



PSYCHOLOGICAL TRAINING AND DEVELOPMENT OF MORAL VALUES IN NATIONAL GUARD PERSONNEL

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Abstract:

This article is dedicated to the psychological training and development of moral values in National Guard personnel. It highlights the role of moral resilience and spiritual-moral values of employees in ensuring societal security. The significance of psychological training and moral upliftment in overcoming stress and moral challenges faced by employees in the course of their duties is analyzed.

Keywords: National Guard, psychological training, moral values, mental stability, spiritual development, stress management, motivational training, professional development, law enforcement, security.

Аннотация

Данная статья посвящена психологическому воспитанию и развитию нравственных ценностей у сотрудников Национальной гвардии. В нем освещается роль моральной устойчивости и духовно-нравственных ценностей сотрудников в обеспечении безопасности общества. Анализируется значение психологического воспитания и морального подъема в преодолении стрессов и моральных проблем, с которыми сталкиваются сотрудники в процессе своей деятельности.

Ключевые слова: Национальная гвардия, психологическое воспитание, моральные ценности, психическая стабильность, духовное развитие, управление стрессом, мотивационное обучение, профессиональное развитие, правоохранительные органы, безопасность.



Introduction

National Guard personnel play a crucial role in ensuring the security and stability of society. Their professional skills and dedication to service are directly linked not only to special training but also to psychological education and the development of moral values. In the context of global security challenges and social unrest, the mental stability and moral principles of law enforcement officers are becoming increasingly relevant.

During their duties, National Guard personnel face various challenges, including stress, tension, and ethical trials. Therefore, fostering positive psychological traits and strong moral values is one of the key factors in enhancing their professional skills.

This study focuses on examining the importance of psychological education and moral values in the activities of National Guard personnel, aiming to identify modern approaches to enhancing their spiritual development. The article outlines practical recommendations in the areas of psychological training, motivational techniques, and the formation of moral values. These efforts serve not only to promote the personal growth of the personnel but also to strengthen public trust in the National Guard.

Literature Review

The analysis of scientific and literary sources on the psychological training and development of moral values among National Guard personnel covers various aspects of the field. Specifically, research on psychological education and its importance highlights the significance of fostering mental stability, stress resilience, and the ability to maintain balance in employees. Studies emphasize the effectiveness of psychological training, motivational techniques, and social-psychological approaches (Maslow, Rogers). Modern approaches to managing stress and tension in National Guard personnel are widely discussed in both foreign and local literature.

The formation of moral values, spirituality, and moral education are topics covered in various national and international studies. These works focus on how moral principles influence employees' professional skills and success in their personal



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lives. In the context of special services, values such as justice, patriotism, dedication, and legality are recognized as essential (Kohlberg's theory of moral development). Special programs, training sessions, and seminars aimed at developing moral and psychological education for National Guard personnel have been experimentally proven to be effective. Foreign experiences, including psychological programs used in military and law enforcement agencies in the U.S. and European countries, are distinguished by their high efficiency. National sources, however, show a preference for approaches based on national values and traditions. The differences between local and international research lie in the extensive use of cognitive psychology and neuropsychology in international sources, while local studies focus more on integrating historical-cultural heritage and religious values.

This literature review serves as an important source for identifying scientific foundations and effective methods for the psychological training and development of moral values in National Guard personnel.

Discussion:

The development of psychological training and moral values among National Guard personnel not only contributes to their personal growth but also impacts the overall objectives of ensuring societal security. The research findings indicate that the efforts in this area encompass several key aspects. National Guard personnel face various stressful situations during their service. Psychological training serves as the main factor ensuring their mental stability, requiring the development of skills such as stress management, social adaptability, and emotional resilience. To enhance the effectiveness of training and seminars, modern psychotherapeutic approaches should be utilized.

The Role of Moral Values in Service: Moral values such as dedication, justice, humanitarianism, and patriotism play a decisive role in the actions and decision-making processes of personnel during their service. Studies show that these moral values can be successfully cultivated through teaching and motivation. Furthermore, approaches based on local history and culture lead to even more effective results in moral education.



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• **Harmony between local and international approaches:** International experiences indicate that neuropsychological methods and individualized approaches are effective in enhancing psychological stability. Local practices, on the other hand, emphasize focusing on moral education. By integrating these two approaches, it is possible to develop comprehensive and effective programs. The creation of special programs for the psychological and moral development of personnel and their continuous application throughout service is essential. In this process, training, psychological counseling services, and motivational programs should be expanded. Furthermore, promoting cultural and historical values is crucial for providing spiritual support to the personnel.

• **The Role of Psychological Training in Service:** National Guard personnel operate in extreme conditions during their service. Stress, pressure, emergencies, and social issues cause mental strain. Psychological training is aimed at enhancing personnel's resilience against these challenges. Studies show that:

- ☐ Training on stress management and psychological counseling are effective methods used.
- ☐ Meditation, concentration techniques, and exercises to develop emotional intelligence are beneficial for enhancing mental stability.
- ☐ Cognitive-behavioral therapy methods used in Europe and the United States may also have practical significance for National Guard personnel.

The Importance of moral values. The moral values of employees determine their sense of responsibility and level of commitment to service in their professional activities. Employees with high moral and spiritual values:

- Make fair decisions in emergency situations.
- Adhere to the principles of legality and justice during service.
- Feel a deep sense of responsibility toward society.

In this regard, it is crucial to develop national and religious values. Specifically: Through Uzbekistan's historical heritage, the experiences of national heroes, and traditions, the concepts of patriotism, humanitarianism, and justice are cultivated in the minds of employees. Religious values can be applied to strengthen ethical principles by moderating religious knowledge.



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In conclusion, the harmonious development of psychological training and moral values creates a foundation for shaping National Guard personnel not only as well-rounded, responsible, and dedicated individuals but also in their professional capacities. This process provides the necessary groundwork for employees to perform their duties excellently, maintain strong mental stability in stressful situations, and make fair decisions. Additionally, the development of psychological and moral education enhances the personnel's loyalty to service, strengthens team unity, and further elevates their sense of responsibility toward society. As a result, this process not only increases the personnel's personal achievements but also plays a key role in strengthening security, ensuring social stability, and creating an environment of mutual trust in society.

List of literature used:

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