

PHYSICAL TRAINING IN THE PROFESSIONAL DEVELOPMENT OF EMPLOYEES OF THE INTERNAL AFFAIRS BODIES

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Abstract: Physical training in the internal affairs bodies of the Republic of Uzbekistan is an integral part of the system of departmental professional education, inextricably linked with the processes taking place in the socio-political and socio-economic life of the state. Fundamental changes in the basic characteristics of modern society, an increase in the volume and complexity of tasks solved by internal affairs agencies, changes in the qualitative parameters of crime cause the need for a high level of physical readiness of employees for effective law enforcement.

Keywords: sport, professional, physical training, improvement, physical culture, psychophysiology, efficiency.

Experience shows that underestimating the importance of physical readiness of personnel results in unjustified losses and gross professional mistakes. Often, the reasons for this state of affairs lie in the lack of solid martial arts skills among employees, a low level of formation of professionally important physical and mental qualities, psychophysiological functions and personal properties, maladaptation, low professional performance, the onset of professional deformation and occupational diseases. As a result, in difficult operational situations, some employees get lost, cannot quickly assess the situation and make the right decision, and the overall effectiveness of their official activities decreases. On the other hand, it has been established that a person with good health, a high level of professional performance, a physically developed and mentally stable employee who confidently knows the techniques of hand-to-hand combat or other types of martial arts, as a rule, successfully copes with the assigned duties, and the possibility of critical situations is significantly reduced in his official activities. [1]

In this regard, there is a need to find effective means and methods of physical training of employees of internal affairs bodies for the successful performance of their official duties. To solve problems related to improving professional skills, in the system of physical training of police officers, service-related sports are cultivated, which contribute to the development and maintenance of psychophysical qualities and motor skills necessary for successful operational and combat activities.

The relevance of involving employees in sports in general, and martial arts in particular, is primarily due to the fact that the use of combat techniques by the police in real situations is a confrontation with an opponent, during which injuries can be inflicted. Due to injuries, it is impossible to simulate such a confrontation with complete psychophysical mobilization in the educational process. Therefore, when studying combat techniques of fighting, restrictions are introduced: blows are indicated, resistance is limited, etc. All this does not allow us to effectively improve motor abilities, mental and volitional qualities for forcibly suppressing illegal actions and detaining those who committed them. At the same time, these aspects of preparing for the use of combat techniques in real situations are the most important task of physical training. Experts consider martial arts to be the leading means of the above-mentioned aspects of training, which have a service-applied orientation, the rules of competition of which impose restrictions to reduce injuries. The basis of service-applied martial arts are the techniques included in the programs for the physical training of police officers: punches, protection from blows, throws, holds, painful and suffocating techniques. Training and competitions in service-applied martial arts are designed to improve combat techniques of fighting in a real duel, improve motor abilities (develop physical qualities in a complex), improve moral and volitional qualities in relation to the service and combat activities of police officers.[2]

The athletes' employees have repeatedly confirmed the service and applied importance of various types of martial arts by their actions, showing excellent combat training, physical fitness, tempering and energy in the performance of their duties. They are supported in this by the absolute majority of specialists, who note as a very significant role of martial arts classes in improving the professional skills of law enforcement officers.

Thus, considering the requirements for the functional state of employees, which are determined by the use of coercive measures to ensure law and order, as the main element of service and combat activities, the researchers revealed that, improving the physical fitness of personnel, it is necessary not only to increase the level of development of certain professionally important physical qualities and skills, but also to work specifically on their complex manifestation in a limited period of time, which is typical for situations of harassment and single combat (such as hand-to-hand combat) with offenders. It turned out that these situations, as well as various service-applied martial arts, place increased demands on strength endurance, the body's resistance to anaerobic metabolism products, since this is carried out at a heart rate of 170-190 beats /min for 2-6 minutes. In this regard, exercises are recommended that will effectively train anaerobic glycolytic mechanisms of energy supply and specific endurance in those involved. First of all, this is a power martial art in the form of sparring according to the rules of various types of martial arts.[3]

In addition, as a result of special studies, the spatial-temporal and technical parameters of the conditions were determined, most often characterizing the immediate detention of the offender (transience, locality, overcoming a short distance to the right-the violator and the speed-force nature of the detention itself), the analysis of which allowed us to determine the priority physical qualities of the most important muscle groups that are of key importance at the time of forceful detention (speed and explosive force of the flexors-extensors of the spinal column, flexors-extensors of the arms and extensors of the legs). At the same time, special attention is paid to the employee's ability to adequately analyze the environment and make quick, reasonable decisions, taking into account the fact that in certain situations it is necessary to act harshly and decisively, in others – to look for effective tactics. The formation of the indicated qualities and skills, as it was found, occurs most effectively within the framework of the training process in service-applied martial arts.[4]

Considering the psychological aspect of training police officers to act in extreme conditions, researchers also consider classes in applied martial arts to be an important point of such training.

Situations involving the use of fighting techniques in real daily or official activities are always, as a rule, extreme – extreme, really threatening human life, health and social well-being. The research conducted by A.F. Kalashnikov was shown that 93% of the interviewed employees who acted in such situations indicated during this period inadequate well-being and behavior, which was expressed in excessive excitement, fussiness, inattention, inability to concentrate, quickly assess the situation, control or predict the behavior of the offender. Respondents cited rapidly accumulating fatigue, lack or lack of experience as the reasons for this behavior, and many directly pointed to their excessive fear. At the same time, the experience of fear, depending on the situation and on the characteristics of a person's personality, can vary in a wide range of shades: uncertainty, fear, anxiety, fright, panic, despair, horror. In cases where the experience of fear reaches the power of affect, it imposes stereotypes of "emergency" behavior on a person, which can be expressed in a desire to hide or a person freezes in one place (stupor), or commits unconscious aggressive actions against the source of fear, trying to scare him. In any case, excessive fear significantly reduces the effectiveness of actions in extreme situations related to self-defense or detention of the offender. In this regard, experts in the field of martial arts confirm: "hand-to-hand combat is an effective means of psychological training... During a fight, one of the strongest feelings is the feeling of fear. One person suppresses it with an effort of will, the other does not know how to do it. So, if a feeling of fear is joined to, aggravating it, a feeling of physical and mental fatigue, a person becomes dull and in this stupor ceases to control himself, surrendering to the power of fear." It is necessary to be able to suppress fear. To do this, there are various exercises in the training practice of martial

arts, and the training or competitive duel itself is an indispensable means of educating the ability to overcome and control the feeling of fear.[5]

In addition, psychological training, being one of the important components of the professional readiness of police officers, has other specific goals aimed at the formation of mental personality traits that contribute to successfully acting at the most critical moments when all spiritual forces reach the limits of tension. These are such integral qualities as anticipation, based on the probable prediction of enemy actions and proactive actions, and mental stability, which should ensure adequate orientation of the employee in space and time, optimal functioning of mental processes (sensations, perceptions, representations, attention, memory, imagination, thinking, will and feelings), as well as the expedient manifestation of various sides of the personality in difficult extreme conditions, including the internal readiness of each employee for decisive, selfless actions, even to the point of self-sacrifice. The process of forming these qualities is, first of all, a controlled process aimed at creating a tense environment, a systematic and constant increase in physical and mental stress. This is achieved in various ways, the main of which are: the creation of various difficulties; the use of intense stimuli and other confusing factors; the artificial creation of a shortage of time and information allocated to solve a particular task; the introduction of elements of real danger, risk and surprise, requiring immediate and clear action.[6]

It should be understood that hand-to-hand combat fully meets these requirements. After all, hand-to-hand combat and other types of martial arts, even in training conditions, is an activity in a variable-conflict combat situation directly related to risk. Its characteristic features include the following: direct collision with the enemy; experiencing a sense of danger; a wide range of actions; active confrontation of the opponent, his aggressiveness; the need to anticipate the actions of the opponent and anticipate them; lack of time for decision-making, the need to make lightning-fast decisions and their immediate implementation; lack of information, possible masking by the enemy of his actions.[7]

Therefore, the process of preparing for various types of martial arts has great potential for the psychophysical improvement of police officers, teaches them to actively act in conditions of increased mental stress, acquire the necessary experience of volitional actions, overcoming difficulties and negative mental states.

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