, various practical exercises are conducted with cadets. In these activities, they learn to test themselves in situations close to real life, to communicate, to work cooperatively in a team, and to make decisions. The third stage consists of a consolidation and reflection phase, in which cadets analyze their performance, identify mistakes, and draw conclusions about how to proceed in the future.

Training exercises occupy a special place in the methodology for forming psychological stability. Through training, cadets develop not only stress resistance, but also quick thinking, team cooperation, and the ability to assume responsibility. The use of various psychological games, situational tasks, and role-playing scenes in training exercises is considered effective. For example,



cadets are given instructions on what to do in the event of an unexpected situation, and they learn to control their emotions in the process of resolving the situation. Simulation exercises are also an effective tool for developing psychological resilience. In such exercises, emergency situations that cadets may encounter in real life are artificially created. For example, situations such as a mass riot, fire, natural disaster, or crime are modeled and the trainees are tested on how to make decisions in these situations. The simulation develops agility, responsibility, risk assessment and situation management skills in the cadets.

In the process of developing psychological stability, reflexive methods also play a significant role. Reflection is the process of a person analyzing his own activities, behavior and decisions, drawing lessons from them and preparing for more effective work in the future. If cadets regularly analyze their activities, the level of psychological stability increases significantly. Also, through reflection, self-awareness, positive motivation and a sense of professional responsibility are strengthened in cadets. It should be emphasized that psychological stability is not only an individual characteristic, but also directly related to collective activity. Internal affairs officers often work in teams; therefore, it is important to form cooperation, mutual trust and support skills in cadets. Through group training, cadets learn to encourage each other, make collective decisions in difficult situations, and share responsibility.

Sports and physical training also play a big role in the development of psychological stability. A healthy lifestyle, physical exercise, and regular sports activities increase a person's stress tolerance. Therefore, it is necessary to combine physical training with the strengthening of psychological stability at the Academy of Internal Affairs. Through physical training, discipline, determination, and willpower are formed in cadets. Another important area in the methodology for developing psychological stability is the development of communication skills. In emergency situations, it is very important for the employee to communicate properly with citizens and to work in cooperation with colleagues. It is necessary for cadets to undergo communication training, communication culture classes, and practical exercises. Through this, they will learn to communicate effectively and make the right decisions even in difficult situations.



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In the process of developing psychological stability, modern information and communication technologies can also be effectively used. Virtual simulation programs, psychological tests and online training allow trainees to develop their knowledge and skills independently. Such technologies not only save time, but also increase the skills of self-education and distance learning among cadets. The issue of developing psychological stability in emergency situations among cadets of the Academy of Internal Affairs occupies a special place in the modern educational process. Because emergency situations are one of the factors that test the mental state of a person, personal preparation, willpower and professional skills are important in overcoming them. The analysis conducted during the study showed that, along with traditional methods, modern innovative trainings, simulation exercises and methods that increase stress resistance give effective results in forming psychological stability in cadets.

Also, the development of psychological stability helps cadets not only to make the right decisions in emergency situations, but also to feel high responsibility in their professional activities, to work cooperatively in a team, and to demonstrate positive qualities in their personal life. By systematically organizing this process, the possibility of training mature, mentally strong, and professionally excellent specialists for internal affairs bodies will expand. Based on this study, it can be noted that if the methodological approaches developed for the development of psychological stability in cadets of the Academy of Internal Affairs are implemented in practice, this will not only increase the quality of education at the academy, but will also lead to significant changes in the security system of our country. In this way, the process of forming psychological stability should be considered as one of the most important conditions that ensure the professional success of future employees.

In conclusion, the development of psychological stability in emergency situations among cadets of the Academy of Internal Affairs is a multi-stage and complex process, which should be carried out in a coordinated manner, combining theoretical knowledge, practical training, reflection, physical training and communication skills. This methodology ensures not only the professional training of cadets, but also their personal development. As a result, future internal



affairs officers are formed as stress-resistant and psychologically stable individuals who can make rational decisions in emergency situations.

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