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Research Article

PSYCHOLOGICAL TRAINING OF POLICE OFFICERS BY MEANS OF FIRE AND PHYSICAL TRAINING.

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Abstract:

Often in the literature sources on physical education and psychological training are studied and considered as a separate section of the training process, but the psychological and pedagogical features which are considered in the process of physical training must be investigated in a complex.

Psychological training is an activity aimed at creating an optimal psychological state, the formation of internal readiness of the employee, which further contributes to the implementation of the most perfect technique of exercise to achieve high results in a complex and stressful environment, as well as in stressful situations. As we understand that for qualitative and confident performance of these exercises it is necessary to have a mental and physical preparedness, which is developed in the process of training, so experienced employees or athletes do not have such problems, they manage their state, and as a result they show high, stable results.

Observing the life of world-class athletes shows us that the inner world of a person is a more complex and broader concept, as well as the inner features of the personality, plays the most active and important role in his life. It is in his inner world that a person finds those resources and those spiritual forces, as well as that motivation, which allows him to get ready for the next overcoming of himself and achieving a certain set result. Consequently, the content of the inner world of the personality, is a totality of all phenomena and objects of reality that are reflected in the human psyche, which are important for him related to his significant internal experiences, as well as his mental state.

Key words: *psychological training, physical training, employee, inner world, sports activity, mental state*

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INTRODUCTION:

It is not uncommon to observe that during a training session, trainees are very good at exercising on sports equipment and doing a certain kind of exercise well, but this confidence is lost when they are in a control session or competition: they show signs of insecurity, stiffness, and confusion. It even goes so far that trainees not only forget training exercises, but also forget their home address or the names of their parents. The reason for this is that tests and competitions are not everyday activities and not frequent phenomena in their lives and therefore they are associated with certain feelings of fear, responsibility, anxiety, which sometimes prevail in the central nervous system and in connection with this or as a consequence slow down its functional activity causes a state of tension of all other systems of the body and the mental stability of man.

This state is characterized by the following signs:

1. Frequent heartbeat and rapid breathing;
2. Sweaty palms;
3. Chaotic or insecure movements;
4. Unstable speed of simple motor reactions, etc.

PURPOSE OF THE STUDY:

Psychological training is an activity that is aimed at creating an optimal psychological state, the formation of internal readiness of the employee, which further contributes to the implementation of the most perfect exercise technique to achieve high results in a complex and tense environment, as well as in stressful situations.

The purpose of psychological training is to nurture and teach the following qualities:

1. The ability to control one's actions;
2. Ability not to react to extraneous and distracting noises, as well as the actions of others, e.g.: applause from the audience, camera flashes, etc;
3. To properly concentrate attention, the ability to focus on the essentials before performing exercises, mentally regulate and control all their actions;

4. Not to think about anything extraneous in the process of performance of exercises, completely disconnect the second signal system and trust in the formed motor skills;
5. Develop a stable central nervous system from the influence of adverse factors
6. Nurture the quality of confidence, courage and determination, as well as initiative and resourcefulness, i.e. the impact goes on the internal psychophysical components as well.

RESEARCH METHODS:

For psychological training it is necessary to use the following means and methods:

1. Execution of exercises according to the task (the trainee is offered to perform an exercise with an emphasis on the purity of the performance of an element);
2. Execution of exercises under the influence of physical and mental load;
3. Motivation, as well as encouragement during the learning and training process;
4. as well as simulation of extreme situations and approximation of these situations to the real ones, i.e. creation of noise and light special effects.

Based on the above factors, it should be noted that the organization of physical training classes should take into account all the psychological and pedagogical features and should be in accordance with these selected methods and plans for training.

Pedagogical features include the following:

1. the study of safety measures;
2. Developing the ability to assess the situation, as well as to foresee the possibilities and variants of its change in various situations, to think promptly and immediately.
3. Developing leadership qualities in directing subordinates and giving orders in critical and extreme situations;

4. Ability and ability to solve the problems of psychological training by means of pedagogical influence on the trainees.

Psychological features consist of:

1. To develop the ability of an internal affairs officer to overcome pre-start excitement;
2. Improve the process of adapting to the pre-start state;
3. To motivate by pedagogical methods the volitional function - to perform all exercises on excellent;
4. to develop psychological readiness in situations connected with danger to life and health by means of both pedagogical and motivational means, as well as by means of psychological training.

For successful performance of the sportsmen of the highest qualification it seems necessary in the psychological aspect to study the problematics of the inner world, i.e. the inner state of the sportsman and to carry out motivating activities with him, which will fully assist him to overcome the mental and psychological barrier and thereby contribute to achievement of high results.

RESULTS AND DISCUSSION:

Such changes create a negative dominant, which subsequently negatively affects the technique of performing certain exercises and inhibits the manifestation of poorly formed motor skills. The following errors in the technique of performing exercises are observed:

1. During training martial arts techniques erroneous preparation for combat (straight legs, unstable position in the performance of techniques), as a rule, the totality of these errors leads to a violation of safety measures in classes, as well as are not respected safety measures when falling down and usually there is no self-insurance, which in turn leads to injuries and bruises.
2. During running exercises - the correct positioning of hands and feet and the coordination of movements are very important, but neglecting these rules also leads to injuries.

At sports games this is manifested in errors related to penetration and handling the ball.

The consequence of these errors usually depends on the type of events, it can be a failure to pass the score, and lost competitions, so very important is the psychological preparation and proper attitude.

In the classes of firearms training and shooting sports it is manifested in the following:

1. Increasing the time of aiming;

2. changes in the impact on the trigger, manifested in twitching;
3. Disruption of the tempo and rhythms of the shooting;
4. When shooting at moving targets, the accuracy of raising the hand with the weapon and moving it to the next target is reduced, as well as a slower reaction to new targets, etc.

These correlations between the psychological state and changes in the performance of exercise techniques depend on both individual characteristics of the human body and general conditions.

To individual indicators, we can attribute characteristics of the human body, the level of training, as well as his psychological state and mentality; to the general conditions we can attribute, for example, the time of day and the conditions for performing exercises.

As we understand that for qualitative and confident performance of these exercises it is necessary to have a mental and physical preparation which is developed in the process of training, therefore experienced employees or sportsmen do not have such problems, they control their state, and as a consequence they show high, stable results.

The problem of the internal world of the person its value of practical activity is still little revealed, it is explained by the fact that the person does not want d.e. to share their inner impressions and emotions, and also cannot in full and understandable measure to convey all their inner feelings.

Today there is a generally accepted view of a person's inner world as his mental and intellectual state, which is a reflection of the subject's personal life and activities, that is, it is understood that his inner state directly reflects his entire life journey and the emotions and experiences that he has experienced in his life.

Observing the lives of world-class athletes shows us that a person's inner world is a more complex and broader concept, as well as the inner characteristics of the individual, plays the most active and important role in his or her life activities. It is in his inner world that a person finds those resources and those spiritual forces, as well as that motivation, which allows him to get ready for the next overcoming of himself and achieving a certain set result. Consequently, the content of the inner world of the personality, is a set of all phenomena and objects of reality, which are reflected in the human psyche, which are important

for him associated with his meaningful internal experiences, as well as his mental state.

In this case the internal world of the personality is considered as a result of the following indications:

1. Value orientations (people, plans, principles, self-esteem, social evaluation, etc.);
2. Meaningful experiences (experiencing everything that matters to a given subject).

Analysis of the world psychology literature on "experiences" shows the special role of the problem of crisis in a person's life with the dynamics of his inner world with the need to focus primarily on meaningful experiences.

In the process of researching the problem of crisis situations in sports activities, it was established that meaningful experiences are the main feature in crisis situations. Experimentally we identified 12 significant experiences that characterize the internal state and inner world of an athlete in which the peculiarities of his activity and life are widely enough reflected.

These experiences, loneliness, fear of defeat, insecurity, dissatisfaction, responsibility, competition, leadership, publicity of unbalanced main and non-mainstream activities, reevaluation of reality, psychological fatigue, experiences of the impending end of sports activities and career.

As a rule, meaningful experiences can transform and dominate depending on the situation of sports activity, i.e. they can prevail to a greater or lesser extent depending on the situation. It is important that with the help of the practical psychologist, these experiences may be transformed and also systematized, as a result of which they may be less significant or not be significant at all.

It seems obvious that in order to reduce certain significant experiences, it is advisable to carry out the following activities:

1. The skill of the trainer to have trusting conversations with students where they can fully disclose all of their experiences and discuss ways to address them;
2. Introduction of a psychological diary to athletes in which all events that were important to him/her psychologically and emotionally are reflected.

CONCLUSION:

Based on the material listed above, the following conclusions can be made:

1. Practicing psychologists can help ensure that the athlete wins over himself or herself and transforms his or her own inner world;
2. Each specialist of physical culture and sports, both a teacher and a coach, should independently develop the qualities of a practical psychologist in order to regulate his inner world independently, and to solve those internal problems that arise in the process of preparation, as well as in the process of any competitions, scores, etc;
3. To pay great attention to the course of pedagogy and practical psychology in the preparation of athletes for competitions, as well as in institutions of special physical education and sport to develop a department of psychology and cooperate with it.

In order to ensure the quality of psychological training of IAB employees, he needs to know the area and the conditions in which he will have to directly serve.

Professional activity of an internal affairs officer is directly related to unexpected phenomena and emergencies, and therefore the IAB employee serving in such conditions is affected by a number of factors, based on which he makes a decision. These are the following factors:

1. the order of the chief;
2. a sense of responsibility for the received case;
3. desire to neutralize the criminal; 4;
4. obstacles that complicate the performance of the assigned tasks;
5. instinct of self-preservation.

Based on these factors, we can conclude that for qualitative performance of duties by employees, he/she should feel self-confident, he/she should have a sense of superiority over the offender, then he/she can qualitatively and timely perform those tasks which are entrusted to him/her.

Thus, being in extreme conditions, IAB officer must be able to quickly assess the operational environment based on this already oriented, as well as if he is the senior on the site he must be able to lead his subordinates and give orders in critical situations, that is, has a fairly stable psychological preparation for the proper response of them in extreme situations.

Under extreme conditions, as a rule, the self-preservation instinct is activated and the organism's defence reaction is expressed in its reasonable response to the given situation. If an employee or a common person is not psychologically and physically

ready for this, there may be individual negative reactions that depend on both mental and physical features of the person, for example: failure of motor functions, increased stress, sudden shock, loss of time etc.

These reactions are the result of fright, which inhibits human reactions, and predisposes him to unreasonable actions, i.e. the person does not control his actions and cannot proceed from the principles of logic or the instinct of self-preservation. Depending on the further development of dangerous situations, fright may turn into fear, horror or panic.

Behavior of IAB employees in a dangerous situation is determined not only by the manifestation of negative reactions on the background of fear, as well as in trained employees it causes such a positive quality as combat excitement, this state is characterized by the state of readiness, which are associated with active conscious activity. Striving to achieve the goals set by his excitement generates fearlessness, that is, courage, which subsequently turns into a psychological quality of the personality, decision-making is based not only on thought operations, but also on guessing the criminal's plan, that is, anticipating possible variants of events in this case combat actions are determined by processes of anticipation. The process of foresight comes from experience, as well as from the knowledge of IAB officers.

Decision-making, as well as their implementation usually comes from the formulated skills, and since they are taken in a very short time, there is no such opportunity as a detailed analysis of the entire situation, so it is very important for the officer to develop the skills and techniques that allow him to respond quickly enough to the current situation.

Based on what has been said above we can conclude that the IAB employee can preliminarily plan his actions, determining their content, as well as act on the basis of the changing situation, that is, as we understand, all these actions require firmness, confidence, as well as psychological preparation of one degree or another.

It is also possible that a conflict may arise suddenly and the employee will engage in single combat, in this case, he will have to act instantly, that is, instantly assess the situation and act impromptu, that is, unprepared. This is the most difficult variant of action.

From the material presented we can draw the following conclusions:

1. High level of development of psychological preparation of police officers provides them with more correct reaction and behavior, creates prerequisites for disarming as well as apprehension of a criminal and offender;
2. In the course of tactical, firearms and physical training it is necessary to create situations that are as similar as possible to practical situations from the life of internal affairs officers, as this more contributes to the development of their psychological resilience in certain situations, and also gives them a basis for making certain decisions in certain situations.

So how to prepare an IAB officer for the successful performance of service and combat tasks of intense professional activity or in extreme situations?

Based on the specifics of IAB officer's activity and those complex tasks that he faces in everyday service activity, as well as the level of psychological pressure that is exerted on the employee due to his professional activity both by citizens and by the supervisory staff, the following relevant methods and approaches in training employees are distinguished:

1. "Learning a skill" - This stage is characterized by the reproduction of knowledge that was obtained as a result of studying some training program, that is, the result of training activities here is the development of a certain skill.
2. "Improvement of the skill"- At this stage, the skill is developed, as well as the system that provides this skill, i.e., energy regulating stimulating and implementing.
3. "Actualization in the need to achieve" Here the main task is to prepare all systems of the body, which are maintained and increased with the available means and methods that ensure the achievement of the desired result.
4. "Realization of the result of realization" the subject of the activity is the result achieved by the professional a little earlier - in the course of realization.

Each of us has specific objects, tasks, goals, which arise at the beginning of the segment and exhaust themselves at the end, when the expected result is achieved.

Based on the above, we can summarize our study: At a certain stage of activity, a certain important mental state prevails and dominates, that is, depending on the situation and situation, certain qualities prevail. This conclusion should be taken into account when

organizing and conducting classes on service, fire and physical training and other disciplines.

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