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PSYCHOLOGICAL WORK WITH PILOTS IN COMBAT CONDITIONS

The article discusses the features of the organization of psychological work. Psychogenic factors highlighted in situations that carry a direct emotional impact on the individual pilot and depend on its professional capabilities. The definition of psychological support of combat operations, and psychological work in combat conditions. Define the objectives and main tasks of the psychological support of combat operations, methods of psychological work.

The constant threat to life of the man, his health, fast change of combat conditions, prolonged quite often exceeding loading, loss of the combat friends – all this has a significant pressure on physical and spiritual potential of the military man, derivates a rich palette of emotions, spirit, state, feelings [1-5].

Difficult and dangerous conditions of life lead to certain excitation which causes sharpening of all organs of sense, attention, memory, thinking. Under influence of negative emotions in battle the sensitivity can be reduced, reaction on external irritants can be slowed down, coordination of movements and actions can be raised, attention and memory can be weakened which reduces or puts under threat productivity of their activity.

The man which gave way to strong influence of negative emotions, in particular, to feeling of horror, confusion sometimes loses the control above himself, does not arrange self-defense, is badly guided in conditions and can be seized by a panic.

The analysis of battle activity different categories of the military men shows that the basic psychological difficulties called by the factors of real fight, cause

oppressing influence on mentality or lead to its excitation, and further to failure of activity. In military psychology it is accepted to distinguish: two basic groups of psychogene factors which create complication in activity of the military experts: group "A" – factors which have direct emotional influence on the military person; group "B" – factors which mediate emotional influence [1].

Group "A": danger, unexpectedness, novelty (unusual uncommon conditions), uncertainty, responsibility, negative emotional reactions, monotony caused by surplus of time, group isolation, tiredness (exhaustion), discomfort – absence of normal conditions for life and battle activity.

Group of the factors "B": deficiency of time (lack of time); increase of actions rate; extreme intellectual complexity of decisions, surplus of information; unity of several kinds of activity: a) perception of the multichannel information, б) logic operations, в) operations connected with realization of the accepted decisions; degree of coordinated actions of the experts.

The analysis of combat actions permits to distinguish two groups of factors which influence battle activity: external and internal. The external factors are connected with activity of an enemy. The internal factors are caused by functioning of nervous system and mentality of fighting man in battle conditions (mental or physical exhaustions, psychological frustration, etc.)

The psychological maintenance of combat actions includes complex of measures which are conducted constantly and directed on formation, development and restoration of psychological qualities which provide high psychological stability and readiness to fulfil a battle task.

The psychological work in battle conditions is an activity of the commanders, staffs, bodies for educational work and moral – psychological maintenance which is directed on restoration of psychological qualities and conditions necessary for the effective decision of battle tasks.

The purposes of psychological maintenance of combat actions are:

- achievement of high battle activity of personnel;
- assistance to the military men;
- development of abilities for overcoming high psychological loading;

– development of skills to save fighting capability in conditions of influence psychotraumatic factors of modern battle.

The main tasks of psychological maintenance of combat actions are:

– psychological readiness of units, subunits for the organized entrance into combat actions, effective application of weapons and military installations;

– prediction and estimation of psychological conditions, recommendations to command concerning optimization of management social - psychological processes in units and subunits;

– formation and support of psychological firmness of the military men to influence psychotraumatic factors of modern battle, prevention and reduction of psychogene losses of personnel, reservation of its high battle activity;

– reduction of psychological influence of the enemy;

– psychological assistance to the military men in battle conditions, improving condition of their mental and physical power;

– estimation and prediction of professional suitability, rational distribution of reinforcement.

The psychological work is a component of moral-psychological maintenance in combat actions which fills it with concrete contents. It is directed on, maintenance, restoration of moral, mental, psychophysical, physical qualities and state of the military men, which are necessary for the effective solving of combat tasks.

Psychological work in a combat situations analysis, prediction of psychological influence. This work is carried out at all stages of combat actions, at their different levels (activity of a certain military man, a group of the military men, a military subunit, a military unit, a formations), taking into account specificity of functioning both conscious, and unconscious stages of mental activity of military man.

As a kind of activity the psychological work includes two interconnected methods: psychological designing and psychological correction.

The psychological designing consists of prediction the psychological contents of the future battle activity, foreseeing of its psychological consequences

and providing optimum psychological conditions of its realization. The sense of psychological designing – prediction of all factors of the future battle which have the certain influence on aims, motives, motivation, emotional, mental, psychophysical and physical state, battle activity of the military men and designing adequate psychodiagnostic, psychopreventive and psychocorrective programs of work with military men and military units.

Identify the psychological content of future combat operations allows to provide:

a) what mental and psychophysical features military men should have;

б) what military-professional qualities should be developed for fulfilling battle task;

в) how to neutralize or to optimize conditions of this activity.

On the basis of this work it is carried out:

– psychological selection of the military men;

– their distribution in units according to their specialities and psychological compatibility;

– psychological preparation for fulfilling concrete battle task (in conditions much approached to real ones: social – psychological, natural geographical, weather-climatic, tactical-operative features of a battle task, etc.).

The psychological correction in battle conditions provides revealing, estimation and changing of psychological conditions of actions, which are carried out at the given moment. For this purpose the commanders, their deputies, the military psychologists must have the certain standard model of optimum psychological conditions for the certain kinds of battle activity of the military men. In case of certain deflections in mental and psychophysical state of the military men from these standard norms the commanders must provide corrections.

Psychological correction should be provided to:

– system of combat installations and motives of the military men;

– mental state, both separate military man, and the whole military unit;

– state of psychophysical health of the military men;

– mutual relations between military men;

– behaviour, both of separate military men, and group of them.

Such correction goes on two directions:

– optimization of external conditions of battle activity: the prevention, neutralization and elimination of consequences of hostile psychological operations; optimization of battle activity environment;

– rationalization of a mode of activity;

– the psychological assistance to overcome stress factors of modern battle: psychological support, psychological rehabilitation.

The optimization of external conditions of fulfilling battle task is carried out with administrative, information-propaganda, military-social, legal, cultural and educational counteraction to information and psychological influence of the enemy.

The main task of psychological work consists of:

– obtaining of the objective return information about efficiency of moral-psychological maintenance measures of battle actions, about their influence on mental state of the military men, motivation and general moral- psychological conditions in military subunits and units;

– introduction, of moral-psychological measures appropriate to the given battle situation, to support high moral-mental state of personnel, reservation of psychophysical health of the military men, providing operative mental, psychological and social-psychological assistance.

The experience of the modern military conflicts testifies how qualitatively forces were prepared, how skilful military management of their battle actions was. The mentality of the military men does not always, sustain those psychological overloads which are created by modern battle. The vivid examples are battle actions of the American forces in Korea, Vietnam, where mental losses for 1000 militari men made 6-8 soldier. In modern war in consequence of actions psychotrop means and psychological operations of the enemy, the mental losses can exceed physical ones. In confirmation of the given situation there are mental losses of the Iraq forces because of psychological operations of the USA and their allies during realization of operation "Storm in desert", of Russian forces in Chechnia. Today psychological victory over the enemy is the main condition of a victory [2].

Practically, in modern war all military men give in to psychological influence of the enemy, that is why they need the psychological assistance. It is defined by mental firmness of the military man to stress factors of modern fight and received mental and psychophysical shocks.

The psychological help is a complex of mental, psychological, organizational, medical and other measures which are directed to successful overcoming circumstances of modern fight, reservation of fighting capability and prevention of postshock mental dissonance.

It includes psychological support and psychological rehabilitation.

The psychological support is directed to activation of own mental resources, to creation additional ones which provide active actions of the military men in conditions of modern fight. It mainly has preventive character and is directed to the prevention of the negative mental phenomena.

The basic ways and means of psychological support are communicative, organizational, medicinal, autogenic ones.

Psychological rehabilitation is the process of organized psychological impact, which is aimed at restoring the mental health of soldiers to deal successfully combat and service tasks. This activity aims to restore mental functions and personal status of the person due to the action violated stressful factors, using the methods and procedures of psychotherapy.

The psychological preparation of personnel for fight is a system of measures to form high battle readiness and psychological firmness.

Psychological preparation presents system of measures to form and develop emotional and strong-willed firmness, ability to resist psychoshock factors of fight, firm will to a victory, resolution and persistence in achievement purpose of a battle task under any conditions.

The general, special and purpose psychological readiness of forces is organized directly, but most intensively – during preparation for battle actions.

Summary

1. The psychological work in battle conditions is an activity of the commanders, staffs, bodies for educational work and moral – psychological maintenance which is directed on restoration of psychological qualities and conditions necessary for the effective decision of battle tasks.

2. The psychological work is a component of moral-psychological maintenance in combat actions which fills it with concrete contents. It is directed on, maintenance, restoration of moral, mental, psychophysical, physical qualities and state of the military men, which are necessary for the effective solving of combat tasks.

3. Psychological work in a combat situations analysis, prediction of psychological influence. This work is carried out at all stages of combat actions, at their different levels (activity of a certain military man, a group of the military men, a military subunit, a military unit, a formations), taking into account specificity of functioning both conscious, and unconscious stages of mental activity of military man. As a kind of activity the psychological work includes two interconnected methods: psychological designing and psychological correction.

4. The psychological help is a complex of mental, psychological, organizational, medical and other measures which are directed to successful overcoming circumstances of modern fight, reservation of fighting capability and prevention of postshock mental dissonance. It includes psychological support and psychological rehabilitation.

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