

# ELIMINATION OF THE TRAUMATIC FACTORS OF A FIRE

Siyavush Gezalov, Jamila Imamaliyeva, Tukezban Hasanova

•  
Azerbaijan University of Architecture and Construction

[g.sayavush@mail.ru](mailto:g.sayavush@mail.ru)

[jamila.imamaliyeva@azmiu.edu.az](mailto:jamila.imamaliyeva@azmiu.edu.az)

[agalarovatika@gmail.com](mailto:agalarovatika@gmail.com)

## Abstract

*The extreme conditions of firefighting personnel are characterized by strong psychotraumatic factors from a psychological point of view. Psychological preparation for extinguishing fires in difficult conditions and eliminating their consequences requires improving the efficiency of combat operations, saving people from fires, protecting material values from destruction, and raising the level of psychological resilience, which is the basis of the rescuers' own safety.*

**Keywords:** emergency events, psychological preparation, psychological resilience, psychotrauma, mental processes, safety

## I. Introduction

On May 19, 2015, the fire that occurred in a multi-storey residential building located at 200/36 Azadlig Avenue, Binagadi District, Baku city, alarmed not only the residents of the building, but almost the entire population. Dozens of people who did not live in that building, relatives and acquaintances, ordinary citizens also went to the scene. Most parents were inevitably worried about their children. It is possible that this sensitivity becomes chronic in some people.

In psychology, this is called psychotrauma, i.e., anxiety disorder. It was possible to clearly feel this shock and anxiety from the statuses shared on social networks about the fire [1].

The reason for this was people's psychological unpreparedness for events. Psychologists have determined that people who are psychologically unprepared for natural events, man-made accidents, military armed struggle, and ecological disasters have a deplorable negative effect on both the events and the results of activities during the elimination of their consequences [2].

In the article, in order to increase the efficiency of solving fire safety problems, the psychological preparation of fire extinguishing personnel - as a system of purposeful effects of the actions of their leaders during emergency situations in peace and military times, gaining experience in successful operation in conditions modeled by QX and DTI, development of important qualities for the profession and personal self-improvement in military personnel, rescuers and the ways and methods of achieving the goal of forming and strengthening psychological stability by conducting psychological training in civil workers were discussed.

The formation of professional continuity (preparation) of employees of the Ministry of Emergency Situations (MES) of the Republic of Azerbaijan during the course of daily service and combat training activities is carried out as part of the main duties. The main purpose of this activity is to change the nature of the impact of the stress that occurs in extreme conditions on the functioning of

the psyche and to influence the activity of military personnel (rescuers): it should cover mental states of neutrality and even stimulating states.

## II. Methods

During the training and upbringing of each specialist of the Ministry of Emergency Situations, the qualities necessary for the formation of a wide range of professional activities are provided. However, the experience of performing tasks in extreme conditions shows that each previously formed quality, when changing the conditions of the rescuer's activity (natural disaster, accident, catastrophe, the impact of accidents by negative factors, the relief of the area, weather, vision, etc.), in particular, emergency-rescue it may not manifest itself during the transition to the conduct of work. There are also many examples where an expert performs a task successfully for training sessions and does not perform the actions at all well when the conditions are changed. At this time, the passive-defense reflexes actually cause the behavior of the rescuer under the influence of inappropriate conditions and reduce the efficiency of the service activity [3, 4].

So, the novelty factor sometimes plays a decisive role in the emergence of previously formed qualities in a person and in the performance of actions. The task of the head of the psychological training of the personnel is to prepare a preliminary model of possible natural disasters or emergency situations during training and educational exercises. Carrying out the exercises in the conditions corresponding to the real situation makes it easier to form the necessary psychological qualities for professional activity, and the efficiency of the time spent increases. In other words, as a result of daily educational preparation - it means action on the list of unexpected, new, unknown things in emergency situations. Therefore, it provides advance preparation for the measures to completely minimize what is expected and possible to occur in the performance of emergency rescue works.

Let's look at the mechanism of psychological preparation that occurs due to the internal and external influences on the psyche of the conditions created for military personnel (rescuers). In order to get answers to these and other questions, if we approach the essence of the main theoretical and practical issues of psychological training, it is likely that the challenge in the psyche of rescuers is the purposeful formation and strengthening of image models of actions appropriate to the situations. The logic here should be as follows: if in military personnel (rescuers) and the civilian population there is a large amount of mental images corresponding to the upcoming events, which are maximally suitable for the extreme conditions of fire, formed qualities, then there is less possibility of falling into a situation of unpredictability, uncertainty and novelty, and as a rule, in turn creates a passive-defense reflex that leads to the formation of harmony in the work, the commission of unlikely actions is eliminated.

To better understand this issue, let's look at what the action image itself reflects. A mental image is what a person sees, hears and experiences. In the mind of the savior, his actions were like a psychological model and nothing else. This is not a picture of any situation, but it is of greater importance. This process is quite complicated and temporary, it is not a reflection of objective reality, but it also ensures the establishment of the rescuer's future activities, adequate to the real situation for the purpose of re-creating the images experienced and seen before. Operational structure - the motives, needs and goals of military personnel (rescuers) act as regulators of their professional activity. Therefore, it will be methodologically correct if, during the course of all daily activities, the manager will stick to the organization of his psychological preparation and will regularly spend his efforts on the formation of the concepts and the basic model of the upcoming operations.

It is important to take into account that for rescuers, the manner of performing this or that action and its specific content, as well as its importance, are defined. It is a fact that it looks very good in terms of good preparation in relation to the profession, in terms of saving, implementing, managing,

etc., skills with high professional qualities. However, in extreme conditions, if the basic concepts of the model of future activity are not well developed, calling their actions purposeful, then it is likely that the tasks will not be performed effectively.

The level of extremity of military servicemen (rescuers), psychological properties of personality, self-regulatory (directive) mechanism and influencing factors of FH conditions is determined by psychological continuity. However, if the mental stability of the rescuer is determined by the individual typological characteristics, emotional irritation and emotional disturbance occur, then first of all, the clear expression of the subject's volitional effort and ability is determined by the degree of his emotionality. In addition, psychological resilience, for example, in extreme conditions, can be acquired or innately determined by the subject's personal qualities and psychophysiological mechanisms, which allow to consciously or unconsciously react (resistance) to emotogenic factors.

### III. Results

As a result of the psychological preparation of military personnel (rescuers) during their daily activities, psychological stability (readiness) is formed in time, that is, the system of psychological qualities determines the potential capabilities of rescuers to successfully carry out emergency rescue and other urgent tasks and to overcome difficulties [ 5].

It is very important to form the conditions that ensure the success of achieving the goals of the level of mobilization and the desire of the psyche to overcome the difficulties of the upcoming service activity, the state of psychological satisfaction of the military personnel (rescuers) immediately before the tasks set in the process of psychological preparation.

The analysis of psychological preparation shows that the main place in its structure is occupied by psychological qualities - psychological satisfaction and persistence. The same components appear in the structure of psychological satisfaction and psychological sustainability: motivational, emotional, cognitive, intellectual, operational and voluntary.

The motivational component comes from the desire of military personnel (rescuers), specialists to overcome obstacles, show themselves to withstand the difficulties of the service, courage, determination, initiative to carry out emergency rescue work, what they are capable of, self-affirmation in the rescue team.

The emotional component is expressed in the confidence of military personnel (rescuers) and employees, as well as in their doubts about their abilities to perform this or that voluminous work, and in the feeling of excitement and satisfaction in the fulfillment of the assigned tasks.

The cognitive component characterizes the degree of understanding and understanding of the tasks, the assessment of the possibilities of managing one's own behavior and psyche, and the perceptions of the nature of the difficulties of the upcoming emergency rescue work.

The intellectual component characterizes the rescuer's thinking type and mental capacity.

The operational or mobile component refers to the methods and tools used by the specialist during emergency rescue operations.

The voluntary component is expressed in the ability to overcome stress and fatigue, subordination of all forces to achieve, determination to fulfill the tasks set and self-control and self-regulation in the process of fulfillment, patience, self-control.

In the emergence of readiness, motivational, cognitive, intellectual components take the leading place, followed by active, voluntary and emotional psychological components.

The will takes a leading position in the formation of psychological stability. Because willpower is related to purposefulness, focus, regularity, consistency, and a systematic way of thinking, it helps overcome whatever might undermine effort.

The lack of willpower can lead to the fact that people set very insignificant life goals for themselves, show laziness in their activities, instead of being in a healthy self-criticism spirit, they engage in unnecessary and useless regrets, feeling guilty. The psychological stability of the employee of the Ministry of Internal Affairs of Azerbaijan in his professional activity is characterized by a great feeling of confidence as a successful result of this activity, related to the motivational characteristics of achieving the goal. However, this promotion is typical only for certain types of people, who always intend to achieve the exact result.

Volitional effort is the energy source of emotions and thoughts, with the help of which we send mental energy from one source to another energy source, to a new address. The will eliminates the conflicts of various directions of psychic energies and sends a psychic energy signal to the physiological level, activates other forms of energy, in particular, changes the way of life, overcomes distance, changes the direction of unpleasant and non-level works, etc.

We do not know faceless cold will in life. For example, I.M. Sechenov saw the cause of human activity in stimulating the sense of hearing that gives a certain meaning to his actions (in physical passions), in his thinking and in the actions of his spiritual feelings.

M.Y. Basov (1922) made the directing function of the will the subject of his analysis. The will is understood as a mental mechanism, its identity as a regulator (director) of mental functions, their combination or change in accordance with the problem to be solved. M.Y. Basov wrote that the personality's power over its spiritual conditions is possible when its spirituality contains only one regulatory factor. This factor is a strong personality and circumstances. The name of this factor is will. According to him, the will-directing function always focuses on the "act of regulation". M.Y. Basov considers voluntary effort as "directive subjective expression of voluntary function" and attention as "the same event, only show different terms". According to him, perception, thinking, emotions (feelings) are regulated by changing the content of consciousness, i.e. by distraction Basov believed that the will does not have the power to create actions, thoughts or abilities, but only regulates them.

The idea of regulating various mental processes and voluntary activity of a person L.S. It was developed in the works of Vygotsky. Accepting the will function of choice and compulsion of action, L.S. Vygotsky considered basic mental processes and voluntary regulation of behavior in the problem of will. And from here, the question of the establishment of the will, the issue of the will in its framework changes from here. The original problem is not a product of action, but "self-handling" shows originality. In this problem, as one of the stages of "mastering one's own behavior" of the will, we call the "mental continuity" of a person as a formative. K. Levin believes that the control of emotions (affects) and actions is the essence of the human will.

Most national and foreign authors in the field of psychology (Collins and others) define will as a special human ability. Even Aristotle noted that the will determines the ability of activity that arises from the person himself. Like D. Locke, he understood the human will as the ability to act. Every real voluntary action, L.S. Vygotsky noted that it is a selective act, which includes conscious choice and decision-making. L.S. Vygotsky's function of the will is to create an activity, noting its motivation and determination, selection and regulation of the goal, implementation of the activity and the participation of personal education with the initiator, he defines various characteristics of his activity, first of all, the qualities of the will (perseverance, determination, perseverance, etc.). For example, bravery and determination in the field of will, overcoming the fear of death, manifests itself in rescuers.

Rescuers develop willpower in the following directions:

- The formation of individual physiological and psychological tolerance to prepare for the elimination of various difficulties in the intense rhythm of the activity in extreme conditions;
- Increasing the level of continuity of professional skills for flexible and timely performance of duties;

- Formation of psychological preparation for unexpected actions;
- By creating and strengthening psychological qualities in rescuers, by developing in them unpretentiousness (lack of satisfaction), simplicity (non-demandingness), moderation in demands and wishes, which can replace the tendency to comfort and eliminate the inability to perform emergency rescue work in the event of unfavorable natural and climatic conditions;
- The formation of group unity with psychological continuity based on the performance of service duties of Azerbaijan Ministry of Defense employees within the rescue team.

Undoubtedly, during the lifeguards' daily service and combat training activities, psychological preparation or pre-sustainability is formed, which, as a system of psychological qualities (knowledge, habits and skills), conditions a person's potential opportunities to successfully overcome difficulties and successfully fulfill the tasks.

In the process of receiving tasks and directly directing human resources to their fulfillment, the psychological preparation for the MFA specialists of the Republic of Azerbaijan to start their fulfillment at any time is included in the first plan. The mobilization and enthusiasm, activity and direction of rescuers' psyche to overcome any difficulty should be taught through special exercises. That is, psychological preparation is a stage of historical transition from everyday life situations to the performance of official duties.

With the beginning of the performance of new tasks (assignments), psychological continuity begins to manifest itself in the form of the experience of new, previously absent qualities in the form of combinations in the organization of activity and the preservation of the functionality of previously formed or with the formation of new qualities. In other words, at the same time, long-term preparation forms psychological stability in advance. These abilities are formed on the basis of previously acquired knowledge, skills, habits, experiences and other important professional qualities.

Timely psychological preparation should not reduce the ability of rescuers to work full-time, that is, increase the efficiency of their activities in the first hours after the disaster, and allow them to help the victims the most at that time. The preparation of specialists for action in the field of Emergency Situations in many cases significantly reduces human and material damage and losses.

In the organization of psychological training, the head of the accident and rescue units should proceed from the principle of pre-formation of the main concepts of the action model in relation to images. This means that any intention in the implementation of psychological preparation should be based on the importance of the tasks and the strengthening of beliefs, the collection of ideas about the conditions for performing emergency rescue work, and the strengthening of motivational goals. For this purpose, self-proven methods of conducting psychological training can be widely applied, mainly methods related to verbal and verbal influence of commanders and chiefs, methods of persuading, inducing, influencing the psychology of subordinates by other specialists [6, 7].

It should be noted that psychological preparation for solving tasks alone, setting goals, is not enough in a combat situation. Successful rescue operations often depend on the formation of realistic mental images. For this, lifeguards must fill the mental image of the professional activity model with what can be perceived by the senses, physically (body) by performing training exercises during day and night training.

It is possible to widely use the methods that allow to strengthen the model of actions on the basis of images of the qualities that are necessary for professionalism. They may include: - exercises and actions in military units, ships, tankdromes, airfields, training grounds, fire drills, special simulators, etc.; - obstacles, fences, debris area, special lanes for eliminating water borders, single obstacle lane, physical and sports activities of rescuers; - sports games and competitions; - psychological actions for purposeful development of intellectual, emotional and voluntary qualities; - the organization of psychological trainings on the strengthening of the collective is of particular importance for the formation of psychological compatibility, collectivism, reciprocity, etc.

Pedagogical-psychological literature has many suggestions about the organization and implementation of psychological training with different approaches, taking into account the organization and implementation of psychological training, conducting psychological training with special measures or conducting training (operational planning department) at the same time during education (educational institutions). Because training, upbringing and psychological preparation are actually closely related and interdependent, it is necessary to look at what qualities, characteristics, mental processes and situations are formed in each of the listed areas. Carrying out the most general analysis, it can be noted that the behavioral customs and habits of the employees of the Ministry of Internal Affairs of the Republic of Azerbaijan are improved in various conditions during the education process, as well as their voluntary qualities are developed: the emotional-voluntary field of personality is developed and its adaptation to new conditions is carried out; they envisage rescuers purposefully carrying out emergency rescue work under conditions of possible difficulties, they are instilled with citizenship, courage, perseverance, perseverance, confidence, etc., the importance of their own activities.

In the training process, moral-will qualities and emotions (courage, bravery, courage, determination, initiative, fulfillment of ready tasks, sense of collectivism) are formed and strengthened, and motivational goals are activated in order to provide the necessary assistance to the victims; through the collection of knowledge about the ideas relevant to these or other emergency situations, the habits and skills corresponding to the development of psychological preparation and resilience take place [7].

However, it would not be correct to refer to training and education to form psychological resilience. The tasks solved by training and upbringing are wider than psychological preparation. However, among these tasks, it serves to form psychological and special qualities that can be solved only in the process of psychological preparation exercises, which are necessary for the performance of a number of tasks. For example, development and strengthening of skills and habits needed to perform specific tasks; Special qualities characteristic for increasing the cognitive processes, motives, and skills of the Azerbaijan Ministry of Internal Affairs specialist, or caution, vision, thinking, coordination in movement, activation of stress tolerance, etc. in lifeguards.

Thus, formation of important professional qualities (courage, heroism, citizenship, etc.) is carried out with the help of psychological preparation exercises. It is more characteristic of them than specific methods (training, ideomotor exercises, studying the main signs of characteristic situations, etc.) [8,9].

Specific training and other professional qualities are developed in rescuers with the aim of understanding the issues of tasks set in the process of psychological preparation, creating confidence in rescuers in the necessity of their unconditional fulfillment.

The main directions of psychological training of military personnel (rescuers) and employees:

- preparation of rescuers for all kinds of self-sacrifice, formation of beliefs, behavioral style of saving victims, formation of scientifically based knowledge on committing selfless actions for the sake of saving victims;

- raising the level of professional skills and habits, psychological and physiological endurance, unpretentiousness in desires and needs, simplicity and gentleness in lifeguards;

- to be involved in state policy, to instill trust in commanders, chiefs and leadership, unconditional fulfillment of orders and development of goals for subordination, loyalty, reliability in education;

- reduction of mental injuries.

Conducting rescue work (adequacy of actions and mental state in the conditions of carrying out accident-rescue work) requires strict adherence to the principles of psychological preparation.

## IV. Conclusion

During the performance of the tasks solved in the rescue units of the military formations and in various parts, the psychological preparation depends on the professional-tactical conditioning of the content, the degree of ensuring content activity safety during the execution of training and work depends to a large extent on the efficiency of the work done. In addition, in the situations of created service and combat tasks, compliance with the psychological compatibility of training and service tasks increases the quality of performance of combat tasks.

Psychological stability is a complex of special measures included in the professional training system and the entire rescue service. With the direct help of psychological preparation, providing maximum adaptation between individual and collective professional characteristics, specialty elements and skills, emergency rescue and other urgent tasks, and real psychological requirements is important in eliminating psychotrauma during activity.

## References

1. [www.aile.lent.az/read/11487](http://www.aile.lent.az/read/11487)
2. Ojagov H.O. Life safety in emergency situations. Baku, "Chashioglu" 2010. 398 p.
3. Gozalov S.S., Manafov F.A. //Factors affecting the activity in emergency situations of various nature. // "News" Scientific-methodological journal of AMI. Baku.: 2011. pp. 44-47.
4. Zhiganov K. V., Danilov P. V., Pronin A. V., Titova E. C. The effect of fire hazard factors on the rescuer's psyche // Young student. — 2017. — No. 2. — C. 693-696.
5. Ojagov H.O., Gozalov S.S., Iskenderov Y.Ch. // Formation of psychological characteristics of people in emergency situations of various nature. "Harbibilik" magazine, 2012. N1., p.67-72
6. Aliyev N. A., Gozalov S.S. // Improving the efficiency of the military training process, "Military knowledge" magazine, 2007. No. 4. , p. 70-78
7. Gozalov S.S. The role of psychological service in the activities of personnel in emergency situations of various nature, // "Military knowledge" magazine, 2009. N6. , pp. 56-63
8. Psychological stability in emergency situations. Course lecture. Part III. - Novogorsk: - 2000; АГЗ МЧС России
9. Psychology of extreme situations for rescuers and firefighters/ general editor. Yu.S. Shoigu. M.: Smysl, 2007