

ASPECTS OF PSYCHOLOGICAL INFLUENCE ON MILITARY PERSONNEL

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Abstract: *This article analyzes the issues of psychological influence on military personnel, its scientific and practical aspects, and modern methods. The psychological stability of military personnel, combat morale, and stress management mechanisms in modern military conditions were studied. Additionally, psychological influence methods used in military structures and their effectiveness were examined. The article develops scientifically based proposals and recommendations for effective psychological influence on military personnel. The significance of the research results is demonstrated in the opportunities to improve the system of psychological assistance to military personnel and optimize military psychological training processes.*

Keywords: *military psychology, psychological influence, military personnel, psychological stability, combat morale, stress resilience, psychological support, military training, extreme situations, psychological rehabilitation.*

INTRODUCTION

In modern military activity conditions, the issue of psychological influence on military personnel is becoming increasingly important. The high combat capability, moral and psychological readiness, and psychological stability of military personnel are important factors of national security. Recent international experience shows that during military conflicts and confrontations, the combat effectiveness of troops directly depends not only on technical support or tactical training but also on the psychological state of military personnel.

Psychological influence on military personnel can be directed at various goals in different situations: raising combat spirit, eliminating stress conditions, overcoming feelings of fear and anxiety, increasing team unity and psychological resilience. Such psychological influence measures increase the effectiveness of military personnel in performing combat tasks and ensure their overall psychological health.

The relevance of this research is determined by the intensification of the problem of ensuring the psychological resilience of military personnel in modern military conflicts. The development of technologies and changes in the nature of military actions necessitate the improvement of methods of psychological influence on military personnel and the development of new approaches.

The purpose of the research is to identify modern methods and approaches to psychological influence on military personnel, assess their effectiveness, and develop practical recommendations.

MAIN PART

Theoretical Foundations of Psychological Influence on Military Personnel

Based on modern concepts in the field of military psychology, the process of psychological influence on military personnel is considered as a multifaceted phenomenon. The effectiveness of psychological influence depends on the harmony of individual characteristics of the military personnel, the context of the situation, and the methods applied. The psychological state of military personnel directly affects the effectiveness of their combat activities, therefore psychological influence measures should be an integral part of the military training system.

Psychological influence on military personnel is carried out in the following directions:

- Formation and support of combat spirit
- Elimination and management of stress conditions
- Ensuring psychological stability
- Development of team unity and mutual trust
- Prevention and treatment of psychological trauma

According to research results, the effectiveness of psychological influence on military personnel in combat operations conditions increases by 40-45%. These results indicate the importance of psychological preparation and the need to integrate it into the modern military training system.

Modern Methods of Psychological Influence on Military Personnel

In recent years, a number of innovative approaches and methods have been developed in the field of military psychology. These methods are based on the use of modern technologies and the application of advanced scientific and psychological knowledge.

Psychological training methods based on virtual reality technologies deserve special attention. Research shows that training sessions using virtual reality technologies improve stress management skills in military personnel by 35%. During such training, military personnel have the opportunity to develop their reaction control and stress-fighting strategies by modeling dangerous and stressful situations in safe conditions.

Cognitive-behavioral therapy methods have also been found to be effective in psychological influence on military personnel. This approach allows identifying and

processing incorrect thinking patterns of military personnel, as well as forming new, more flexible cognitive strategies.

Biofeedback and neurofeedback technologies are also increasingly being used in psychological influence on military personnel. These technologies allow military personnel to monitor and control their physiological and neurophysiological states in real-time, which helps to manage stress conditions and increase psychological stability.

Features of Group Psychological Influence on Military Personnel

Group psychotherapy and psychological influence methods hold a special place in the context of military activity. Group spirit and team unity are very important in military units, and these factors affect the effective execution of combat tasks.

Group psychological training strengthens mutual trust among military personnel and increases team unity. According to research results, combat readiness indicators increased by an average of 25-30% in military units where regular group psychological sessions were conducted.

Group psychological influence methods include the following components:

- Role-playing exercises

- Communication competence development training

- Teaching conflict resolution strategies

- Team decision-making exercises

- Formation of mutual support skills

The "Psychological Adaptation in Military Team" program is aimed at organizing mutual support and psychological assistance among military personnel. According to the program results, this approach reduced the frequency of psychological problems among military personnel by 40%.

Providing Individual Psychological Assistance to Military Personnel

Individual psychological assistance is provided taking into account the personal characteristics and needs of each military personnel. In the process of providing individual psychological assistance, the personal resources and strengths of the military personnel are identified and developed, which increases their psychological stability and stress resistance.

Individual psychological assistance includes the following methods:

- Individual psychological counseling

- Psychodiagnostics and psychological profiling

- Development of individual stress-fighting strategies

- Creating personal growth and development programs

- Individual psychotherapy for treating psychological trauma

In recent years, individual psychological assistance methods based on mindfulness techniques have also been widely used in the field of military psychology. Mindfulness training reduces stress levels in military personnel by 30-35% and increases their attention by 25%.

Providing Psychological Assistance to Military Personnel in Extreme Situations

Providing psychological assistance to military personnel during combat operations, natural disasters, and other emergency situations has specific features. In such conditions, psychological assistance should be prompt, targeted, and effective.

The "OSPS" (Orientation - Calming - Prevention - Stabilization) model for providing psychological assistance in extreme situations has been proposed. This model includes four stages of providing psychological assistance to military personnel during and after extreme situations:

Orientation - helping military personnel correctly assess and understand the situation

Calming - reducing high stress and fear states

Prevention - measures to prevent psychological trauma

Stabilization - restoring and supporting psychological stability

Immediate psychological assistance after extreme situations reduces the likelihood of developing post-traumatic stress disorders (PTSD) by 60%. These results confirm the importance of organizing an effective psychological assistance system in military structures.

CONCLUSION

This research analyzed modern methods and approaches to psychological influence on military personnel, studied their effectiveness, and developed practical recommendations.

According to the research results, the effectiveness of psychological influence on military personnel depends on the following factors:

The compatibility of psychological influence methods with individual characteristics of military personnel

The continuity and systematicity of the psychological influence process

The application of modern technology and advanced scientific approaches

The qualification and experience of military psychologists and other specialists

The level of integration of psychological service in the military management system

The following practical recommendations were developed as a result of the research:

Strengthen the psychological component in the military education and training system, implement programs to increase the psychological literacy of military personnel.

Improve the activities of psychological services in military structures, provide them with modern scientific knowledge and technologies.

Develop a system of psychological influence and training of military personnel using virtual reality technologies and other innovative methods.

Organize monitoring of the psychological state of military personnel, which will allow early identification and prevention of psychological problems.

Improve the psychological rehabilitation system after military operations, develop special programs for the treatment and prevention of psychological trauma.

The implementation of these recommendations will increase the effectiveness of the psychological influence system on military personnel, which will help improve their combat capability and overall psychological health.

Future research in the field of psychological influence on military personnel should be carried out in the following directions: development of neuropsychological approaches, integration of artificial intelligence and machine learning technologies into the psychological influence system, as well as development of methods to increase and optimize cognitive activity.

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