

THE ESSENCE OF EMERGENCY PREPAREDNESS

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ABSTRACT

This article describes the essence of spiritual and spiritual training in the protection of citizens in the event of emergency situations.

KEYWORDS: *Civil Protection, Spiritual And Spiritual Preparation, Mental Injury, Earthquake, Fire, Fear, Panic, Mental Preparation, Fear Of Heights, Fear Of Water.*

INTRODUCTION

Currently, the number of natural and man-made emergencies is increasing in Central Asia. In such conditions, the role of emergency protection systems becomes stronger. This system ensures the safety of people, economy, and territories in the event of emergency situations during peace and war. But this provision can be achieved only with civil protection activities, including the training of personnel of leaders and structures, and comprehensive improvement of the population's knowledge of civil protection.

One of the main directions of preparation is moral and spiritual preparation to act in emergency situations. Being in an emergency situation always has a strong effect on a person's psyche. According to medical statistics, many people suffer severe psychological trauma and need psychological treatment after catastrophic emergencies [1-8].

Psychologists also talk about the importance of such preparation. They cite a surprising number: 65% of the fighting ability of military units depends on the psychophysiological state of the soldiers.

Spiritual and spiritual preparation in emergency situations is a form of social consciousness, a set of principles and standards that people follow in behavior and behavior. These norms are a specific expression of people to each other and to various forms of human unity (family, work team, nation).

People's mental training prevents the development of a panicky mood, gives them the opportunity to be brave, muster all their will, and find the right, purposeful way out of the situation. Otherwise confusion and panic prevail.

Moral assessment of actions and their reasons is a unique aspect of spirituality. The concept of good and bad, duty, conscience, dishonesty formed in the society, among a certain stratum of the population, is the basis for such an assessment and is expressed in these concepts of the society.

It differs from the concept of law in that the principles and norms of spirituality are not recorded in the state legislation, and their observance is based not on the law, but on conscience and social opinion.

The first tremor of the Tashkent earthquake with a magnitude of 8 and lasting 10 seconds was recorded on April 26, 1966 at 05:23 local time. There were almost no casualties in the earthquake. Even so, 11% of the population of Tashkent remained in a state of reaction from the morning of the first tremor [9-15].

Fire, gas explosions have very serious consequences. At present, this may also be caused by terrorist acts.

Researcher-psychologists P. Hodgkinson and M. Stewart wrote in their book "Surviving a Disaster" that for many people, during a fire, its flames seem like the fire of hell. People are probably more panicked during a fire than in any other dangerous situation. The characteristic of this dangerous event is to first run away in panic. This is nothing more than a person's attempt to escape from a dangerous situation. A person forgets everything and does not count on anyone, the main goal is to get rid of the fear that covers the whole body, sometimes completely groundless.

A person perceives the situation in the fire as a direct threat to his survival, a feeling of intense fear appears, which makes the body sweat like ice, the tragedy seems to be momentary, and the mind has an idea that it is necessary to act.

Mental training in civil defense is the formation of mental resilience in people or the formation of qualities that increase the ability to perform assigned tasks and act selflessly in dangerous situations during peace and war.

We will give several examples from the field of preparation for actions in emergency situations [16-24].

Overcome the "fear of fire". A long pit is dug, wide enough for a person to jump over. Used oil or other flammable liquid is filled in it and burned. As the fire forms a wall, the trainees jump through the wall of fire wearing protective clothing. In this, just in case, there are people holding water hoses on both sides of the fire wall.

Overcome the fear of heights. A model of a four-story house is built from logs. At a height, it is practiced on a pole. The trainees fasten their safety belts and climb a high tower and descend from it using a rescue rope.

Overcome the "fear of water". A 100-meter-long suspension bridge will be built over the water barrier. Learners walk over this bridge and cross water obstacles. In such a way of preparation, it creates in people a feeling of not giving up, endurance and courage when an emergency situation occurs [25-28].

Conduct training and training exercises at a high level, day and night, in difficult weather conditions, passing through poison zones, sorting through piles of rubble, extinguishing fires, etc. should pass. Only in this way it is possible to teach to overcome difficulties, to form necessary spiritual and spiritual qualities in people.

During the Gazli earthquake in March 1984, sanitary workers from Kogon made a selfless effort. However, some of them were scared when they saw the bleeding wound and other types of

injuries. The captain of the sanitary teams made the right decision, that is, he agreed with the relevant organizations and sent the sandrujinas to the first aid stations to be on duty. There, the sandrujinists helped in the treatment and prevention measures so that they could develop the necessary qualities in themselves. This in turn gave a positive result.

One of the important tasks of civil protection is to ensure the protection of economic objects and the population in emergency situations in times of peace and war. The strength of the Civil Protection System of the Republic of Uzbekistan is the main source of ensuring the normal life of the population. Civil protection is a reliable part of the system of state-wide measures [29-32].

The main task of moral and spiritual training in civil protection structures is to ensure the requirements of state decisions aimed at civil protection.

The content of spiritual and psychological activities in civil protection is as follows:

- To explain the decisions and policies of the state to the personnel of the civil protection structures and to the population on ensuring the normal operation of economic objects and ensuring the normal life of the people;
- Civil protection structures-personal composition and education of the population according to the traditions of the people of the Republic of Uzbekistan;
- Formation and development of high-level moral and spiritual characteristics in the personal composition: courage, self-control, bravery, bravery, resourcefulness, initiative;
- Training of personnel for activities such as protection of economic facilities in emergency situations;
- Explaining methods and means of protection in emergency situations to the personnel of civil protection;
- Training of personnel of the civil defense in the techniques used to carry out timely rescue operations and other operations;
- Teaching methods and means of self-help and mutual aid in case of injury;
- Training to carry out partial sanitary treatment in case of poisoning with radioactive substances, toxic substances, bacterial agents and other strongly acting toxic substances [3,9];

Methods of spiritual preparation:

- Holding roundtable discussions;
- Constantly communicating with the personnel of the management personnel and the people;
- Conducting competitions between civil protection structures and the population;

In conclusion, it should be said that the successful fulfillment of the duties of the protection of citizens can be achieved only as a result of a well-organized spiritual and spiritual preparation in advance.

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