

SOCIAL-PSYCHOLOGICAL ANALYSIS OF SELF-GOVERNMENT AND PSYCHOLOGICAL PROTECTION MECHANISMS OF MILITARY SERVICEMEN IN RESERVE

Ikmatullayev Gayrat Zakirovich

*University of Public Security of the Republic of Uzbekistan
Department of Educational and Psychological Support of Service Activities
Deputy Head, PhD, Associate Professor*

Abstract: This article empirically analyzes the role and significance of vital periods of family life in the system of socio-psychological adaptation of military personnel discharged from military service to the reserve. Empirical results show that with increasing family experience, the strictly regulated behavioral stereotypes characteristic of the military are softened, elastic analysis of the situation and the development of a decision-making system that is adaptive to the social environment are developed.

Keywords: military personnel in reserve, family life experience, self-management, psychological defense mechanisms, socio-psychological adaptation, reintegration, vital periods, self-regulation.

Introduction

The reintegration of citizens discharged from military service into a peaceful life and a new socio-professional environment is a complex process that has not only economic or legal, but also deep socio-psychological implications.

The transition of an individual who has served in strictly regulated military structures for many years to the roles of ordinary civilian life is often accompanied by internal personal crises, destructive psychological obstacles, and strong stress factors.

A study by G.A. Starkov confirmed that modern military conflicts pose complex socio-psychological risks to military personnel and their families, including a high prevalence of PTSD (post-traumatic stress disorder) and comorbidities [1].

When a former military serviceman does not feel systematic support in civilian life, the family serves as his primary social adaptation space. In military personnel with a long family life, self-management is more systematically manifested due to this stability in the family.

In such conditions, the family is not only a primary social institution, but also the main adaptive resource that ensures the internal psychological stability of the former military serviceman, gives him a sense of emotional support and security. The individual's family life experience and different life periods of family life are important socio-psychological determinants that determine the trajectory of the former military serviceman's adaptation to the requirements of the social environment [2].

Speaking about the readaptation of military personnel discharged to the reserve, it is worth noting the following opinions of Doctor of Psychological Sciences, Professor AGKarayani . “We talked about the fact that the process of socio-psychological readaptation consists of three components: psychological quarantine, the creation of a supportive, rehabilitative social environment around combatants returning to a peaceful society, and the early detection of symptoms that may accompany PTSD and taking measures against them. When we spoke about the social environment that should support and rehabilitate, we noted that the most important institution through which the readaptation of citizens returning from the zone of combat operations is carried out is **the family** . This role of the family is determined by the most important social functions that it assumes and constantly performs in the process of its existence” [3].

The successful adaptation of reserve military personnel to civilian society is inextricably linked to their internal psychological regulatory systems, in particular, the level of individual self-control and the characteristics of psychological defense mechanisms.

The adaptation of officers discharged to the reserve to civil society depends not only on internal psychological factors, but also on certain institutional problems. As VE Shipakov's research rightly points out, the primary difficulties faced by former officers are related to employment and career development trajectories, and their basis lies in the quality of retraining programs [4].

This study provides a comparative analysis of former military personnel's ability to control internal impulses, organize goal-directed behavior, and subconscious psychological defense systems (e.g., denial, projection, rationalization) in the context of family life. After all, the social experience accumulated in family life and the increase in marital experience can expand the individual's flexibility or, conversely, create certain stereotypes.

According to research, the following family and social problems of reintegration have been identified:

Disruption of family dynamics - a change in family roles, the need to redistribute duties and responsibilities.

Communication difficulties – inability to express experiences, emotional withdrawal, and lack of understanding with loved ones.

Parenting challenges include the difficulty of reconnecting with children who have grown up or changed.

Social isolation – alienation from old friends, unwillingness to socialize, weakness and shyness (withdrawal into one's inner world).

Relationship breakdown - high risk of divorce due to accumulated stress and misunderstandings.

Loss of social network (chain of communication) – severance of ties with former colleagues and friends in the army.

Disruption of family dynamics, communication barriers, crises in parental roles, social isolation, and the risk of destructive divorce are the leading socio-psychological problems faced by military personnel discharged to the reserve. These difficulties create deep psychological stress and emotional isolation in the former military person, radically transforming his internal psychological regulation system [5].

Methodology

The results of the empirical study showed that the family experience of former military personnel directly affects their internal psychological control and social adaptation potential. Table 1 below shows the statistical differences in the levels of individual self-control of reserve military personnel by family life experience (experience).

Table 1

Differences in the level of self-control of an individual by family life experience (n=735)

Indicators	Medium colors				Statistical value	
	6-10 years (N-210)	11-15 years (N-191)	16-20 years (N-147)	21-25 years old (N-187)	H	p
Planning	346.95	364.60	385.45	381.39	3,891	0.273
Result evaluation	358.65	356.91	356.91	377.46	2,172	0.538
Flexibility	355.50	376.64	372.94	369.34	1,147	0.776
Modeling	153.74	379.54	492.04	353.34	14,389	0.002**
Willpower	351.30	363.02	367.60	392.16	3,904	0.272
Emotional stability	372.79	365.23	365.61	367.33	0.162	0.983
General regulation index	349.60	374.11	368.20	480.37	12,391	0.005**

Note: * - $p < 0.05$; ** - $p < 0.01$.

The duration of family life has shown that some components of the self-regulation system are significantly affected, and some regulatory functions are formed relatively stably, regardless of family experience. The analysis shows that the experience gained during family life contributes to a certain extent to the development of a person's ability to organize his own activities, predict life situations, and manage internal resources.

First of all, the average score on the planning scale among respondents with 6-10 years of family life experience was 346.95, 11-15 years - 364.60, 16-20 years - 385.45, and 21-25 years - 381.39 ($H=3.891$; $p > 0.05$). As we can see, there is a certain upward trend in planning indicators with increasing family experience. This can be explained by the increased need to foresee the future, coordinate family and social responsibilities, and form long-term goals during long-term family life. However, this trend did not manifest itself as a consistent pattern that is characteristic of all respondents. According to the result assessment scale, the average color in respondents with 6-10 years of family experience was 358.65, in 11-15 years - 356.91, in 16-20 years - 356.91, and in 21-25 years - 377.46 ($H=2.172$; $p > 0.05$). The results of the study show that the ability to analyze the results of activities, evaluate the effectiveness of one's actions, and draw conclusions is formed to a similar extent in respondents with different

family experience. This indicates that the development of reflexive control mechanisms is more influenced by individual and professional factors than by family experience.

On the adaptability scale, the average score for respondents with 6-10 years of family life experience was 355.50, for 11-15 years it was 376.64, for 16-20 years it was 372.94, and for 21-25 years it was 369.34 ($H=1.147$; $p>0.05$). The analysis showed that the ability to adapt to new situations, reorganize activity strategies, and act in accordance with changing conditions was relatively equally manifested in all groups. This result indicates that life and professional experience play a more important role in the formation of adaptability than family experience.

According to the modeling scale, the average color in respondents with 6-10 years of family life experience was 153.74, in 11-15 years - 379.54, in 16-20 years - 492.04, and in 21-25 years - 353.34 ($H=14.389$; $p<0.01$). The results of the study show that it is this indicator that shows the most obvious correlation with family life experience. The fact that the highest results are recorded in respondents with 16-20 years of family life experience indicates that during this period the individual's ability to imagine various life situations in advance, predict possible consequences, and develop alternative options for activity is highly formed. As we can see, it is at this stage that family, professional, and social experiences are integrated, developing the individual's prognostic competencies. On the contrary, the significantly lower level of modeling performance among respondents with 6-10 years of family life experience can be explained by the fact that at this stage the family system is still in the process of active formation and the experience of developing long-term life strategies is relatively limited.

On the willpower scale, the average score for respondents with 6-10 years of family life experience was 351.30, for 11-15 years it was 363.02, for 16-20 years it was 367.60, and for 21-25 years it was 392.16 ($H=3.904$; $p>0.05$). The analysis showed that there is a certain tendency for willpower indicators to increase with increasing family life experience. In particular, the relatively higher level of this indicator among respondents with 21-25 years of family life experience indicates that long-term family and social responsibilities served to strengthen the qualities of determination, patience, and goal-orientedness in the individual.

On the emotional stability scale, the average score for respondents with 6-10 years of family life experience was 372.79, for 11-15 years it was 365.23, for 16-20 years it was 365.61, and for 21-25 years it was 367.33 ($H=0.162$; $p>0.05$). As we can see, the ability to control emotional reactions, maintain emotional balance, and manage oneself in stressful situations was formed to almost the same extent in respondents with different family life experience. This indicates that emotional stability is more related to individual temperamental characteristics and regulatory resources formed during professional activity than to family life experience.

According to the general regulation index, the average score for respondents with 6-10 years of family life experience was 349.60, for 11-15 years it was 374.11, for 16-20 years it was 368.20, and for 21-25 years it was 480.37 ($H=12.391$; $p<0.01$). The results of the study show that the general regulatory potential shows significant dynamics in relation to family life experience. The highest results are recorded for respondents with 21-25 years of family life experience, which indicates that the skills of responsibility, self-control, life experience and coordination of social roles formed during long-term family life are integrated into the general regulatory system. By this stage of family life, a person gains experience in managing various life tasks simultaneously, which serves to strengthen the general self-management potential.

Results

Analysis of indicators of the level of self-control of a person by family life experience showed that the components of the modeling and general regulation index are the most sensitive indicators to family life experience. With an increase in the duration of family life, it is observed that the ability of a person to forecast life situations, develop long-term strategies and manage internal resources develops. The components of planning, outcome assessment, flexibility, willpower and emotional stability are relatively stable in respondents with different family life experience. This confirms that family life experience is one of the important vital factors that develop some high-level regulatory functions of the self-control system of a person [6].

Table 2

Differences in psychological defense mechanisms by family life experience (n=735)

Indicators	Medium colors				Statistical value	
	6-10 years (N-210)	11-15 years (N-191)	16-20 years (N-147)	21-25 years old (N-187)	H	p
Suppression	372.5 1	367.5 9	393.5 2	343.2 9	4,790	0.188
Regression	366.0 3	370.9 4	392.1 8	348.2 0	3,612	0.306
Formation of reactions	333.5 7	368.1 0	405.2 0	377.3 2	10,48 4	0.015 *

Rationalization	362.3	371.3	364.3	373.7	0.379	0.945
Relocation	370.0	365.5	396.7	345.6	4,848	0.183
Denial	364.3	362.8	378.7	368.9	0.553	0.907
Projection	370.6	367.5	369.7	364.1	0.106	0.991
Compensation	350.9	363.6	397.7	368.2	4,343	0.227
Sublimation	338.8	358.0	399.0	386.5	9,010	* 0.029

Note: * - $p < 0.05$; ** - $p < 0.01$.

According to the differences in psychological defense mechanisms by family life experience, the duration of family life showed that some components of the psychological defense system were affected, and most defense mechanisms were formed relatively stably in respondents with different family experience. The analysis showed that the experience accumulated during family life, the system of mutual relations, and the increase in family responsibilities serve to improve some defense strategies [7].

First of all, on the suppression scale, the average color for respondents with 6-10 years of family life experience was 372.51, for 11-15 years it was 367.59, for 16-20 years it was 393.52, and for 21-25 years it was 343.29 ($H=4.790$; $p > 0.05$). As we can see, the tendency to suppress negative emotions and internal conflicts from the level of consciousness was relatively higher in respondents with 16-20 years of family experience. However, this tendency did not form a consistent pattern characteristic of all groups. This indicates that the suppression mechanism is more related to the individual emotional regulation styles of the individual than to family experience. According to the regression scale, the average color in respondents with 6-10 years of family experience was 366.03, in 11-15 years - 370.94, in 16-20 years - 392.18, and in 21-25 years - 348.20 ($H=3.612$; $p > 0.05$). The results of the study show that the tendency to resort to previous and simpler forms of behavior in stressful situations was relatively higher in respondents with 16-20 years of family experience. At the same time, the decrease in regressive reactions in respondents with long-term family experience may indicate the development of more mature forms of managing complex situations with increasing life experience [8].

According to the scale of reaction formation, the average color in respondents with 6-10 years of family life experience was 333.57, in 11-15 years - 368.10, in 16-20 years - 405.20, and in 21-25 years - 377.32 ($H=10.484$; $p < 0.05$). The results of the study show that this indicator shows significant dynamics in connection with family life experience. Respondents with 16-20 years of family experience have a higher tendency to compensate for internally unacceptable emotions or impulses through behavior that contradicts them [9]. This situation can be explained by the fact that as a result of long-term active participation in the system of family and social relations, a person strives to control his emotions in a socially acceptable way. It is possible that various conflicts and the need to compromise that arise during family relationships served the development of this protective mechanism [10].

On the rationalization scale, the average score for respondents with 6-10 years of family life experience was 362.38, for 11-15 years it was 371.37, for 16-20 years it was 364.33, and for 21-25 years it was 373.76 ($H=0.379$; $p > 0.05$). As we can see, the tendency to logically justify situations, to give cognitive explanations to internal conflicts, and to intellectually process events was formed almost the same in all groups. This indicates that the rationalization mechanism exists as a stable psychological strategy in the majority of respondents, regardless of family experience. According to the displacement scale, the average color in respondents with 6-10 years of family life experience was 370.01, in 11-15 years - 365.53, in 16-20 years - 396.74, and in 21-25 years - 345.67 ($H=4.848$; $p > 0.05$). The results of the study show that the tendency to direct negative emotions or internal tensions to other objects was relatively more active in respondents with 16-20 years of family experience. However, this tendency did not form a generalized pattern [11].

On the denial scale, the average color for respondents with 6-10 years of family life experience was 364.32, for 11-15 years it was 362.89, for 16-20 years it was 378.70, and for 21-25 years it was 368.94 ($H=0.553$; $p > 0.05$). As we can see, the tendency to not accept some unpleasant realities or to try to reduce their importance is manifested to a similar extent in all groups. This indicates that the denial mechanism is not significantly dependent on family experience. According to the projection scale, the average color in respondents with 6-10 years of family life experience was 370.60, in 11-15 years - 367.57, in 16-20 years - 369.79, and in 21-25 years - 364.10 ($H=0.106$; $p > 0.05$). The analysis showed that the tendency to attribute internal conflicts and emotional experiences to the external environment was manifested in almost the same way in all groups. This result indicates that the projection mechanism is formed independently of family life experience [12].

On the compensation scale, the average score for respondents with 6-10 years of family life experience was 350.90, for 11-15 years it was 363.68, for 16-20 years it was 397.70, and for 21-25 years it was 368.27 ($H=4.343$; $p > 0.05$). The results of the study show that the tendency to compensate for existing shortcomings through successes in other areas of activity was relatively higher among respondents with 16-20 years of family experience. This may be due

to the desire to maintain a balance between family and professional success during this period.

On the sublimation scale, the average color in respondents with 6-10 years of family life experience was 338.80, in 11-15 years - 358.05, in 16-20 years - 399.05, and in 21-25 years - 386.55 ($H=9.010$; $p<0.05$). The results of the study show that with increasing family experience, a tendency for the sublimation mechanism to develop is observed. In particular, respondents with 16-20 and 21-25 years of family experience showed a higher ability to direct internal tensions, emotional energy, and aggressive impulses into socially acceptable activities. This is explained by the development of a person's skills in the constructive processing of emotional experiences, the harmonization of family and social responsibilities, and the effective mobilization of internal resources during long-term family life [13].

Discussion

Analysis of psychological defense mechanisms by family life experience showed that the components of reaction formation and sublimation are the most sensitive indicators of the duration of family life. In particular, respondents with 16-20 years of family experience were relatively well-developed in constructive and socially acceptable defense strategies. The indicators of suppression, regression, rationalization, displacement, denial, projection and compensation were relatively stable in respondents with different family experiences.

Table 3

Differences in stress tolerance and social adaptation by family life experience (n=735)

Indicators	Medium colors				Statistical value	
	6-10 years (N-210)	11-15 years (N-191)	16-20 years (N-147)	21-25 years old (N-187)	H	p
Stress tolerance and social adaptation	366.68	477.85	358.45	366.94	11,721	0.008**

Note: * - $p<0.05$; ** - $p<0.01$.

The results of the analysis of stress tolerance and social adaptation indicators by family life experience showed that the duration of family life has a certain impact on the reaction of military personnel discharged to the reserve to stress factors and the ability to adapt to the social environment. According to the results, the average color for respondents with 6-10 years of family life experience was 366.68, for 11-15 years it was 477.85, for 16-20 years it was 358.45, and for 21-25 years it was 366.94 ($H=11.721$; $p<0.01$).

The highest rate was observed among respondents with 11-15 years of family life experience. This situation can be explained by the relative stability of the family system, the formation of relationships between spouses, the definition of family roles, and the development of mechanisms for mutual psychological support. At this stage of family life, the family appears as an important social institution for an individual that mitigates stress factors, maintains emotional balance, and supports adaptive resources. As we have observed, it is during this period that the internal stability of the family system increases the individual's tolerance to difficulties in the external environment. Also, the mutual trust, emotional closeness, and sense of responsibility formed in family relationships expand the possibilities of constructively accepting stressful situations and adapting to them. As a result, the family system becomes an important psychological support for the individual [14].

The analysis showed that respondents with 6-10 years of family experience had moderate indicators of stress tolerance and social adaptation. This period is a stage of active formation of family life, characterized by the adaptation of spouses to new roles, increased responsibilities related to raising children, and the task of ensuring economic stability. Therefore, the family system may not have been fully stabilized yet, which may prevent the maximum mobilization of stress tolerance resources. The relatively lower manifestation of this indicator in respondents with 16-20 years of family life experience is of particular note. At this stage of family life, a person is simultaneously faced with a period of high professional responsibility, tasks related to the coming of age of children, the complexity of family roles, and increased social obligations. As a result, the number of sources of stress may increase and psychological burden may increase. It is likely that these factors will lead to a certain reduction in stress tolerance and adaptive resources [15].

Conclusion

Also, a recovery and relatively upward trend of the indicator is observed in respondents with 21-25 years of family experience. This may be due to the life wisdom formed during long-term family experience, the strengthening of the family system, and the redistribution of life tasks. At this stage, a person gains sufficient experience in effectively combining family and social roles, which expands the ability to manage stress factors. These results also form a logical harmony with previous empirical analyses. In particular, the higher level of general adaptation indicators in respondents with 11-15 years of family life experience explains the higher level of stress tolerance and social adaptation in this group. Also, the lowest level of alienation indicators in respondents with 16-20 years of

The analysis of stress tolerance and social adaptation indicators by family life experience showed that the duration of family life is one of the important determinants of the reintegration process. In particular, the period of 11-15 years, which is considered the middle stage of family life, was shown to be the stage when the individual's stress tolerance and adaptation resources are most mobilized. It was found that the increase in family experience has a complex cyclical, rather than linear, effect on stress tolerance and adaptation processes. This means that different stages of family life have different effects on the psychological stability and integration opportunities of military personnel discharged to the reserve.

References

- [1] G. A. Starkov, "Socio-Psychological Work with Military Personnel and Their Family Members: Traditions and Innovations," in *Proceedings of the 51st Samara Regional Student Scientific Conference*, 2025, vol. 2, pp. 335–336. Available: <https://journals.eco-vector.com/osnk-sr2025/article/view/680228>
- [2] A. G. Karayani, "The Family as the Most Important Institution of Socio-Psychological Readaptation," *Psychological Newspaper*, 2023. Available: <https://psy.su/feed/11595/>
- [3] V. E. Shchipakov, "Main Directions for Optimizing the Resocialization Process of Russian Officers Discharged to the Reserve," *Society: Sociology, Psychology, Pedagogy*, no. 7, pp. 23–31, 2024.
- [4] "Veterans' Problems: Reintegration into Civilian Life," *Neuroflex Blog*, 2023. Available: <https://neuroflex.ua/ru/blog/problemy-veteraniv-reintegracziya-u-czyvilne-zhyttva/>
- [5] E. G. Bogdanova, "Social Adaptation of Commissioned Military Officers Discharged to the Reserve," *Current Research*, no. 14 (249), pt. I, pp. 67–70, 2025. Available: <https://apni.ru/article/11658-socialnaya-adaptaciya-voennosluzhashih-oficerskogo-sostava-uvolennyh-v-zapa>
- [6] J. M. Scurfield, *A Healing Place: Help for Veterans and Families Facing PTSD*. New York, NY, USA: Algora Publishing, 2021.
- [7] R. M. Dawes, "The Psychological Transition from Military to Civilian Life: A Review of Literature on Veteran Reintegration," *Journal of Military and Veterans' Health*, vol. 28, no. 2, pp. 44–53, 2020.
- [8] E. C. Cozza and J. M. Guimond, "The Impact of Military Deployment on Children and Families," *Current Psychiatry Reports*, vol. 23, no. 6, Art. no. 34, pp. 1–11, 2021.
- [9] D. L. Albright, K. Fletcher, and S. Thomas, "Social Work Practice with Veterans and Military Families: Reintegration and Systemic Challenges," *Social Work in Health Care*, vol. 59, no. 4, pp. 215–231, 2020.
- [10] C. A. Castro and H. K. San Jose, "The Military-to-Civilian Transition: A Development Framework," *International Review of Psychiatry*, vol. 33, no. 1–2, pp. 135–144, 2021.
- [11] M. D. Sherman and A. R. Larsen, "Family-Focused Interventions for Veterans with Post-Traumatic Stress Disorder," *Journal of Marital and Family Therapy*, vol. 47, no. 3, pp. 612–628, 2022.
- [12] K. M. Blue, "The Invisible Battlefield: A Sociological Study of Veteran Resocialization and Civilian Identity Construction," *Armed Forces & Society*, vol. 49, no. 1, pp. 88–109, 2023.
- [13] T. W. Britt, M. T. Sliter, and S. M. Castro, "Stigma and Barriers to Care Among Military Personnel Seeking Mental Health Services," *Military Medicine*, vol. 185, no. 5–6, pp. e711–e718, 2020.
- [14] G. H. Glen, *Veterans Affairs and Social Readaptation Policies*, 2nd ed. Washington, DC, USA: LexisNexis, 2022.
- [15] R. S. Johnson and L. K. Taylor, "Evaluating Community-Based Resocialization Frameworks for Retired Non-Commissioned and Commissioned Military Officers," *Journal of Strategic Security Studies*, vol. 17, no. 3, pp. 154–171, 2024.