

Spiritual, Political and Spiritual Training of Civil Defence Personnel and the Population

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ABSTRACT

It is known that natural disasters and other types of emergencies, accidents at enterprises and other emergencies can cause great damage to the national economy and to a certain extent endanger people. It is in such situations that the involvement of the civil defense organization in reducing casualties, preventing and mitigating the consequences of emergencies is of great importance. That is why all citizens should consider civil protection as a public affair, and the performance of civil protection duties should be understood as a patriotic duty of every citizen.

KEYWORDS: *civil, defense, peace, fear, anxiety, fatigue, situation, condition, spiritual preparation, emergency, Richter scale, mountainous territory*

INTRODUCTION

The Civil Protection (CP) of the Republic of Uzbekistan prepares its forces and equipment to protect the population, first of all, from emergencies that may occur in peacetime. It is no secret that our country is located in seismically dangerous areas of the world, ie the magnitude of earthquakes can reach 9 on the Richter scale, in addition, in the foothills - rapid earthquakes, floods in the valleys, accidents at industrial enterprises. In people who are exposed to this type of situation, it requires them to use all their strength and abilities in a state of extreme tension, which in turn leads to the appearance of various forms of mental stress. In such situations, qualities such as insecurity, fear, anxiety, fatigue, and restlessness appear, preventing people from carrying out certain tasks.

MATERIAL AND METHODS:

Civil defense in our country is a system of protection measures carried out in peacetime and in emergencies in order to protect the population, material resources, economic facilities, nuclear, chemical and bacteriological and other weapons. Civil defense structures are involved in the elimination of natural disasters in peacetime, as well as major industrial accidents. In the event of an emergency or in the event of an enemy attack, the Civil Defense organizations carry out urgent rescue operations in various poisoned areas and eliminate the consequences of the destruction in the republic, the country, regions, cities, districts and all sectors of the economy. services will be created.

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Missiles - nuclear weapons and other types of weapons of mass destruction - affect people not only physically, but also spiritually. As a result of such weapons, unprepared people

become discouraged, frightened, mentally and emotionally damaged. they are required to be able to hold their own, not to give in to excessive emotions, and to act with courage to overcome all obstacles. Because real life experience shows that only well-prepared citizens, who are spiritually, politically and spiritually prepared, can act with courage and determination in such emergencies.

In the case of armed struggle, especially the use of nuclear and other types of weapons of mass destruction, a radical change in the fate and methods of warfare will greatly increase the importance of the moral factor. The personnel of all categories of the population, especially the non-militarized Civil Defense organizations, and its moral, political and spiritual training are becoming more important and necessary than ever.

Spirituality refers to the character of human beings, which is formed on the basis of their inner feelings and perceptions of the heart, and is reflected in their attitudes towards other people. In general, it forms the Spiritual factor in the society - it is the spiritual wealth of the country, which reflects the intellectual potential of the population, which in turn serves as a factor in the realization of social, economic and defense goals.

It is known that natural disasters and other emergencies, industrial accidents and other emergencies can cause serious damage to the economy and to some extent endanger people. It is in such situations that the involvement of the civil defense organization in reducing casualties, preventing and mitigating the consequences of emergencies is of great importance. Therefore, all citizens should consider civil protection as a national cause, and the performance of civil protection duties should be understood as a patriotic duty of every citizen. The Civil Defense (CD) of the Republic of Uzbekistan prepares its forces and equipment to protect the population, first of all, from emergencies that may occur in peacetime. It is no secret that our country is located in a seismically dangerous region of the globe, where the magnitude of the earthquake can reach 9 on the Richter scale costs. In people who are faced with this type of situation, it requires them to use all their strength and abilities in a state of extreme tension, which in turn leads to the appearance of various forms of mental stress. In such situations, traits such as insecurity, fear, anxiety, fatigue, and instability develop, preventing people from accomplishing certain tasks.

RESULT AND DISCUSSION

Spiritual-political preparation refers to the fact that the units of the Civil Defense, with a single purpose for the personnel and the entire population, explain the nature of the government's policy, the interests of the state, the nature and purpose of the war to defend the motherland. it is

understood to teach them to hold their faces in the most difficult conditions that may occur if they dare to ignite the flames of a new war.

As a result of spiritual and political training, the Uzbek people must embody such qualities as ideological maturity, political consciousness, high discipline, constant vigilance, devotion to the defense of the homeland and selflessness in situations where it is necessary.

Spiritual training refers to the mental qualities that strengthen the most necessary qualities in the population, and especially in the personnel of non-military units, including the ability to walk in the most extreme and dangerous conditions of modern warfare, to act boldly in accordance with moral principles, to develop and improve the human spirit to withstand the hardships of war, all kinds of spiritual and physical hardships, to show perseverance, courage, activism and initiative, not to lose oneself even in the most difficult times.

It is accepted to divide the concept of "fear" that can occur in humans in emergencies into controlled and uncontrolled types. In the control variant, the person acquires a certain understanding of the danger and tries to avoid these situations. The uncontrollability, according to experts, is characterized by panic attacks and a lack of control.

According to E. Bishon, uncontrolled fear "can put a physically fit athlete in a very dangerous situation." In the same way, the opposite of this situation, that is, "despite his physical weakness, he can become a hero due to his spiritual maturity." It was found that the basis of the behavior of certain groups of the population in emergencies depends on the behavior of a particular individual in the group. At the same time, the solution of the problem of emergency response by a certain team depends on the behavior of a certain group.

Spiritual, political, and spiritual preparation are interconnected and interdependent processes. He is a man whose spiritual, political and psychological qualities are manifested in his objective activity; Its purpose is to influence the human mind and psyche, to educate highly intelligent and courageous defenders of the Motherland. In this single process, the spiritual and political readiness of the population is a decisive factor.

Spirituality is the most important aspect of political and spiritual preparation.

One of the ways is to protect against mass weapons. It is important to make sure that every citizen, including the community, can get out of any dangerous situation with as few casualties as possible.

The enormous damage caused by nuclear weapons and the need to be aware of their consequences, as well as the potential damage to the population if defense facilities and equipment are used efficiently and rationally, are greatly reduced. If there is enough propaganda among the population, that is, to properly assess the harmful effects of nuclear weapons, to avoid the notion of neglect, to assume a

dangerous situation, the whole population will not panic, and every citizen will be able to fulfill his duties. It must incorporate the necessary behaviors in the right approach. It should be borne in mind that the negative consequences of modern warfare, especially the damaging factors of nuclear, chemical and bacteriological weapons, are extremely dangerous, while at the same time sufficiently substantiating the dangers of such weapons.

CONCLUSION:

Another important aspect of spiritual, political and spiritual training is one of the rich traditions of the Uzbek people - the belief that it can strike at any enemy and drive them out of the borders of our country, to frighten them, that is, our citizens. helps to nurture spirits such as not panicking. If a citizen is in a state of panic or fear, then such people will not be able to act depending on the situation, and it is very difficult to think about self-defense. Of course, the role of practical exercises in the formation of features such as self-protection among the population is enormous. , his cases of mental anguish disappear.

Involvement of the population in practical training can be achieved only if there is a relevant educational and material base for the successful solution of the task of spiritual and psychological preparation. The basis of such a base is often a training camp, natural plots of land for work and houses belonging to various objects. These types of facilities are similar to wartime training facilities: fireplaces, smoky areas, dilapidated buildings and occupied areas, fake explosions, various flashbacks, and a variety of other incidents.

Another component of the spiritual, political and psychological training of the population is the task of propagating civic knowledge to the population. Also, this type of organizational work is widespread and all available means and methods are used for this purpose.

It should be noted that the process of high moral, political and psychological training of the population and its importance will contribute to the successful solution of the task of protecting the population from various emergencies, including increasing its reliability and effectiveness.

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