

PREPARING FUTURE TEACHERS FOR HEALTH-PRESERVING ACTIVITIES IN THE OUTBREAK OF EMERGENCIES

N.G. Kamilova

Kamilova Nadira Gayratovna, Tashkent State Pedagogical University,
Department of Psychology, Doctor of Psychology, Professor.

D.D. Sharipova

Sharipova Dilara Dzhumaniyazovna, Tashkent State Pedagogical University,
Department of Zoology and Anatomy, Doctor of Pedagogical Sciences, Professor.

Annotation

The article deals with the problem of psychological, medical and pedagogical training of future teachers for health-preserving activities in the outbreak of an emergency. Information is provided on measures to provide urgent psychological and health-preserving assistance to victims at the time of a natural disaster and at the stage of rehabilitation after exposure to emergencies resulting from natural disasters.

Keywords: psychological assistance, health-preserving activity, emergency situations.

One of the urgent problems of modern pedagogy, psychology and education in general is the upbringing of a comprehensively developed personality capable of using its scientific and innovative potential, mobilizing scientific intellectual resources, innovative knowledge to provide urgent psychological, health-preserving and social assistance to persons who find themselves in the outbreaks of emergency situations. This is the focus of the Concept for the Development of Science until 2030 [1], the Concept for the Development of Higher Education until 2010 [2], the Resolution of the President of the Republic of Uzbekistan dated June 5, 2018 "On additional measures to improve the quality of education in higher educational institutions to ensure their active participation in ongoing large-scale reforms in the country" [3], Resolution of the Cabinet of Ministers of the Republic of Uzbekistan "On improving the procedure for preparing the population for action in emergency situations and in the field of civil protection" [4].



In the context of the above, all students in higher educational institutions should, along with the acquisition of professional knowledge, master the information on the provision of practical assistance to persons in the outbreak of emergency situations.

The fact is that one of the important areas of social policy in Uzbekistan is the implementation of preventive measures to prevent emergencies, as well as to improve the preparedness of the population to provide urgent psychological and health-saving assistance to victims, and this, first of all, concerns university students who are in the process of learning take compulsory courses "Life Safety", and students of the Faculty of Psychology study the discipline "Psychological assistance to victims in extreme situations."

In the course of studying the subject "Life Safety", students acquire theoretical knowledge and practical skills on safety measures and procedures in the outbreak of emergencies, carried out with the involvement of modern innovative and information technologies that contribute to the effective assimilation of educational material. In particular, when studying the section "Civil Protection", students acquire knowledge about emergency situations (ES), their types and characteristics, classification, as well as about emergencies of a natural, technogenic, ecological nature, such interactive methods as work in small groups looking at each of the above aspects develop presentations and introduce them to other groups. In addition, students prepare brief information on the provision of medical care for bleeding, fractures, traumatic shock, bites, poisoning, etc. and present them in the form of booklets, flyers, leaflets, memos. The merits of the students include the creation of clips and multimedia for first aid (QR code).

The acquisition of pedagogical, psychological and health-preserving knowledge provides an opportunity for students to provide practical assistance during emergencies, since it is at this moment that the victims need comprehensive assistance of a psychological, pedagogical and medical nature.

In the context of the above, in the course of mastering the discipline "Psychological assistance to victims in extreme situations", students should know:

- Basic concepts and categories of extreme psychology;
- Signs of extreme and emergency situations;
- Features of the state of the individual in an extreme situation;
- Techniques and methods of providing psychological assistance to a person in an emergency situation;



- Data on secondary trauma.

In this case, the student should be able to:

1. Give an accurate description and determine the type of unfavorable situation (extreme, crisis, etc.);
2. Determine the specifics of the psychophysiological state of a person in an extreme situation;
3. Formulate a forecast of the development of the mental state of a person in an extreme situation;
4. Determine the techniques and methods of providing psychological assistance in a crisis (extreme) situation.

As a result of the acquired theoretical knowledge, the student must master the system of basic concepts and the system of methods for providing psychological assistance in an extreme situation.

At the same time, students must demonstrate the ability and willingness to provide psychological assistance to people in extreme situations.

The structure and content of the discipline (module) is 28 hours and provides for the study of the following topics:

Topic 1. The concept of a crisis and extreme situation. Types and dynamics of crises.

Topic 2. Basic principles and methods of crisis counseling. Psychological support in a crisis situation.

Topic 3. Psychotherapy in crisis and extreme situations.

Topic 4. Psychological assistance to people experiencing natural crises.

Topic 5. Psychological assistance to people experiencing normative and non-normative crises of professional development.

The theoretical knowledge gained is complemented by practical skills acquired during laboratory studies.

Considering the importance and multidimensionality of the acquired knowledge about safety measures, the procedure for adapting to emergency situations, providing first aid, forming a healthy lifestyle, it is necessary to introduce modern innovative and information technologies that contribute to high-quality and effective assimilation of knowledge and the acquisition of persistent practical skills [6].

Modernization of modern psychological and biological education is an innovative process of transforming the entire system of health-preserving education, aimed at conducting research and development, stimulating students' project activities,



developing their creative thinking, contributing to the creative development of a health-preserving personality, capable of providing practical psychological and medical assistance to victims in any emergency.

Students can acquire the necessary knowledge, skills and abilities to provide psychological, medical and social assistance to persons affected in emergency situations using psychological, pedagogical and health-saving technologies even after the end of natural disasters and natural cataclysms. The fact is that the victims have a decline in psychophysical forces, in particular, a violation of neuroregulatory processes at the time of an extreme situation, to experience excessive psychological and emotional stress, which can lead to a violation of mental health.

Библиографический список

1. Указ Президента Республики Узбекистан от 29 октября 2020 года № УП-6097 "Об утверждении Концепции развития науки до 2030 года".
2. Указ Президента Республики Узбекистан от 8 октября 2019 года № УП-5847 "Об утверждении Концепции развития системы высшего образования Республики Узбекистан до 2030 года "
3. Постановление Президента РУз от 5 июня 2018 года № ПП- 3775 "О дополнительных мерах по повышению качества образования в высших образовательных учреждениях и обеспечению их активного участия в осуществляемых в стране широкомасштабных реформах ".
4. Постановление Кабинета Министров РУз №754 от 9.09.2019 г. "О совершенствовании порядка подготовки населения к действиям в чрезвычайных ситуациях и в области гражданской защиты ".
5. Рабочая учебная программа по предмету "Безопасность жизнедеятельности" для студентов 2 курса. Ташкент, 2018.
6. Габбасов С. Г. Инновационные технологии в изучении чрезвычайных ситуаций. URL: <http://elibrary.ru>.