

**PSYCHOLOGICAL FEATURES OF USING THE DEBRIEFING METHOD IN THE
PROCESS OF FORMING PSYCHOLOGICAL STABILITY OF FUTURE OFFICERS**

Dilfuzakhon Aliyevna Abdurakhimova

Professor at the University of Military Security and Defense of the
Republic of Uzbekistan, Doctor of Pedagogical Sciences, Professor.

**ПСИХОЛОГИЧЕСКИЕ ОСОБЕННОСТИ ИСПОЛЬЗОВАНИЯ МЕТОДА
ДЕБРИФИНГА В ПРОЦЕССЕ ФОРМИРОВАНИЯ ПСИХОЛОГИЧЕСКОЙ
УСТОЙЧИВОСТИ БУДУЩИХ ОФИЦЕРОВ**

Абдурахимова Дилфузахон Алиевна

профессор университета военной безопасности и обороны
республики узбекистан, доктор педагогических наук, профессор.

Аннотация. В статье проанализированы теоретико-методологические основы формирования психологической устойчивости будущих офицеров посредством метода дебрифинга. Раскрыта структурная модель психологической устойчивости, включающая когнитивный, эмоциональный, волевой и рефлексивный компоненты. Обоснованы психологические механизмы дебрифинга: когнитивная переработка, эмоциональная регуляция, рефлексивная интеграция и социально-психологическая поддержка.

Ключевые слова: психологическая устойчивость, дебрифинг, будущие офицеры, военная психология, стрессоустойчивость, рефлексия.

The article analyzes the theoretical and methodological foundations of forming psychological stability of future officers through the debriefing method. A structural model of psychological stability is presented, including cognitive, emotional, volitional, and reflective components. The psychological mechanisms of debriefing-cognitive processing, emotional regulation, reflective integration, and socio-psychological support-are substantiated.

Keywords: psychological stability, debriefing, future officers, military psychology, stress resilience, reflection, emotional regulation.

Modern military activity is characterized by complexity, multi-factorial influences, and high levels of stress load. In extreme situations, an individual's psychological state, speed of decision-making, and emotional balance directly affect combat effectiveness. Therefore, psychological stability has been established as one of the central categories of military psychology.

In scientific literature, psychological stability is interpreted as:

- resistance to stress;
- the ability to maintain mental balance under extreme conditions;
- a mechanism for mobilizing internal resources;
- the adaptive potential of an individual.

From the perspective of military psychology, psychological stability is the ability of an individual to maintain psychological balance, regulate emotional tension, and effectively perform assigned tasks in combat and service-related conditions.

The concept of psychological stability has developed in close connection with stress theory, activity theory, and personality theory. Under the influence of stress factors, a person's cognitive, emotional, and volitional resources are mobilized. If these resources are sufficiently developed, the individual can maintain stable performance even under extreme conditions.

To scientifically substantiate the development of psychological stability, it is important to determine its structure. Based on analytical findings, the following component-based model is proposed:

Cognitive Component

Cognitive stability is characterized by the ability to adequately assess situations, realistically perceive the level of threat, and make rational decisions. Under extreme conditions, cognitive distortions such as panic, tunnel thinking, and overestimation of danger may occur. Therefore, the development of cognitive stability is of strategic importance.

Emotional Component

Emotional stability refers to the ability to control fear, anxiety, and aggression. In combat conditions, loss of emotional control reduces decision-making effectiveness.

Volitional Component

Volitional stability is expressed in perseverance, determination, and commitment to completing tasks despite difficulties.

Motivational Component

Commitment to professional values, awareness of service duty, and patriotism form the moral foundation of psychological stability.

Reflective Component

Reflection determines the ability of an individual to analyze their actions and draw constructive conclusions from mistakes.

Debriefing is the process of restoring psychological balance and reinforcing learned lessons by analyzing participants' emotional states, decisions, and experiences after combat, training, emergencies, or emotionally intense activities.

Debriefing is a purposeful reflective discussion conducted after a specific activity or stressful situation. It is aimed at analyzing participants' emotions, thoughts, and actions.

The main stages of debriefing include:

- Reconstruction of the situation;
- Awareness of emotional reactions;
- Cognitive analysis;
- Development of alternative solutions;
- Drawing conclusions.

Mechanisms of Forming Psychological Stability through Debriefing

Cognitive Reprocessing Mechanism

Through debriefing, a stressful situation is rationally analyzed. This promotes adequate perception of the situation and reduces cognitive distortions.

Emotional Regulation Mechanism

Verbalizing emotions reduces internal tension and develops emotional self-regulation skills.

Reflective Integration Mechanism

Analyzing experience contributes to personal growth and strengthens professional competence.

Socio-Psychological Support Mechanism

Group debriefing strengthens cohesion and creates a psychologically safe environment.

Main Tasks of Debriefing

No.	Task	Explanation
-----	------	-------------

No.	Task	Explanation
1	Emotional relief	Recovery from stress or shock, creating a sense of internal relief
2	Analysis and lesson extraction	Understanding what was correct or incorrect during the event
3	Psychological stabilization	Reducing emotional distress and preventing post-stress syndrome
4	Reflection	Critically yet constructively evaluating one's actions and decisions

The psychological essence of debriefing lies in enabling individuals to express and properly understand their emotions. This reduces the “stress imprint” in the brain and excessive adrenaline reactions.

From a psychological standpoint, this process is referred to as cognitive reprocessing.

In other words, debriefing involves answering three key questions:

“What happened?” – describing the event objectively;

“What did you feel?” – acknowledging emotions;

“What did you learn?” – drawing conclusions and lessons.

For future officers, debriefing represents a reflective analysis stage conducted after each practical exercise, simulation, or combat model.

Its objectives include:

- understanding mistakes made in the situation;
- analyzing solutions;
- improving the decision-making process;
- recovering from stress;
- restoring trust within the team.

Types of Debriefing Used in Military Activity

Type	Area of Application	Purpose
Operational debriefing	After combat, operation, or training	Tactical conclusions
Psychological debriefing	After stress	Emotional relief
Pedagogical debriefing	After training or simulation	Reinforcement of learning outcomes
Therapeutic debriefing	After traumatic experience	Psychological recovery

From the perspective of military psychology, developing psychological stability is a comprehensive psycho-pedagogical process aimed at purposefully enhancing an individual's cognitive, emotional, and volitional resources. It is an essential psychological factor ensuring service effectiveness under extreme conditions.

In this process, the use of debriefing serves to restore psychological stability and reinforce learned lessons by analyzing the emotional states, decisions, and experiences of military personnel after combat, training, emergencies, or emotionally intense activities.

References.

1. Ananyev, B.G. *Psychology and Problems of Human Knowledge*. Moscow: Nauka, 2001.
2. Bodrov, V.A. *Psychological Stress: Development and Overcoming*. Moscow: PER SE, 2006.
3. Leontiev, A.N. *Activity. Consciousness. Personality*. Moscow: Smysl, 2005.
4. Rean, A.A. *Personality Psychology*. Saint Petersburg: Piter, 2012.
5. Stolyarenko, L.D. *Military Psychology*. Rostov-on-Don: Feniks, 2010.
6. Mitchell, J.T., & Everly, G.S. *Critical Incident Stress Debriefing*. Ellicott City, 2001.