

EXTREME SITUATIONS AND THE IMPORTANCE OF PSYCHOLOGICAL SERVICES IN THEM**Gaipnazarov Rakhmatilla***Doctor of Philosophy in Pedagogical Sciences (PhD)**Head of the Department of Youth Work, Spirituality and Enlightenment of
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Abstract: This article discusses the socio-psychological features of psychological services to the population in today's and future extreme situations. Information on how to provide proper psychological care in case of emergencies, anxiety and stress, and how to prevent mental experiences such as excessive nervousness, anxiety, and fear in a person. listed. Extreme psychology studies the laws of mental activity in a changing environment, and a number of factors that affect a person in extreme conditions; monotony, spatial change, risk factors are studied.

Keywords: extreme, monotony, danger, isolation, mental stress, mental reaction, mental rehabilitation, ontogeny, analyzer, compensator, psychogenic factors, stereotype, alkalosis

INTRODUCTION It is known that in the process of building a new society, studying all its constituent aspects at the same time and moving towards a single goal demonstrates our high recognition of our country. In today's rapidly changing social, economic and spiritual life, a person faces various situations. Throughout our lives, we often encounter urgent problems such as difficulties, external and internal obstacles and tensions, and severe psychological shocks. In such situations, people are likely to become discouraged, nervous, stressed, and depressed. The importance of studying extreme situations and finding solutions to them is very high. This situation is becoming especially acute among young people. The importance of preventing such situations and providing psychological services to the population in extreme situations is significant. The reason is that a person with a healthy psyche grows up to be a physically and spiritually perfect person. EXTREME PSYCHOLOGY is the study of the laws of human mental activity in conditions of changing environments. In extreme conditions, a person is affected by several factors. For example, monotony, change of place, risk factors, time, change of personally important information, loneliness, group isolation and life danger. The biological function of human adaptation to such extreme conditions is observed in extreme conditions (for space, arctic, fire conditions, etc.).

LITERATURE ANALYSIS AND METHODOLOGY “Successful psychological protection is understood as the prevention of all experiences associated with excessive nervousness, emotional tension and anxiety in a person, while unsuccessful psychological protection is the failure of these experiences to completely eliminate their negative impact on the person’s activity, that is, on his activity” (Sh.R. BAROTOV) In an era of scientific development, the scope of development of human consciousness is also increasing. However, this does not mean that problematic situations do not occur among the population. On the contrary, the modernization of the era, the renewal of human lifestyles

cause sharp positive and negative changes in mental states. Therefore, it is important to reflect on the field of extreme psychology, which is a part of modern psychology today, and its significance. A number of scientific researches and practical skills are being carried out in the study of extreme situations and in providing proper psychological services to the population. In the field of extreme psychology, Druzhinin's work "Experimental Psychology" and Sigmund Freud also studied the field of experimental psychology in their works and investigated it from a scientific point of view. Their work is still the main foundation in the study of this field today.

The famous psychologist SIGMUND FREUD expressed the following opinion: "Human existence is characterized by its struggle with fears and anxieties that arise in various situations." Several methods are used to provide psychological services to the population in extreme situations. These include the methods of diagnosing forms of aggression and their indicators (A. Bass and I. Dark), the methods of diagnosing aggression (A. Asinger), the methods of determining the degree of anxiety (Taylor, T. A. Nemchinov), the methods of differential diagnosis of depressive states (V. Zunga), the methods of studying the scale of reactive and personal anxiety (C. D. Spielberg and Yu. L. Khanin) that have not lost their relevance today. These methods are effective in providing assistance in extreme situations and determining their levels. RESULT When emergency situations arise, it is natural for a person to experience anxiety and stress. Anxiety, on the one hand, is a signal that warns us of danger. On the other hand, anxiety can make us think, interfere with our work, and deprive us of activity. A state of fear. The following factors are considered the most common causes of fear: the subject's feeling of an insurmountable danger to himself and his loved ones, a sense of impending incompetence, a sense of his own helplessness, and his defenselessness in front of it. One of the common reasons that cause fear in a person is physical pain and the negative consequences associated with it for his life and health. Pain can cause physical suffering, which is further exacerbated by fear.

DISCUSSION AND RESULTS Pain, suffering, fear, thereby creating a certain stable emotional symptom complex. It is these factors that accompany extreme situations. External, behavioral manifestations, characteristic indicators of strong fear are: a fearful facial expression (wide-open eyes, raised eyebrows, inner corners of the eyebrows moved, horizontal wrinkles on the forehead, open, elliptical mouth, tense lips). The most painful thing in anxiety is the inability to control oneself, lack of calm, muscle tension, and the constant spinning of one thought in the brain. During anxiety, blood pressure and body temperature decrease, capillary filling with blood and alkalosis are observed, functional changes occur in the gastrointestinal system, and blood sugar levels decrease. Living in fear of something that does not actually exist puts a person in a very difficult situation. It makes you suspicious of everything, inventing problems for yourself out of nowhere. "Are you afraid - do not do it, are you doing it - do not be afraid, do not regret it" (GENGHIZ KHAN) STRESS: is the human body's response to excessive tension, negative emotions or simply boredom. A small amount of stress is necessary for everyone, because it encourages a person to think, find a way out of the problem. If there is too much stress, the body weakens, weakens and loses its ability to solve problems. "The face of our society is changing.

Democratic and spiritual values are being strengthened. Naturally, people are also changing. Citizens of the republic are freed from the legacy of the tyrannical regime, from the spiritual shackles of dependence, and they are increasingly showing a sense of ownership and ownership, a desire to be free and completely reject fundamentalism and radicalism." (ISLOM ABDUGANIYEVICH KARIMOV). If we study stress, there are several methods for reducing stress. First of all, a person should not give in to stress, not submit to it. When a person feels that he is in a state of stress, he

should control his physiological processes. To normalize the activity of the circulatory system and the respiratory system, we need to perform deep and full breathing movements, thereby improving the oxygen exchange in the body and ensuring that oxygen reaches the heart properly, and the conditions in the rest of our organs will also return to their place. It is necessary to breathe deeply through the nose and exhale slowly through the mouth. In addition, when eating, eat slowly and in small amounts. We should consume it. In medicine, it is recommended to consume tea made from melissa, which is a remedy for stress, fatigue and anxiety. This tea is also used for insomnia and depression.

CONCLUSION Thus, extreme and emergency situations occur in all spheres of human life. Each person has a number of situations that are extremely difficult for him during his life. Therefore, everyone needs the knowledge, skills and abilities necessary in an emergency. Since the rise of our country is in the hands of young people, we should pay special attention to their physical and mental health and maturity. We should help not only young people, but also the entire population to find the right solution to the problem in extreme situations and become a means for them to become spiritually pure people. This goal is also the basis of our research and studies.

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