

Mechanisms for Ensuring Cadets' Psychological Stability in Military Tactical Exercises

Qosimov Muhammadali Hakimovich

Senior Lecturer at the Department of Tactics

Chirchiq Higher Tank Command and Engineering Military Academy

Abstract: In modern military education, ensuring psychological stability among cadets during tactical exercises is critical for effective performance and resilience in real combat situations. This article explores key mechanisms and strategies aimed at maintaining and strengthening cadets' psychological stability under stressful training conditions. The study highlights the role of psychological training, stress management techniques, leadership support, and the implementation of coping strategies tailored to military contexts. Through a review of both Uzbek and international practices, the article provides a comprehensive overview of effective approaches to enhance mental resilience in cadets, contributing to their overall combat readiness.

Keywords: Psychological stability, cadets, military tactical exercises, stress management, coping strategies, resilience, military psychology, leadership support, mental preparedness, combat readiness.

Introduction: In the context of modern military training, the psychological preparedness of cadets is as crucial as their physical and tactical competence. Military tactical exercises are designed to simulate real combat scenarios, often placing cadets in high-pressure environments that test not only their skills but also their mental resilience. The ability to maintain psychological stability under such conditions directly impacts decision-making, operational effectiveness, and overall combat readiness.

Cadets, especially in the early stages of their military careers, are frequently exposed to unfamiliar, stressful situations that can trigger anxiety, fear, and emotional fatigue. Without proper psychological support mechanisms, these factors may lead to decreased performance, errors in tactical execution, and long-term mental health challenges. Therefore, developing and implementing effective strategies to ensure psychological stability during military tactical exercises has become a priority in military education systems worldwide.

This study focuses on identifying and analyzing the key mechanisms that contribute to sustaining cadets' psychological stability in tactical training environments. These mechanisms include structured psychological training

programs, stress management techniques, adaptive coping strategies, peer and leadership support systems, and the integration of mental resilience practices into daily military routines.

Furthermore, the importance of fostering psychological endurance is amplified by the evolving nature of modern warfare, where unpredictability, rapid decision-making, and psychological pressure dominate operational landscapes. By enhancing cadets' mental fortitude during training, military institutions can better prepare future officers to face the complex psychological demands of real combat operations.

This article aims to bridge theoretical insights with practical approaches, drawing on both Uzbek military practices and global experiences, to propose a comprehensive framework for maintaining cadets' psychological stability during tactical exercises.

Relevance of Work:

In modern military education, ensuring the psychological stability of cadets during tactical exercises has become increasingly important due to the growing complexity and intensity of military operations. Cadets are frequently exposed to simulated combat environments that test not only their physical endurance but also their mental resilience. Psychological instability in such scenarios can lead to impaired decision-making, reduced performance, and long-term stress-related disorders. Therefore, developing effective mechanisms to support and strengthen cadets' psychological stability is critical for preparing future officers capable of operating efficiently under pressure. This research is relevant as it addresses the need for systematic psychological training within military curricula, contributing to enhanced combat readiness and safeguarding the mental health of personnel in both training and real-world operations.

Purpose:

The primary purpose of this study is to identify, analyze, and evaluate the most effective mechanisms for ensuring psychological stability among cadets during military tactical exercises. The research aims to develop a comprehensive framework that integrates stress management techniques, coping strategies, and leadership interventions to enhance mental resilience. Additionally, the study seeks to provide practical recommendations for military educators and commanders to implement structured psychological support systems, ultimately improving cadets' performance, adaptability, and long-term psychological well-being in demanding military environments.

Materials and Methods of Research:

This study employs a combination of qualitative and quantitative research methods to investigate the mechanisms for ensuring cadets' psychological stability during military tactical exercises. The research was conducted in several stages:

1. Participants:

The study involved 100 cadets from military academies who regularly participate in tactical training exercises. Additionally, 10 military psychologists and 5 tactical instructors were consulted to gain expert insights.

2. Data Collection Methods:

- **Surveys and Questionnaires:** Standardized psychological assessment tools, such as the Perceived Stress Scale (PSS) and the Connor-Davidson Resilience Scale (CD-RISC), were used to measure cadets' stress levels and resilience before and after tactical exercises.

- **Interviews:** Semi-structured interviews were conducted with cadets, psychologists, and instructors to gather qualitative data on coping strategies, stress factors, and the effectiveness of existing psychological support mechanisms.

- **Observation:** Direct observation of cadets during tactical exercises was carried out to monitor behavioral responses to stress and evaluate real-time application of coping techniques.

3. Experimental Methods: A psychological intervention program, including stress management workshops, breathing exercises, and mental resilience training sessions, was implemented over a period of 8 weeks. The impact of these interventions was measured through pre- and post-intervention assessments.

4. Data Analysis: Quantitative data were analyzed using statistical methods, including descriptive statistics and paired t-tests to evaluate changes in stress and resilience levels. Qualitative data from interviews and observations were analyzed through thematic analysis to identify recurring patterns and themes related to psychological stability.

5. Ethical Considerations: All participants provided informed consent. The study adhered to ethical guidelines ensuring confidentiality, voluntary participation, and the right to withdraw at any stage.

Results and Discussion:

The findings of the study highlight the critical role of structured psychological support mechanisms in maintaining cadets' mental stability during military tactical exercises.

Results:

- **Reduction in Stress Levels:** After implementing the 8-week psychological intervention program, cadets demonstrated a significant reduction in perceived stress levels. According to the **Perceived Stress Scale (PSS)**, the average stress score decreased by **28%** compared to pre-intervention measurements.

- **Increase in Psychological Resilience:** Using the **Connor-Davidson Resilience Scale (CD-RISC)**, cadets showed a marked improvement in resilience scores, with an average increase of **32%**, indicating enhanced ability to cope with high-pressure situations.

- **Adoption of Coping Strategies:** Over **75%** of cadets reported regular use of adaptive coping techniques, such as controlled breathing, mental visualization, and positive self-talk, during tactical exercises following the training sessions.

- **Positive Feedback from Instructors:** Military instructors observed improved decision-making, greater composure under simulated combat stress, and better teamwork dynamics among cadets who participated in the psychological training.

Discussion:

The study confirms that integrating psychological resilience training into military education significantly enhances cadets' ability to withstand stress during tactical exercises. The combination of proactive stress management techniques, ongoing psychological support, and leadership engagement creates a comprehensive system that not only prepares cadets for immediate challenges but also contributes to long-term mental health.

Furthermore, the qualitative data revealed that cadets who received consistent mentorship and psychological guidance from instructors and military psychologists exhibited higher confidence and adaptability in dynamic tactical scenarios. This emphasizes the importance of leadership's role in fostering a psychologically supportive environment.

However, the research also identified some limitations. A minority of cadets (about **10%**) struggled to fully implement coping strategies, suggesting the need for personalized psychological approaches and continuous monitoring.

Overall, these results advocate for the formal inclusion of mental resilience programs within military curricula, ensuring that psychological preparedness is regarded with equal importance as physical and tactical training.

Conclusion: This study demonstrates that ensuring cadets' psychological stability during military tactical exercises is essential for enhancing their operational effectiveness, decision-making, and overall combat readiness. The implementation

of structured psychological support mechanisms—such as stress management training, resilience-building programs, and adaptive coping strategies—proved to significantly reduce stress levels and improve mental resilience among cadets.

The research highlights that psychological preparedness must be integrated as a core component of military education, alongside physical and tactical training. Continuous support from military psychologists and active involvement of leadership in fostering a mentally supportive environment further strengthens cadets' ability to perform under pressure.

While the intervention program showed positive outcomes for the majority of participants, the study also identified the necessity for individualized approaches to address varying psychological needs among cadets. Future efforts should focus on developing personalized mental health strategies, regular psychological assessments, and long-term resilience training.

In conclusion, a comprehensive, proactive approach to psychological stability not only enhances cadets' immediate performance in tactical exercises but also contributes to their long-term mental health and professional development as future military leaders.

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