

OCCUPATIONAL STRESS AND ITS PSYCHOLOGICAL PROPHYLAXIS IN INTERNAL AFFAIRS EMPLOYEES

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Abstract: In the article internal affairs organs in the employees professional stress to the surface arrival factors and his/her psychological features Also, stress prevent in receiving psychological preparation, stress resilience, emotional oneself management and psychological prevention importance analysis made.

Keywords: occupational stress, internal affairs organs, psychological prevention, stress resilience, emotional stability, psychological preparation

Introduction

Today on the day internal affairs organs of employees professional activity society safety to ensure law and order reinforcement and citizens right and interests protection to do with related from the employees high level responsibility, speed, determination and psychological requires stability. Service in the process dangerous, conflicting and unexpected to situations face arrival, short time inside important decisions acceptance to do and high emotional tension professional stress to the surface to come reason to be possible.

Occupational stress of the employee psycho-emotional attention to the situation and memory processes, decision acceptance to do to the ability and service activity to the efficiency negative impact to show Especially in times of stress far time continue to be able nervousness, emotional fatigue, work of interest decrease and communicative of difficulties to increase take comes. That's why internal affairs organs in the employees to stress endurance formation and psychological stability provide important scientific and practical from tasks is one.

This of the problem relevance professional stress early to determine, its negative consequences reduce and of employees psychological resources to strengthen aimed at effective preventive measures working exit necessity with This point is marked. from the outside, internally affairs organs of employees to stress attitude, stressful in situations oneself management features and psychological prevention methods study service activity efficiency increase important condition is considered.

Literature analysis

Occupational stress problem psychology and labor psychology important research from directions one H. Selye defined stress as organism various external and internal to the effects relatively general adaptation reaction as R. Lazarus and S. Folkman stress person and environment between mutual attitude and person's certain situation subjective assessment with They tied them. in the opinion of man stressful situation how acceptance to do and to him/her how in a relationship to be stress power and consequences determinant important from factors is one. Occupational stress and emotional tension The issues are also widely discussed in the studies of C.Maslach and S.Jackson. illuminated. Authors far continue provider professional tension emotional fatigue, depersonalization and professional efficiency decrease with related to be possible by A. Bandura working issued to himself efficiency concept and person's own to the possibilities was confidence

complicated and stressful situations overcome in passing important importance has that This is based on theoretical approaches internal affairs organs of employees professional stressful situations at work study for important methodological basis become service does.

Internal affairs organs of employees activity to oneself typical psychological to the features has is dangerous situations, high responsibility, conflict communication, time shortage and fast decision acceptance to do necessity with is described. Therefore this in the category in the staff professional stress prevent in receiving psychological diagnostics, stress endurance development, emotional oneself management, psychological training and advice from services use is important. Analysis done scientific sources this It shows that professional stress just an individual problem as not, maybe employee psychological readiness and service environment mutual impact result as study to the goal This is in accordance with internal affairs organs in the employees professional stress psychological prevention complex in a way organization to grow necessity to the surface brings.

Recommendations

Internal affairs organs in the employees professional stress prevent to take and psychological stability provide for the purpose following recommendations previously push possible:

1. Regular psychological diagnostics organization to grow and stress, emotional tension and professional of fatigue initial signs own on time to determine.
2. To stress endurance according to psychological trainings regular to conduct. In trainings breath take, relaxation, oneself management and stressful in situations fast decision acceptance to do from exercises use.
3. Extreme and conflict situations modeling through real service of employees under the circumstances oneself management and psychological readiness development
4. Individual psychological advice services to strengthen. High level of stress observed employees with individual correctional and preventive work take to go
5. In the staff emotional intellect and communicative competence development, especially aggressive or conflict citizens with communication to do skills to form.
6. Work and rest balance supply, surplus psychological don't download prevent to take and from service outside recovery for enough conditions create
7. Service in their teams healthy psychological the environment formation, leader and employees between constructive communication development
8. Stress prevention one disposable event not, maybe diagnostics → training → psychological help → monitoring principle based on continuous system as organization to be

Conclusion

Internal affairs organs in the employees high occupational stress responsibility, dangerous and conflict situations and emotional tension with It depends. Its prevent in receiving psychological diagnostics, stress endurance development, training and individual advice important importance has. Systematic psychological prevention of employees spiritual stability and professional efficiency to increase service does.

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