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SPIRITUAL PREPARATION OF THE POPULATION WHEN EMERGENCY SITUATIONS OCCUR

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Abstract: This article provides information on the spiritual training of the population and personnel of structures and the formation of mental resilience in people in emergency situations.

Key words: Emergency situations, spiritual training, spiritual preparation, hazardous event, earthquake, fire, disaster survival.

As we live in the conditions of the new millennium, first of all, it is necessary to move to a new way of thinking and a new way of living. In this situation, maintaining the balance between man-nature-society can only be based on the supremacy of laws and extensive research.

Observance of legal standards by all citizens, compliance with the requirements of the law, obedience to the law is an indicator of the level of legal culture of a democratic civil society.

According to the words of the President, we must educate free, well-rounded people who recognize their rights, rely on their own strength and capabilities, approach the events happening around them with an independent attitude, and at the same time see their personal interests in harmony with the interests of the country and the people. Most importantly, like all legal states, we must learn to live by the law.

One of the main tasks of the Ministry of Emergency Situations, which was established after the independence of our republic, is to protect the life, health, material and cultural resources of the population in emergency situations. In order to effectively organize this task, we need to have the legal, organizational, economic, social, engineering-technical, special foundations of protection.

Currently, the number of natural and man-made emergencies is increasing in Central Asia. In such conditions, the role of emergency protection systems becomes stronger. This system ensures the safety of people, economy, and territories in the event of emergency situations during peace and war. But this provision can be achieved only with civil protection activities, including the training of personnel of leaders and structures, and comprehensive improvement of the population's knowledge of civil protection.

One of the main directions of preparation is moral and spiritual preparation to act in emergency situations. Being in an emergency situation always has a strong effect on a person's psyche. According to medical statistics, many people suffer severe psychological trauma and need psychological treatment after catastrophic emergencies.

Psychologists also talk about the importance of such preparation. According to their information: 65% of the fighting ability of military units depends on the psychophysiological condition of the soldiers.

The essence of moral and spiritual preparation in emergency situations.

It is a form of social consciousness, a set of principles and norms that people follow in behavior and behavior. These norms are a specific expression of people to each other and to various forms of human unity (family, work team, nation).

People's mental training prevents the development of a panicky mood, gives them the opportunity to be brave, muster all their will, and find the right and purposeful way out of the situation. Otherwise confusion and panic prevail. Even giving a moral (ethical) assessment to actions and their reasons is a unique aspect of spirituality. The concept of good and bad, duty, conscience, dishonesty formed in the society, among a certain stratum of the population, is the basis for such an assessment and is expressed in these concepts of the society.

It differs from the concept of law in that the principles and norms of spirituality are not recorded in the state legislation, and their observance is based not on the law, but on conscience and social opinion.

The first tremor of the Tashkent earthquake with a magnitude of 8 and lasting 10 seconds was recorded on April 26, 1966 at 5:23 local time. There were almost no casualties in the earthquake. Even so, 11% of the population of Tashkent remained in a state of reaction from the morning of the first tremor.

Fire, gas explosions have very serious consequences. At present, this may also be caused by terrorist acts. Researcher-psychologists P. As Hodgkinson and M. Stewart wrote in their book "Survival of Disaster", for many people, during a fire, its flames seem like the fire of hell. People are probably more panicked during a fire than in any other dangerous situation. The characteristic of this dangerous event is to first run away in panic. This is nothing more than a person's attempt to escape from a dangerous situation. A person forgets everything and does not count on anyone, the main goal is to get rid of the fear that covers the whole body, sometimes completely groundless.

A person perceives the situation in a fire as a direct threat to his survival, a feeling of intense fear appears, which makes the body sweat like ice, and an idea arises in the brain that it is necessary to act.

Mental training in civil defense is the formation of mental resilience in people or the formation of qualities that increase the ability to perform assigned tasks and act selflessly in dangerous situations during peace and war.

The form, methods and means of spiritual preparation. Here are some examples from the field of emergency preparedness.

Overcome the "fear of fire". A long pit is dug, wide enough for a person to jump over. Used oil or other flammable liquid is filled in it and burned. As the wall of fire

burns, the trainees jump through the wall of fire wearing protective clothing. In this, just in case, there are people holding water hoses on both sides of the fire wall.

Overcoming "fear of heights". A model of a four-story house is built from logs. At a height, it is practiced on a pole. The trainees fasten their safety belts and climb a high tower and descend from it using a rescue rope.

Overcoming "fear of water". A 100-meter-long suspension bridge will be built over the water barrier. Learners walk over this bridge and cross water obstacles. In such a way of preparation, people develop a sense of resilience, endurance and courage in the event of an emergency.

Training and training exercises at a high level, day and night, in difficult weather conditions, passing through poisoned areas, collecting piles of rubble, putting out fires, etc. should pass. Only in this way it is possible to teach to overcome difficulties, to form necessary spiritual and spiritual qualities in people.

During the Gazli earthquake in March 1984, sanitary workers from Kogon made a selfless effort. However, some of them were scared when they saw the bleeding wound and other types of injuries. In this situation, the captain of the sanitary teams made the right decision, that is, he agreed with the relevant organizations and sent the sanitary teams to the first aid stations to be on duty. There, the sandrujinists helped in the treatment and prevention measures so that they could develop the necessary qualities in themselves. This in turn gave a positive result.

One of the important tasks of civil protection is to ensure the protection of economic objects and the population in emergency situations during peace and war. Civil protection is a reliable part of the system of national measures.

The main task of moral and spiritual training in civil protection structures is to ensure the requirements of state decisions aimed at civil protection.

The content of spiritual and psychological activities in civil protection is as follows:

- to explain the decisions and policies of the state to the personnel of the civil protection structures and to the population on ensuring the normal operation of economic objects and ensuring the normal life of the people;

- civil protection structures-personal composition and education of the population according to the traditions of the people of the Republic of Uzbekistan;

- formation and development of high-level moral and spiritual characteristics in the personal composition: courage, self-control, bravery, bravery, resourcefulness, initiative;

- training of personnel for activities such as protection of economic facilities in emergency situations;

- explaining methods and means of protection in emergency situations to the personnel of civil protection;

- training of personnel of the civil defense in the techniques used to carry out timely rescue operations and other works;

- teaching methods and means of self-help and mutual aid in case of injury;

- to teach how to carry out partial sanitary treatment in case of poisoning with radioactive substances, poisonous substances, bacterial agents and other strongly acting toxic substances.

Methods of spiritual preparation include the following. Conducting roundtable discussions, constantly communicating with management personnel and the public, conducting competitions between civil protection structures and the population.

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