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## **PROBLEMS OF PSYCHOLOGICAL READINESS OF STUDENTS OF HIGHER EDUCATIONAL INSTITUTIONS IN THE SYSTEM OF THE MINISTRY OF INTERNAL AFFAIRS DURING SHOOTING WITH FIREARMS**

**Abstract.** Formation of skills of firing a pistol at the Ministry of Internal Affairs personnel occurs in the course of training at the school. The existing method of fire training in educational institutions does not take into account the state of high psychological stress of cadets of educational establishments in the Ministry of Internal Affairs system while performing high-speed firing exercises. The use of short-term intense physical activity in the process of firing cadets helps to reduce their psychological stress on the firing line, as well as forming the willingness of future law enforcement officers to fire a gun.

The current environment in which many professions work, including police officers, motorists, train drivers, nuclear power plant operators and some others, can be fully described as special and sometimes extreme. An analysis of the problems that arise in the work of these professions leads to the conclusion that they are often psychologically unprepared to work in difficult conditions, so there are "weapons" that can lead to tragic consequences.

Psychological preparation for special and extreme activities is a purposeful impact on the individual through psychological and psychophysiological methods aimed at forming her psychological readiness for adequate action in such situations. Psychological readiness, in turn, means a system of indicators of the subject, which ensure the success and effectiveness of certain processes and activities.

The use of modern scientifically sound methods and techniques of psychological training is an important factor that contributes to increasing the level of psychological readiness to work in these conditions. Therefore, if we consider psychological readiness exclusively from a psychological point of view, it will be about giving a person the opportunity to acquire important knowledge, train skills and form the necessary habits based on them.

**Keywords:** *extreme situations, psychological readiness, psychological stress, physical activity, high-speed firing, teaching methods, firearms, firearms firing.*

**Relevance of the study.** Solving problems that arise in cadets of higher educational institutions in the system of the Ministry of Internal Affairs in extreme conditions related to their professional activities. Today, future police officers are not psychologically trained or taught to be emotionally resilient and prudent in stressful situations. Therefore, this article highlights the methods and recommendations for teachers with which it is possible to teach a

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cadet to reject emotions and work calmly with firearms.

**Recent publications review.** Many scientists analyze such a method of fire training of law enforcement officers as the use of physical activity during training. The fact that physical exercises help to increase the effectiveness of activities, as well as reduce psychological stress, this is noted in the works of the following scientists: V. Klimov, V. Kravchenko, I. Kryvolapchuk, E. Ivanov and others [1-11].

**The article's objective** is to analyze problems of psychological readiness of police students during shooting with firearms.

**Discussion.** Fire training is one of the main components of combat training and is aimed at training personnel in the proper handling of firearms, as well as effective and, most importantly, its lawful use. Ability to conduct aimed fire at a fast pace, after physical and psychological stress, to hit targets from the first shot, turn; to warn the enemy in opening fire; to fire from the shelter, quickly change the position and position for shooting; to maneuver fire effectively and to achieve the most successful use of weapons and special means depending on the situation and conditions of use of firearms is one of the priority areas of fire training.

In today's conditions, the issues of professional training of police officers in the conditions of official activity are of special importance. Effective training of highly qualified law enforcement officers for the system of the Ministry of Internal Affairs of Ukraine is a rather complex and multi-level educational process in which fire training teachers take part. At the same time it is necessary to take into account not only the accumulated theoretical knowledge and practical skills, but also the moral and psychological stability of cadets when firing a pistol. A police officer (cadet) must not only have special professional knowledge and skills, but also be psychologically stable and ready to act in extreme conditions. Professional psychological training is the main direction for successful service activity [1].

Shooting plays a positive role in the physical and moral-volitional formation of young people during the class developing the following qualities: psychological activity, attention, volitional effort, emotional stability, memory and thinking. Examining this question, we can say that moral and psychological training is one of the most important factors in the fire training of cadets, affecting the quality of shooting as it contributes to the disclosure of psychological characteristics associated with the process of learning to shoot, the role of mental processes. recommendations for the development of personal qualities of the shooter – cadet.

Effective training of highly qualified specialists for the system of the Ministry of Internal Affairs of Ukraine is a rather complex and highly qualified educational process in which teachers of fire training take part. At the same time, it is necessary to take into account not only the accumulated theoretical knowledge and practical skills, but also the moral and psychological stability of cadets when firing a pistol [1]. Therefore, in our opinion, it is necessary to develop certain methods of practical training in fire training, which will help cadets to fully promote the development of creative personality, applied thinking, the ability to integrate knowledge in various areas of training, which are mainly aimed at mastering the right actions. with weapons and accurate shooting equipment. This type of training will help to prepare the entire psychophysical apparatus arrow, bring it to the optimal state of function of nervous structures. Together, these methods and tools form a system of actions of teachers aimed at achieving the highest level of readiness, which determines its ability to maintain a fairly high level of functional activity and successfully perform the assigned tasks in accordance with the conditions of professional activity directly related to the use of combat weapons. The formation of firearms skills in law enforcement officers occurs in the process of training in an educational institution and their effectiveness significantly affects the further implementation of official activities. It should also be noted that how methodically competently constructed the training of shooting from a service weapon, it will largely depend on the correctness and effectiveness of the use of weapons in direct contact with the offender.

In situations where firearms are used by police officers, pistol shooting is usually used for a limited time. In this regard, the issue of improving the effectiveness of training in high-speed shooting with firearms is relevant and requires the development and implementation of new techniques in the process of training fire training of cadets [2].

We should not forget that the subjective factors that reduce the effectiveness of fire training of cadets include:

– underestimation by cadets of theoretical issues that determine the conscious use of weapons and understanding the conditions of its effectiveness in different conditions (issues of ballistics and shooting rules with a predominance of interest in the arrangement of weapons);

– underestimation by cadets of the role of simulators in the process of formation of primary skills and training of muscular memory in the process of fire training, especially in the first year of study;

– distribution of opinions of teachers and cadets on a number of issues of fire training, which can lead to a decrease in motivation of cadets, mutual misunderstanding between teachers and students;

– underestimation by teachers of methodological issues in improving the process of fire training with the predominance of criticism related to its material support [3].

The objective factors that reduce the effectiveness of fire training of cadets include:

– the level of logistical support of the process, which does not meet modern requirements for fire training of future police officers (in particular, the lack of training samples of weapons, including foreign, etc.);

– shortcomings of software and educational and methodological support, which must be improved in accordance with the introduction into the educational process of modern technical means of learning.

The existing method of fire training, according to many scientists, does not take into account the important points when teaching cadets the elements of high-speed shooting. However, the state of high psychological stress at the firing line, in which cadets perform a high-speed shooting exercise, is not taken into account. When analyzing the statistics, it can be noted that before performing the exercise on the firing line. 69 % – cadets feel emotional arousal, 16 % – anxiety, 10 % – feel insecure, 7 % – fear, 3 % – fear of responsibility, 17 % – fear that they will not get a good result [4].

It should be noted that during contact with firearms, the cadets have the following psychophysiological phenomena: hand tremors are felt – 35 %, heart rate – 56 %, respiratory rate – 7 %, sweating hands – 65 %, incoordination – 4 %, inhibition of the reaction – 5 %. Confident possession of a personal weapon and accurate shooting from it depend not only on the practical skills of the shot, formed during training, but also on the availability of appropriate theoretical knowledge about the device, how to handle it, compliance with safety measures, rules of keeping weapons in good condition [5].

Shooting plays a positive role in the physical and moral development of young people. The cadets have such qualities as psychological activity, attention, emotional stability, memory, thinking during shooting. Moral and psychological training is one of the most important factors in the fire training of cadets, influencing the quality of shooting, as they contribute to the disclosure of psychological qualities associated with the process of learning to shoot, the role of mental processes through which to develop recommendations for personal qualities. arrow.

Given all the above, we can highlight the following recommendations:

– During the fire training class, the teacher should take care of a calm atmosphere, try to be restrained from mistakes, so that the cadets of the fire training class would be associated exclusively with positive emotions;

– Cadets in fire training classes must be provided with noise-canceling headphones;

– The cadet must get used to the smell of gunpowder gas;

– The teacher of fire training must be able to recognize the excitement of the shooter and not allow him to develop into a state of stress [6].

A good shooting result is achieved through inner peace and a desire to strengthen the already acquired skills in shooting, by practicing exercises alone. Also, one of the recommendations is that there should be no long breaks between fire training sessions. It is necessary to adhere to the continuity of the process. This is one of the most important pedagogical principles. An important condition for improving the quality of fire training of cadets of higher educational institutions of the Ministry of Internal Affairs of Ukraine is the development and implementation of a methodology that involves the use of modern training, corrective and control equipment.

Therefore, in our opinion, it is necessary to develop certain methods of practical training in fire training, which will help cadets to fully promote the development of creative personality, applied thinking, the ability to integrate knowledge in various areas of training, which are mainly aimed at mastering weapons and weapons. technique of accurate shooting. This type of training will help to prepare the entire psychophysical apparatus of the shooter, to bring it to the optimal state of the functions of nervous structures. Together, these methods and

tools form a system of actions of teachers aimed at achieving the highest level of readiness, which determines its ability to maintain a high level of functional activity and successfully perform assigned tasks in accordance with professional conditions directly related to the use of weapons [7]. E. Ivanov, who considered the effect of emotional stress on shooting in shooters, points to a change in a number of components of the psychological state of athletes that determine the reduction in the effectiveness of exercise. Also, the author notes that after short-term exercise, the effects of emotional factors are reduced [8].

The use of modern electronic teaching aids in the process of fire training, independent actions of cadets with simulators and computer equipment increase the role of the teacher, which purposefully forms the moral and legal, moral qualities of the future police officers.

It is advisable to consider the introduction of the latest technical means of education as a promising direction for the development of professional training of cadets and enshrine this provision in special regulations governing the activities of universities, which would allow fuller funding for the purchase of appropriate equipment.

In the educational process to assess the quality of employment in the conduct of educational and methodological control at the level of the department and the university, taking into account the use of modern technical means of education. Planned and systematic training in sports sections, participation of cadets and students in various championships in service – applied sports allow to use all variety of means and methods of physical and fire training for effective development of physical qualities, formation in them of professional-applied skills and education of psychological and moral qualities of a highly qualified specialist in the field of law enforcement [9].

Organize and conduct psychopedagogical research in universities of the Ministry of Internal Affairs of Ukraine, which would reveal the individual characteristics of cadets, help teachers to better understand the motivation and reasons for the lag of some cadets in compliance with standards and shooting, helped students understand the subjective difficulties in fire training.

In the structure of methodical employment of pedagogical skill of teachers at school to include subjects on formation of knowledge, abilities and skills of operation of a modern kind of instructive equipment. One of the promising areas of innovation in the teaching of shooting is the use of bullet-free shooting simulators [10]. Electronic and laser simulators are currently used. Such simulators allow you to accurately record the results of shooting and on this basis to analyze the errors. Such classes increase the interest and activity of cadets. Simulators should be used not only in the early stages of shooting, but also to further improve shooting skills in different situations

**Conclusions.** Analyzing the above material, we can conclude that the bodies of internal affairs and departments of fire training of universities of the Ministry of Internal Affairs of Ukraine should be equipped with shooting galleries for additional training in shooting with firearms. The cadet must get used to the smell of gunpowder gases, because it is part of the process. The teacher of fire training must be able to recognize the excitement of the shooter and not help him grow into a state of stress.

Plan the development and publication of educational and methodical literature for teachers and cadets, revealing the methods of using electronic teaching aids, including electronic simulators. Also, it is very important that the authorities financially support the universities of the Ministry of Internal Affairs in order to provide them with all the necessary resources that will be able to develop a cadet's thirst and confidence in shooting, as well as deprive many complexes.

#### *Conflict of Interest and other Ethics Statements*

The authors declare no conflict of interest.

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**Юрій ВОЛКОВ, Валерія ЛАКТІОНОВА, Діана ТУПОТИНА  
ПРОБЛЕМИ ПСИХОЛОГІЧНОЇ ГОТОВОСТІ КУРСАНТІВ  
ВИЩИХ НАВЧАЛЬНИХ ЗАКЛАДІВ В СИСТЕМІ МВС  
ПІД ЧАС СТРІЛЬБИ З ВОГНЕПАЛЬНОЇ ЗБРОЇ**

**Анотація.** Формування навичок стрільби з бойового пістолета у співробітників МВС відбувається в процесі навчання у навчальному закладі. Існуюча в освітніх закладах методика вогневої підготовки не враховує стан високого психологічного напруження курсантів навчальних закладів в системі МВС під час виконання ними вправ зі швидкісної стрільби. Використання короткочасного інтенсивного фізичного навантаження в процесі вогневої підготовки курсантів сприяє зниженню їх психологічного напруження на вогневому рубежі, а також формування готовності майбутніх співробітників органів внутрішніх справ до виконання стрільби з пістолета.

Сучасні умови, в яких працують представники багатьох професій, у тому числі працівники поліції, водії автотранспорту, машиністи поїздів, оператори атомних електростанцій та деякі інші, можна повною мірою назвати особливими, а іноді й екстремальними.

Аналіз проблем, що виникають у роботі представників згаданих професій, призводить до висновку, що часто вони є психологочно непідготовленими до діяльності у складних умовах, тому виникають «зброй», які можуть привести до трагічних наслідків. Психологічна підготовка до особливих та екстремальних видів діяльності – це цілеспрямований вплив на особистість за допомогою психологічних та психофізіологічних методів, спрямованих на формування у неї психологічної готовності до адекватних дій у таких ситуаціях. Під психологічною готовністю, у свою чергу, розуміється система показників суб'єкта, які забезпечують успішність і результативність певних процесів і діяльності.

Застосування сучасних науково обґрунтovаних методів та методик психологічної підготовки – важливий фактор, що сприяє підвищенню рівня психологічної готовності до роботи у зазначених умовах. Тому, якщо розглядати психологічну готовність виключно з психологічного погляду, то йтиметься саме про надання людині можливості отримати важливі знання, тренувати навички та формувати на їх основі необхідні звички.

**Ключові слова:** екстремальні ситуації, психологічна готовність, психологічне напруження, фізичне навантаження, швидкісна стрільба, методика навчання, вогнепальна зброя, стрільба з бойової зброї.