Jurnal Psikologi Volume: 2, Number 3, 2025, *Page*: 1-8

Manifestations Of Fear Of Heights In Military Personnel In Extreme Situations

Ahmadjonova Nargizaxon Adiljanovna[1*], Yulchiyeva Shoxsanam Dilshod qizi[2]
[12]Alfraganus Universitety

DOI:
https://doi.org/10.47134/pjp.v2i3.4164
*Correspondence: Ahmadjonova Nargizaxon Adiljanovna
Email: taxt1985@mail.ru

Received: 11-05-2025
Accepted: 19-05-2025
Published: 28-05-2025

Abstract: This article describes a ten-day study of the manifestation of aspects of fear of heights among students of military educational institutions in difficult and extreme situations. The manifestation of fear of heights was studied, on the basis of which step-by-step recommendations for motivation are given overcoming fear of heights. During the ten-day program, each subject's pulse, saturation and pressure at critical points of manifestation of fear of heights. For clarity, the results of studies of military subjects under a ten-day program with a safety rope tabulated. After applying the ten-day program (10 types different from each other types of descent) from the height of a five-story building, the subjects' fear of heights was transformed into a unique type of load, allowing them to eliminate the accumulated stress from other stressful circumstances.

Keywords: Military Personnel, Fear, Descent From Heights, Saturation, Pressure, Pulse

Introduction

Modern psychology has repeatedly proved that a person who reacts too sharply and vividly to any events gradually begins to dwell on his unpleasant sensations. Fear of heights is an absolutely natural reaction of the body that arose in the course of human evolutionary development. But there are a number of reasons for the occurrence of pathological abnormalities, which can be divided into two conditional groups. The first group includes the psychological causes of fear of heights.

Increased impressionability often leads to excessive fixation on some episode associated with the fear of falling from a height. As a result, he develops a phobia, which manifests itself in the form of a strong fear, which is irreversibly aggravated in certain situations that defy any logical explanation (Berezin, 2000;)

The second group of reasons for the appearance of a pathological fear of heights includes physiological factors that are directly related to the activity of various systems of

internal organs. Most often, a phobia can be observed in people with impaired functioning of the vestibular apparatus, which is responsible for the orientation of the body in space (Gray, 1999;)

A sudden panic attack leads to spasms of the cardiovascular system, headache, dizziness, and fainting. Each patient experiences physiological and psychological symptoms differently. It all depends on the emotional state and individual characteristics of a person (Dyachenko, 2006;)

The occurrence of a fear of heights is most often accompanied by the following symptoms:

- dizziness. Many patients suffering from this phobia say that even at a low altitude they begin to feel (Zvereva, 2012;)
- severe dizziness. Pre-fainting may be accompanied by a fear of slipping or not staying on your feet;
- palpitations. Fear of heights is often accompanied by a strong heartbeat. According to patients, when approaching a height, they feel how the heart is beating hard and pounding in the chest;
- the appearance of severe shortness of breath. Difficulty breathing instantly affects the condition of a person who finds himself at a relatively low altitude;
- increased sweating. Fear leads to the mobilization of all organs due to the excitation of the sympathetic division of the autonomic nervous system;
-dry mouth. A low degree of salivation causes a feeling of a slight taste of metal at the root of the tongue and leads to violations of the natural processes of speech, swallowing and chewing;
-tremor of hands and feet. Emotional overstrain and strong excitement are often accompanied by trembling of the limbs. Attempts to treat tremor with medications give only a short-term effect, since they do not eliminate the real cause, but only remove the trembling of individual parts of the body for a short time (Misyashchev, 2011;)

Unlike a phobia, fear does not perform any positive protective or warning function. If a phobia reminds of an object of danger, from which one must either defend oneself, or attack it, or flee, i.e. activates our potential and forces us to make the right decision, then fear, on the contrary, is a complete stupor, "helplessness in the face of danger" (Levitov, 2008;)

It paralyzes our will, puts the body into a stupor, and does not allow us to correctly assess the situation and make the right decision, and in some cases endanger life itself. This

mechanism is well known to Hollywood directors, who make the hero stand like a pillar of salt at the very moment when a truck is rushing at him at breakneck speed (Oya, 1967;)

Psychology textbooks give a lot of classifications of various phobias, and psychotherapy has learned to cope well with some of them: how to just look at insects for two days, then come closer, then touch it with your finger, and then get used to it ... However, to address the issue of fear, which to is not reduced to a specific object, all this has little to do (Rozov, 2012;)

After all, it is possible to rid a person of a phobia of insects or amphibians, but the fear that lies at the very basis of the formation of the subject will remain untouched. And it will simply shift from one object to another (Prihojan, 1998;) A new object always comes to the vacated place, because it is better to be afraid of something specific, to skillfully get rid of a possible meeting with this object and thus control your feelings than to succumb to an indefinite and all-encompassing fear (Dyachenko, 2006;)

For this reason, psychoanalysis does not see much value in household recipes "how to get rid of fear", firstly, because there can be no universal and suitable advice in any situation, because all people are different, and secondly, because simple adaptation to one or another object of phobia does not yet eliminate fear (Dyachenko, 2006;)

Methodology

Conducting practical research on fear of heights with military personnel in difficult and extreme situations. The program is designed for a ten-day option for military personnel to overcome heights. Normally, the saturation reading, pressure, and body temperature are shown in Table 1.

Table 1. Units of measurement of physiological state

№	Physiological state	Units of measurement	Indicator
1	saturation	SpO2 (SPO2) [1]	95% or more
2	pressure	mmHg	120/80

[1]CPO2 is a measurement using a pulse oximeter, which consists of a computerized monitor and sensor. The sensor can be connected to the patient's finger or toe, nostril or ear. The monitor then shows data on how well the blood is oxygenated. This is achieved using a waveform that can be visually interpreted and an audio signal that matches the patient's pulse. The signal tone decreases as saturation decreases. The monitor also illustrates the patient's heartbeat and there is an audible alarm that alerts the user to fast/slow heart rate and high/low saturation levels.

3	temperature	ºC	36.6
4	pulse	Beats per minute	60-70

In tab. 2 outlines the stages of overcoming heights in military personnel; “fear of heights” is identified and overcome, taking into account the psychological and physiological manifestations of each employee individually. When passing through the stages of overcoming the "fear of heights", the degree of complexity of the exercise is necessarily taken into account. When conducting training studies, the physiological parameters of saturation, pressure and temperature of the subjects were measured.

Table 2. Stages of overcoming fear of heights in military personnel

<table>
<tr><th>Days</th><th>Types of activities</th><th>Psychological changes in male military personnel</th><th colspan="2">Notes and recommendations (pressure, temperature, saturation, pulse)</th><th>For fear and anxiety</th></tr>
<tr><td>1 day</td><td>Exercise at zero level</td><td>Interest</td><td>To execution</td><td>After execution</td><td></td></tr>
<tr><td rowspan="5">2 day</td><td rowspan="5">Descent from a 3-meter height (with insurance).</td><td rowspan="5">Change in color (redness of the facial skin, whitening of the facial skin) of the face. Decreased concentration. Hanged silence, an attempt to hide emotions.</td><td>temperature, 34⁶-36⁶</td><td>34,6-36,6</td><td>34,6-36,6</td></tr>
<tr><td>saturation 94-99</td><td>90-96</td><td>96-90</td></tr>
<tr><td>pulse 69-95</td><td>80-117</td><td>28-44</td></tr>
<tr><td>pressure 110/70-130/90</td><td>140/100 -170/90</td><td>100/60-90/60</td></tr>
<tr><td colspan="3">“You are a pro at descending from heights.”</td></tr>
<tr><td>3 day</td><td>Descent from 9 meters. (with insurance).</td><td>The appearance of concentration. Starts to talk.</td><td colspan="3">Holding the safety rope “Look, I’m holding you.”</td></tr>
</table>

		Describes his emotions. When tired, a “second wind” appears.			
			temperature, 34^6-36^6	34,6-36,6	34,6-36,6
			saturation 94-99	90-96	96-90
			pulse 69-95	80-117	Пульс 69-95
			pressure 110/70-130/90	140/100 -170/90	100/60-90/60
4 day	Descent from 16 meters. (with insurance).	Fear of looking down. Situational anxiety. The feeling of pain is lost. However, there is restlessness (fussiness). Voltage. Mondrage (slang form of psychological state).	Constantly distracts attention. "Can you hear me"		
			temperature, 34^6-36^6	34^6-36^6	34^6-36^6
			saturation 94-99	94-99	94-99
			pressure 110/70-130/90	110/70-130/90	110/70-130/90
			pulse 69-95	80-117	pulse 69-95
5 day	Descent from 17 meters. (with insurance). Descent from the roof of the building.	Increased adrenaline. Noticeable change in saturation. Ready to descend (with belay) from a height independently.	pressure 110/70-130/90	110/70-130/90	110/70-130/90
			temperature, 34^6-36^6	34^6-36^6	34^6-36^6
			saturation 94-99	94-99	94-99
			pulse 69-95	80-117	pulse 69-95
6 day	The task of direct descent without entering the window of the	Increased adrenaline. The desire to drink	temperature, 34^6-36^6	34^6-36^6	34^6-36^6
			saturation 94-99	94-99	94-99

	building. (with insurance).	water appears. Increased appetite.	pressure 110/70-130/90	110/70-130/90	110/70-130/90
			pulse 69-95	80-117	pulse 69-95
7 day	Special types of descent ("herringbone" entrance through the window. Lesson "pendulum" at 90, 180,360 degrees). (with insurance).	"descent by spinning around a safety rope" The appearance of positive emotions.	temperature, 34^6-36^6	34,5-36,5	34,5-36,5
			pressure 110/70-130/90	140/100 -170/90	100/60-90/60
			saturation 94-99	90-96	96-90
			pulse 69-95	80-117	pulse 69-95
8,9 day	The task of executing the "Drop" method. - Descent upside down. .(with insurance).	Because of the new type of exercise, fear appears. Feelings of discomfort. Possible headaches.	temperature, 34^6-36^6	34,5-36,5	34,5-36,5
			saturation 94-99	94-99 140/100 -	94-99
			110/70-130/90	170/90	pressure 100/60-90/60
			pulse 69-95	80-117	69-95
10 day	Australian way of descent. Descend facing the opposite side of the window.	Temporary loss of sense of balance. (2-3 seconds). Decreased concentration.	temperature, 34^6-36^6	34,5-36,5	34,5-36,5
			pressure 110/70-130/90	140/100 -170/90	100/60-90/60
			saturation 94-99	94-99	94-99
			pulse 69-95	80-117	69-95

Result and Discussion

As a result of the research, it was found that participants aged 35-40 have more anxiety and fear than other subjects. This is shown by a decrease in the number of pulse beats, a decrease in pressure and saturation. Recovery to normal occurred 8-11 minutes after the exercise. Also, in the older age, anxiety about their health was observed (repeated requests to measure the pulse, pressure and saturation).

During the ten-day program, each subject's pulse, saturation (YX303 yuwell 03.00.01), and pressure (MMM-01-1-Adjutor brand) were measured at the critical points of manifestation of fear of heights. With the interview method, it was revealed that it is the older age (even those with experience of descending from a height) and beginners (mainly athletes of various types of martial arts) who openly admit fear.

Beginners (performing the exercise for the first time) were observed to repeatedly yield their turn to the next. Also, the beginners were found to have a low descent speed compared to others. Soldiers with "experience in descent from a height" showed a desire to repeat the descent exercise several times. In experimental subjects, when measuring physiological data, an increase in blood pressure, pulse and saturation.

Conclusion

Thus, based on the results of the research, a 10-day program was developed that can reduce the negative impact of the manifestation of fear of heights among military personnel in difficult and extreme situations. The results of studies on a ten-day program with 15 male military subjects with a safety rope are summarized in a table for clarity of review. After applying a ten-day program (10 types of different types of descent) from the height of a 5-storey building, the subjects' fear of heights was reshaped into a kind of load that eliminates accumulated stresses from other stress gene circumstances.

References

Berezin F.B. Mental adaptation and anxiety // Mental states. - St. Petersburg: Peter, 2000. - S.219-229.

Gray J. A. // Psychology: Biographical Bibliographic Dictionary / Ed. N. Sheehy, E. J. Chenman, W. A. Conroy. St. Petersburg: Eurasia, 1999; http://www.hrono.ru/biograf/bio_g/grayda.php

Dyachenko M.I. Psychology of higher education. Harvest. 2006.-p. 416. https://www.livelib.ru/publisher/10-harvest

Zvereva T.V. The system of psychological views of K.K. Platonov.: Dis. ... cand. psychol. Sciences: Moscow-2012. - p.126.

Misyashchev V.N. Psychology of relations. Russia, MODEK. 2011. – p.400. livelib.ru: https://www.livelib.ru/author/342171/top-vladimir-myasischev.

Levitov N.D. Questions of character psychology. Modern Humanitarian Institute. 2008. – p.293 https://www.livelib.ru/publisher/2195-sovremennyj-gumanitarnyj-universitet.

Oya S. M. On the possibility of regulating the pre-launch state on the basis of objectively measured data // Psychological issues of sports training. M., 1967. S.45-48. http://loveread.ec/read_book.php?id=62272&p=258

Rozov V.I. Psychology of extreme situations: adaptability to stress and psychological support: a scientific and practical guide. Kyiv: Summit-Book, 2012. - p. 480. https://pextreme.ru/wpcontent/uploads/2019/12-2017.pdf

Prihojan A.M. Causes, prevention and overcoming anxiety // Psychological science and education. - 1998. - No. 2. - P.15-19.

Sobirovich, T. B. (2023). Basic Criteria for Building the Third Renaissance in Uzbekistan. Asian Journal of Applied Science and Technology (AJAST), 7(1), 149-157.