

psychological load.

In everyday life, to improve psychological hardening, physical training in the process of combat training with standard weapons and combat equipment, competitions in military sports, complex actions, including cross country, overcoming obstacle courses, crawling, running, hand-to-hand combat in pairs, should be widely used. fighting and sports games.

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## **MENTAL STATES OF MILITARY PERSONNEL DURING THE PREPARATION AND CONDUCT OF HOSTILITIES**

The mental state of a military serviceman is a set of signs of his mental activity that characterize the state of an individual at a certain moment. Mental states of a military serviceman include manifestations of feelings (mood, affect, euphoria, anxiety, frustration, etc.), attention (concentration, inattention, absent-mindedness), will (determination, confusion, composure, emergency decision-making in combat conditions, etc.), thinking (doubts, confidence), imagination (delusions, dreams), etc.

In any mental state of the unit commander, three general dimensions can be distinguished: motivational-motivational (determining), emotional-evaluative and activation-energetic.

The mental states of the personnel of the unit (group) are characterized by certain features that are not characteristic at all or are characteristic to a lesser extent of individual states: mass appearance; pronounced social character; "contagion" (ability to spread quickly); "group effect" (increasing the strength and significance of personnel status); informativeness; tendency to anchor etc. Mental states of a military serviceman are characterized by integrity, mobility and relative stability, relationship with mental processes and personality properties, individual originality and typicality, diversity and polarity.

Management of the mental states of military personnel is a way of non-volitional management of their behavior in order to adapt to the surrounding environment. The positive thing in this process is the saving of time and effort on conscious regulation of human behavior. Negative is the stereotypy of reactions that arise even in opposition to the conscious choice of a serviceman in the case of his carrying out new or developmental activities.

During combat, a serviceman is in a state that involves a constant feeling of the randomness of death or the possibility of its occurrence, the possibility of receiving injuries and mutilation - all this undermines faith in the very meaning of life. A military serviceman is in a constant state of tension between his own sense of self-preservation and the belief in instilling conviction about the necessity of carrying out a combat mission.

But the scariest thing is that practically the majority of military personnel are afraid not of what happens during hostilities, but of what might happen. Such instillation of fear causes a feeling of constant nervous excitement, which increases with every minute. Thus, in fact, every soldier suffers from the struggle that takes place in his soul between the fear of death or being maimed and his own concept of military duty. However, nothing can be done about the obsessive feeling of anxiety that possesses him, because the vector of fear is directed at the hypothetical that can happen, and not at what is happening in reality, and all the body's systems function out of control. This is a completely natural process, the exit from which is carried out in only one way - from a state of anxiety and fear to a state of mental and physical exhaustion.

Extreme states of military personnel are a generalization of many functional states of a person, characterized by a violation of the adequacy of physiological, mental and behavioral reactions under the influence of various extreme factors both in peacetime and in wartime.

Reactions of a military serviceman's body to extreme situations can be of two types: adequate forms of reaction and anxiety reactions. A sign of determining the types of reaction is its directionality.

The main content of adequate forms of response are specific reactions of the body of a serviceman, which are aimed at eliminating or overcoming extreme factors and solving the functional (behavioral) tasks. The peculiarity of such a response at the behavioral level is the conscious, purposeful nature of official activity. This involves the formation of a military serviceman of a certain plan of action, which is based on the analysis of qualitative and sometimes quantitative characteristics of extreme conditions and evaluation of the entire extreme situation in which he got into.

The form of the response associated with the military serviceman's anxiety reaction is characterized by a relatively small relationship with the specificity of the extreme factor. It is aimed first of all at preserving the functioning of the body and, to a lesser extent, at preserving the structure of the serviceman's activity (fulfilment of duties, assigned tasks, use of weapons, etc.). Conscious control over behavioral reactions is weakened, unconscious behavioral acts can be observed, for example, panic.

With an adequate response of the body, the motivation of the serviceman, which was before the exposure to the extreme factor, remains almost unchanged, otherwise there is a decrease in the subjective importance of these motives and a change in the type of motivation. The reaction of anxiety, as a rule, appears in a military serviceman in extremely extreme situations. During an adequate response of a serviceman to the influence of extreme factors, some of the most important factors increase for this situation, indicators and reduction.