



## HARBIY SOHA VAKILLARINING MULOQOT USULLARI VA PSIXOLOGIK HOLATLARI

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## COMMUNICATION STYLES AND PSYCHOLOGICAL STATES OF REPRESENTATIVES OF THE MILITARY SPHERE

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## СТИЛИ ОБЩЕНИЯ И ПСИХОЛОГИЧЕСКИЕ СОСТОЯНИЯ ПРЕДСТАВИТЕЛЕЙ ВОЕННОЙ СФЕРЫ

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**Annotatsiya.** Ushbu maqola harbiy kontekstda muloqot uslublari va shaxslarning psixologik holatlari o'rtasidagi murakkab munosabatlarni o'rganadi. Unda ma'lum muloqot shakllari nafaqat xizmatchilar o'rtasidagi shaxslararo munosabatlarga, balki ularning umumiy ruhiy salomatligi va farovonligiga qanday ta'sir qilishi mumkinligi ta'kidlangan. Mualliflar turli xil muloqot uslublari, masalan, qat'iyatli, passiv va tajovuzkor yondashuvlarni va ularning jamoa birdamligiga, ma'naviyatga va individual stress darajalariga ta'sirini tahlil qiladilar.

**Kalit so'zlar:** psixologik holatlar; muloqot strategiyalari; operativ samaradorlik; lingvistik xarakter; tilshunoslik; madaniy kompetentsiya; ijtimoiy amaliyot; kontekstni idrok etish; fanlararo ta'lim; til jamiyati.

**Annotation.** This article investigates the intricate relationship between communication styles and the psychological states of individuals within the military context. It emphasizes how specific communication patterns can influence not only interpersonal relationships among service members



but also their overall mental health and well-being. The authors analyze various communication styles, such as assertive, passive, and aggressive approaches, and their respective impacts on team cohesion, morale, and individual stress levels.

**Keywords:** psychological states; communication strategies; operational effectiveness; linguistic character; linguistics; cultural competence; social practice; context perception; interdisciplinary education; language society.

**Аннотация.** В этой статье исследуется сложная взаимосвязь между стилями общения и психологическими состояниями людей в военном контексте. В ней подчеркивается, как конкретные модели общения могут влиять не только на межличностные отношения между военнослужащими, но и на их общее психическое здоровье и благополучие. Авторы анализируют различные стили общения, такие как напористый, пассивный и агрессивный подходы, и их соответствующее влияние на сплоченность команды, моральный дух и уровень стресса у отдельных людей.

**Ключевые слова:** психологические состояния; коммуникативные стратегии; операциональная эффективность; языковой характер; лингвистика; культурная компетентность; социальная практика; восприятие контекста; междисциплинарное образование; языковое общество.

**Introduction.** Effective communication is a cornerstone of successful operations within the military sphere, where clarity and precision can mean the difference between success and failure. The unique environment of military service, characterized by high-stress situations, hierarchical structures, and the necessity for teamwork, demands that individuals adapt their communication styles to foster collaboration and maintain operational efficiency. However, the psychological states of military personnel often influence how they communicate, which can, in turn, affect their mental health and overall performance.

This article explores the intricate relationship between communication styles and the psychological states of representatives in the military. It examines how different approaches—such as assertive, passive, and aggressive communication—impact interpersonal dynamics, team cohesion, and individual well-being. By analyzing the psychological underpinnings of these communication styles, we aim to shed light on the challenges faced by service members in conveying their thoughts and emotions effectively.

Moreover, this study highlights the significance of understanding these dynamics not only for enhancing operational effectiveness but also for promoting mental health and resilience among military personnel. As service members transition from military to civilian life, the ability to adapt their communication styles becomes increasingly vital, with implications for their social integration and psychological



adjustment. Through a comprehensive examination of these factors, this article seeks to contribute valuable insights into the development of effective communication strategies that support both the operational needs of military organizations and the mental health of their personnel.

**Methods.** To investigate the relationship between communication styles and psychological states among military personnel, a mixed-methods approach was employed, integrating both quantitative and qualitative research methodologies. This comprehensive strategy allowed for a nuanced understanding of how different communication styles impact psychological well-being within the military context.

The study included a diverse sample of military personnel from various branches (Army, Navy, Air Force, and Marines) and ranks (enlisted personnel to officers). A total of 300 participants were recruited through military bases and training programs. Inclusion criteria required participants to be active-duty service members with at least six months of experience in their roles to ensure familiarity with military communication practices. A validated self-report questionnaire was used to assess participants' predominant communication styles (assertive, passive, aggressive). The CSI consists of 30 items rated on a 5-point Likert scale, measuring tendencies in interpersonal interactions.

The General Health Questionnaire (GHQ-12) was employed to evaluate participants' psychological well-being. This instrument assesses symptoms of anxiety, depression, and stress, providing insights into the mental health status of service members. Participants provided demographic information, including age, gender, rank, branch of service, and years of service, to facilitate subgroup analyses. To gain deeper insights into the experiences and perceptions of military personnel regarding communication styles and psychological states, semi-structured interviews were conducted with a subset of 30 participants. These interviews explored themes such as challenges in communication, the impact of communication on mental health, and strategies for effective interpersonal interaction.

Two focus groups consisting of 8-10 participants each were organized to discuss collective experiences related to communication within military teams. Discussions were guided by open-ended questions that encouraged participants to share their thoughts on the relationship between communication styles and psychological well-being.

**Results and discussion.** The analysis of the Communication Styles Inventory (CSI) revealed the following distribution among participants:

- 45% of participants predominantly identified with assertive communication styles, characterized by clear and direct expression of thoughts and feelings.



-30% of participants exhibited passive communication styles, often avoiding conflict and failing to express their needs.

- 25% of participants reported aggressive communication styles, which included dominating conversations and expressing hostility.

-The mean score for psychological well-being among participants was 4.2 (SD = 3.1), with scores ranging from 0 to 12. Higher scores indicated poorer psychological health.

- Approximately 35% of participants scored above the threshold indicating possible anxiety or depression, suggesting a significant portion of military personnel may be experiencing psychological distress.

- There was a positive correlation ( $r = -0.45$ ,  $p < 0.01$ ) between assertive communication and psychological well-being, indicating that higher assertiveness is associated with better mental health.

- A significant positive correlation ( $r = 0.38$ ,  $p < 0.01$ ) was found between passive communication and GHQ scores, suggesting that those with passive styles are more likely to experience psychological distress.

-Aggressive communication was positively correlated ( $r = 0.32$ ,  $p < 0.01$ ) with symptoms of anxiety and stress.

Participants emphasized that assertive communication significantly enhances team cohesion and trust within military units. Many noted that clear expression of expectations and concerns leads to stronger interpersonal relationships and improved morale. Those who identified as passive communicators reported feelings of frustration and isolation, often feeling overlooked in discussions. Participants expressed that this style led to misunderstandings and increased stress due to unresolved issues. While some participants acknowledged that aggressive communication could sometimes lead to quick resolutions in high-pressure situations, many also recognized its detrimental effects on team dynamics and individual mental health. Participants highlighted instances where aggression led to conflict and decreased overall unit effectiveness.

The findings of this study underscore the critical relationship between communication styles and psychological states among military personnel. The predominance of assertive communication among a substantial portion of participants aligns with previous research suggesting that effective communication is vital for operational success and mental well-being in high-stress environments like the military.

The positive correlation between assertive communication and psychological well-being suggests a need for training programs focused on developing assertive



communication skills within military ranks. Such initiatives could empower personnel to express their thoughts and feelings more effectively, potentially reducing anxiety and depression rates. While this study provides valuable insights, it is essential to acknowledge its limitations, including reliance on self-report measures and the cross-sectional design. Future research should consider longitudinal studies to explore changes in communication styles and psychological states over time, as well as interventions designed to enhance assertive communication skills.

Fostering effective communication styles within the military context is crucial for enhancing psychological well-being among personnel. By prioritizing assertiveness and addressing the challenges associated with passive and aggressive communication, military organizations can improve both mental health outcomes and operational effectiveness.

**Conclusion.** This study highlights the significant relationship between communication styles and psychological states among military personnel. The findings indicate that assertive communication is positively correlated with better psychological well-being, while passive and aggressive communication styles are associated with increased psychological distress. These insights underscore the importance of effective communication in fostering a healthy mental environment within military settings.

The predominance of assertive communication among participants suggests that cultivating this style can enhance team cohesion, trust, and overall morale. Conversely, the challenges faced by those who adopt passive communication highlight the need for supportive structures that encourage open dialogue and expression of thoughts and feelings. Additionally, the complexities surrounding aggressive communication necessitate strategies that promote emotional intelligence and conflict resolution to mitigate its negative impacts.

Given the high-stress nature of military environments, implementing training programs focused on developing assertive communication skills could be beneficial in improving mental health outcomes. By prioritizing effective communication practices, military organizations can not only enhance individual well-being but also improve operational effectiveness.

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