

THE IMPORTANCE OF PSYCHOLOGY IN ENSURING SAFETY

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Abstract

Psychology also plays an important role in labor protection. In modern production, the problem of accidents and injuries is only engineering methods cannot be solved with It is known from experience that accidents and injuries occur on the basis of deficiencies in engineering works. Also, there are organizational and psychological reasons, such as low level of preparation for occupational safety requirements, insufficient training, neglect of safety measures by specialists, involvement of persons with insufficient qualifications for dangerous work, people in a tired and psychological state at work. is also the reason. Through this article, we will show the role of psychology in the work ability of a person and the characteristics of relying on factors in the work process.

Key words: self-confidence, safety, temperament, quickly, development, dangerous materials, psychological knowledge, construction, ensuring, checking, providing, human error, control.

International experience and research show that 60-90 percent of injuries in household production are caused by the fault of the injured persons. Safety psychology represents the application of psychological knowledge in ensuring the safety of activities. Here, the types of psychological states that appear in the course of labor activity are fully examined, psychological processes, psychological characteristics are considered. In the mental activity of a person, three main groups (parts) of mental processes, properties, states are distinguished. Mental processes form the basis of mental activity. Mental processes are differentiated into cognition - perception, perception, will, memory, etc. Psychic properties represent a unique characteristic, quality (direction, character, temperament) of a person. Among the qualities (properties) of a person, ingenuity, intelligence, emotion, will, manners, work are distinguished and it is unchanging and permanent. Mental states are diverse, differ in their temporal character and determine the characteristics of mental activity, can be usefully or unhelpfully related to mental processes. Based on the tasks of labor psychology and safety problems, it is appropriate to divide cases into



production and special mental cases. It plays an important role in the organization of measures to prevent injuries and accidents in production.

A person's ability, effective work activity depends on the level of his mental (spiritual) tension. Mental stress has a positive effect on a person's work to a certain extent. Increasing activity above a critical point can lead to incapacitation. Normal feeling for the operator and mental for him to work the voltage level should not exceed 40-60 percent, otherwise it will lead to a decrease in its working capacity.

In the form of mental tension above the threshold, the personal characteristics of a person decrease, the coordination of movement changes, the behavior becomes ineffective or other negative changes in life activities are manifested. Mental tension above the limit can be divided into inhibiting (stopping) and stimulating types depending on its characteristics. As the type of braking leads to the reduction and restriction of human movement is expressed. The owner of the profession will not be able to perform the task as vigorously as before, the specificity and speed of response will decrease. Memory, thinking process slows down, deteriorates and other negative factors are observed. In the case of a trigger, a decrease in activity, vigilance, and voice tremors are observed in a person. As a result, i.e., in the high form of mental tension, people - operators, make incorrect movements and mistakes in difficult conditions, fatigue occurs. Taking into account the above, great attention is paid to the control of a person's mental state.

Organizational measures are taken to prevent factors affecting the mental state of a person, such as despair, mood disorders, signs of rudeness, falling, and exhaustion. Among them, psychopharmacological tools that have a positive effect on a person's health, working condition, and psychological activity have been developed and are used if recommended.

The use of mild stimulants (tea, coffee) increases a person's ability to work for a short time, prevents sleep. Especially with the consumption of active stimulants (pervitin, phenamine), mobility and perception decrease. If you drink tranquilizers (seduxen, elenium, etc.), a person calms down a little, but neurosis occurs, sleep is disturbed, activity, mental state decreases. It is not recommended to consume alcoholic beverages that seriously affect a person's work ability and mental state. So, based on household and production conditions, taking measures to stabilize the mental state of a person, using an improved control method organization is one of the main tasks.

Dangerous and harmful factors affecting labor activity.



Work takes up most of a person's life, and if a person does not follow all the procedures established in his work, this, in turn, can have a serious impact on his work and health. Production conditions are dangerous and harmful factors (noise, vibration, toxic fumes, gases, dust) that form part of the environment surrounding a person and depend on the nature and climate in its composition and affect the professional activity of a person. , radiations and hakazo) are included. Losses in production are defined as a decrease in productivity, the occurrence of poisoning and diseases, increased morbidity and temporary loss of work activity, and other negative consequences. Dangerous factors - cause harm to human health in certain conditions or factors that can lead to the destruction of the organism.

Most dangerous factors include toxic chemicals, biological substances, ionizing radiation and other strong impact forces in production. As a result of the transfer of toxic chemicals to the human body in excess of the last permissible level or biologically dangerous effects, severe chemical or biological poisoning occurs and leads to the death of a person. Human life is also at risk due to high doses of ionizing rays. Harmful factors are factors that can negatively affect a person's work or cause a disease. Harmful factors include production dusts, fumes, gases, vapors, hygienic norms of the production microclimate with a value higher than the last permissible level, noises, vibrations, lighting, electric and magnetic fields, etc. For example: industrial dust causes skin diseases in addition to pneumoconiosis.

Effects of dangerous and harmful factors depend on their composition, structure, physico-chemical properties, quantity, ways of affecting human body organs, condition, volatility, solubility in water, oil and other indicators. liq. Dangerous and harmful factors in the production environment are divided into group 4 (GOST 12.0.003-83 - Classification of dangerous and harmful production indicators):

1. Physical
2. Chemical
3. Biological
4. Psychophysiological

There are the following types of dangerous and harmful factors:

Physical - unprotected moving elements of manufactured products and production equipment, the spread of various gases in the workplace and rising of dust, power in electric networks, electromagnetic field exceeding the norm, noise, shaking and other types of vibrations, radiation, level of illumination, climate changes: warming or cooling of the weather temperature above the norm and others. The emergence of chemical - toxic substances and their effects on the human body



have a negative effect. Biological - infected microorganisms (bacteria, viruses, rickettsiae), macroorganisms (plants and animals), microbial preparations, biological pesticides, etc.

Psychophysiological - it is divided into physical and psychological types depending on the nature of the effect. Physical (statistical and dynamic) stress - carrying a heavy load, a violation of the human physical condition, human body parts being under great pressure, etc. Hypodynamia (slow movement) - restriction of movement activity, impairment of body functions as a result of a decrease in the force of muscle contraction (basic organs of movement, circulatory, respiratory and digestive systems). Psychological (nervous activity) stress - excessive use of mental activity, increased emotional activity. Fatigue is a condition in which a person's ability to work is temporarily reduced. It develops after intense or prolonged mental or physical activity and is accompanied by a feeling of fatigue.

Conclusion

In conclusion, it can be said that the energy consumption of a person in the process of working depends on the lightness of the work performed, the simple-complexity of the work, the level of emotional stress and the hygienic norms of the production environment. Therefore, it is necessary to take into account their mental and physical abilities, to take necessary measures to increase the working abilities of the human body, and to create the necessary conditions for workers.

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