



## Psychological Basis of Professional Preparation of Internal Affairs Bodies' Employees

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**Abstract:** The purpose, tasks and content of the psychological preparation of internal affairs bodies for the profession, as well as the professional-psychological training used in the implementation of psychological training and the ways and methods of self-management in emotional and voluntary aspects are scientifically and theoretically revealed in the article.

**Keywords:** Psychological preparation, stress, methods of professional-psychological training, training of cognitive qualities, communicative training, role-taking training, psychological management exercises, psycho-technical games, emotional-will stability, self-control, relaxation, visualization, self-assurance.

Reforms being carried out in the internal affairs system in our country. It is the duty of educating dedicated, conscientious and highly moral employees who are enthusiastic, noble, and perform their duty seriously for the protection of the homeland, peace of the country and the future of the state. is putting the fasi. Because in today's complex conditions, raising the authority of internal affairs bodies before the people, strengthening their trust in them directly depends on the results of these reforms.

To study and analyze the factors that ensure the effectiveness of the activities of the employees of the internal affairs bodies, as well as the psychological aspects and specific features of this activity, thereby developing and implementing psychological mechanisms for improving this activity, and psychologically preparation is a requirement of the period.

The psychological preparation of the employees of the internal affairs bodies is reflected in how they perform their duties. The lack of professional psychological preparation of the employee is evident in his professional skills and activities. When the employee is unable to analyze and regulate human behavior and relationships (in addition to this, he is burdened with the responsibility to perform his duties), to a situation that encourages the use of methods based on the use of force, that is, bullying, violence, intimidation and other illegal measures. will fall. Lack of professional and psychological training at the necessary level is one of the important causes of human negligence, which leads to stonewalling, bureaucratism, abuse of power, violation of legality and serious professional violations.

Based on this, in the reforms carried out in the internal affairs system today, training, retraining and upgrading of skills of employees, psychologically preparing them to overcome the service difficulties encountered in their professional activities are envisaged.

The goal of the psychological training of the employees of the internal affairs bodies is to form in them the skills to act professionally correctly, precisely, and with high efficiency in any complex conditions of service activity.

The main tasks of psychological training are as follows: increasing the psychological resistance of employees to stress factors typical for internal affairs bodies and their effects; development of psychological qualities in employees, formation of specific aspects of learning and skills that help them successfully perform any task even in various complex and dangerous conditions of service activity.

Psychological preparation dramatically increases the professional skills of an employee. Scientific research and existing positive experience show the need to include special tasks, forms and methods of purposefully improving psychological training in the system of professional education. Today, psychological training is an important component of professional training of internal affairs bodies. "The quality of personal content is determined by the level of his professional skills, moral and spiritual level, physical fitness and discipline."

The following can be included in the content of psychological training of employees: formation of qualities of psychological readiness to fight against crime; development of psychological orientation to various aspects of special operational service activity; formation and development of professionally important cognitive qualities; formation and development of training and skills to establish psychological contact with citizens of different categories; providing the skills to enter the role in various situations of service activity; formation of the skill of applying psychological-pedagogical methods of influence in complex, conflict situations of communication with citizens; ensuring self-control and psychological stability in difficult situations of operational service; development of positive emotional and voluntary qualities of a person, teaching employees how to behave and manage; formation of volitional activity and volitional movement skills; preparation for mental stress at work.

One of the characteristics of the work of internal affairs officers is that influencing factors often cause a state of stress, an excessive burden on the nervous system. This, in turn, has a negative impact on the effectiveness of their activities. Therefore, it is necessary to familiarize employees with the basic laws of these processes and methods that help to restore working ability and eliminate excess nervous tension (for example, methods of psychological management exercises).

The central link and core determining the nature of psychological training of employees are the methods of its implementation. In this place, the methods that help to develop the psychological preparation that allows effective performance of official duties and help to reach its required level are provided. In recent times, the use of professional psychological training for employees of internal affairs bodies in the organization of psychological training is gaining more and more importance. Professional-psychological training is a goal-oriented exercise system that allows effective development of important professional qualities of an employee. This training also requires the employee to acquire appropriate psychological methods that increase the efficiency of his professional activity.

The following professional-psychological training methods are used to implement psychological training: cognitive training; communicative training; induction training; psychological management exercises; psycho-technical games.

Situations often arise in the course of the service of employees of internal affairs bodies, when it is necessary to manage their situation. When the mental and physical stress is too great, on top of that, when the employee mismanages his behavior, irritability occurs. This reduces the efficiency of the activity and can lead to its incorrect organization, serious mistakes and deficiencies in the work.

Repetition of such situations often leads to loss of self-confidence and nervous depression.

That's why it is a very urgent task for employees to acquire the ways and methods of emotional-volitional self-management. Employees who have stronger nerves in service activities, who are better prepared to fight with opponents (criminals), who can not only use their physical and mental capabilities wisely, but also maintain their nervous and mental activity at an optimal level, and

who can demonstrate their voluntary activity in complex situations of operational service activities, are more successful. they get.

Emotional-volitional stability is manifested in the following: the absence of psychological reactions that reduce the effectiveness of the employee's actions in extreme situations and cause uncertainty and confusion; having received the exercise of performing the task without fail in psychologically complex conditions; maintaining professional acumen, demonstrating reasonable caution and attention to risks, dangers, unexpected situations; not to give in to the psychological influence of persons who influence the conduct of affairs on the basis of strict law; the ability to conduct a psychological struggle against persons who resist the prevention, detection and investigation of crimes; not to lose oneself in psychologically complex, controversial, provocative situations.

Psychological training is a new approach to training, consisting of complex exercises oriented to actions, which gives a person a sense of confidence to freely control his actions through imagination. It is easier to perform such exercises and achieve results if a person's determination and perception work at the same time, and if the goal he wants to achieve is clear.

Autotraining is an individual program of imaginative training, which is the development of a person's spiritual and spiritual sphere. It represents giving up old stereotypes and creating new behavior. We know that imagination is involved in controlling our actions. With the help of autotraining, people's imaginary images can be changed in different ways. That is, he should know how to use the auto-training method in order to reach a higher level than his capabilities, to increase his self-confidence.

For this, a person needs to have two personal qualities: learning to adapt to changes in his life and self-confidence.

Autotraining technology is theoretically based on four principles: relaxation, visualization, affirmation and rhythm.

Relaxation is manifested in the cooperation of the body and psyche. During relaxation, a person relaxes, does not think about anything, focuses on his inner voice.

Visualization is characterized by the creation of an internal image using the senses of sight, hearing, smell, taste and body.

Affirmation is the combination of words repeated over and over again with an inner image. A person convinces himself that luck will come and he will achieve his goal. He sets a specific task for his brain, encourages him to work actively and achieve results. As a result of repeated repetition of a certain word or thought, the brain is "tuned to the desired wave".

Rhythm embodies two concepts: individual rhythm and activity rhythm. Individual rhythm is an idea of how this or that activity performed by a person occurs. The rhythm of activity is the natural rhythm of a person, and at the same time he performs this or that activity.

Here the question arises: how can an internal affairs officer eliminate the negative consequences of his work? For this, the employee must have the following psychological knowledge and mental preparation. The purpose of using self-management methods is, first of all, to help in creating an optimal internal environment for the employee to successfully perform his actions within the scope of service. This includes the following aspects:

- strengthening the employee's positive attitude towards himself ("I can do it"), increasing the feeling of confidence;
- harmonization and activation of emotional-affective processes (especially risk, feeling of fear, lack of time needed to perform professional actions);
- increase concentration while preparing for service tasks;

- speeding up the transition to rest after hard work in the service;
- to maintain a high level of functional readiness and work ability during long service activities.

In conclusion, it can be said that the methods of professional-psychological training used in the implementation of psychological training to raise the authority of the employees of the internal affairs bodies before the people and strengthen their trust, that is, the necessary emotional-volitional stability and emotional-volitional self-management are related to the work of employees.

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