

Research of Psychological Protection Mechanisms in World Psychology

Sobirova Mokhira Rasulovna

Master's degree in Pedagogy and Psychology, Pedagogical Institute, Bukhara State University

ABSTRACT: This article discusses the study of the mechanisms of social psychological protection of the individual in world psychology. The focus is on the views of psychologists on the definition and classification of social psychological protection mechanisms of the individual. It summarizes the views of Z. Freud, E. From, K. Horne, R. Granovskaya, F. Bassin, F. Kramer on the subject.

KEYWORD: defense mechanisms, adolescence, sublimation, projection, family relationships, personality formation, stress, mood.

I. INTRODUCTION.

For many years, psychologists have focused on personal protective mechanisms. An individual's defense mechanisms is aimed at reducing negative influences, which are unexplained psychological defense mechanisms that regulate human behavior, increase flexibility, and balance the psyche. Many defense mechanisms develop from early childhood and lead to the child being closed (the child is not able to express himself freely, he becomes humane), hiding from external difficulties and dangers. The main determinant of a child's development is family relationships, in which the breakdown of family relationships often leads to disharmony of personal emotional development, pathopsychology and hypertrophy of the child's psychological protection. Today, the conditions of upbringing in the family, the social status of the family, the profession and financial security of family members, the level of education of parents have an undeniable impact on the mental development of the child.

The relevance and importance of the study of the problem of formation of psychological protection and mechanisms have also related to the current socio-economic, cultural, political changes in society, which affect the process of development and socialization of the individual. This effect is especially important during the transition period. Social changes in society and the family lead to increased emotional discomfort and internal tension in adolescents, and they experience this condition as a personal challenge, which is evident in their relationships with those around them. In this regard, there is a growing interest today in the study of the formation of psychological defense mechanisms that help adolescents maintain stability and emotional acceptance of themselves and their environment.

II. METHODOLOGY

Psychological defenses and mechanisms have seen as an important form of the adaptive process that occurs when people respond to stressful situations. [3] This phenomenon is described by Sigmund

368	ISSN 2690-9626 (online), Published by "Global Research Network LLC" under Volume: 3 Issue: 1 in January-2022 https://grnjournals.us/index.php/AJSHR
	Copyright (c) 2022 Author (s). This is an open-access article distributed under the terms of Creative Commons Attribution License (CC BY). To view a copy of this license, visit https://creativecommons.org/licenses/by/4.0/

Freud in “Protective Neuropsychosis” by E. From, K. Horne, Granovskaya R.M., Rottenberg V.S., Romanova Y.S., Bassin F.V., Kamenskaya V.G., Gracheva G.V. and in the work of others. In this article, we used descriptive, analytical methods to determine the solution to the problem posed.

III. RESULTS AND DISKUSSION

The “psychological defense mechanisms” associated with the name Sigmund Freud were the first expression of the dynamic position in psychoanalytic theory. The term psychological defense mechanisms was first used in 1894 by Sigmund Freud in Protective Neuropsychosis. It was used in Freud’s “Protective Neuropsychosis” and in “I” to describe affect against painful or unbearable thoughts and influences[4]. In his practice, the scientist encounters resistance while treating hysteria, trying to influence the patient's subconscious. This resistance prevented the patient from recovering. Freud describes it as a squeezing phenomenon, saying, “Those forces, like resistance, are now obstructing, forgetting to enter the mind, simultaneously causing the forgetfulness and forgetting of the relevant pathogenic experiences. I called it squeezing and I saw it as a proven resistance”. In his later work, the scientist discusses other defense mechanisms, a set of mechanisms that control human behavior. In his works, Freud identified the following psychological defense mechanisms: squeezing, projection, regression, mixing, rationalization, reactive formation. These mechanisms activate the person without realizing it and reduce the various negative consequences, while distorting the reality. Denial mechanisms are the blocking of the perception of any information that may harm a person in any way or lead to conflict. Projection is the transfer of one's bad qualities and attributes to another person. Mixing is a protective mechanism that allows you to divert your sensations from an object of concern to another object. The manifestation of regression seems to be infantile. Rationalization, on the other hand, involves explaining one's actions in a way that is acceptable to oneself. The protective mechanism of reactive formation is a mechanism that allows them to reduce the level of anxiety by limiting the same emotions and impulses, amplifying the opposite emotions and impulses [1]. Freud's work is continued by his daughter, who expands the meaning of these concepts. In addition to the innate characteristics of these defense mechanisms, it also reflects the individual characteristics acquired during human ontogeny. Freud's monograph lists fifteen types of defense mechanisms. The Dictionary of Psychiatry, published by the American Psychiatric Association in 1975, describes twenty-three types of protective mechanisms. B.A. Marshanin classifies psychological protection as follows[6]:

I-Classification

There are primitive, immature and very simple types of protection, the purpose of which is to prevent information from entering the mind:

- Separation (isolation);
- Projection;
- Rejection;
- Identification.

Definitive - breaking information into consciousness:

- Sublimation;
- Rationalization;
- Altruism;
- Humor.

II-Classification

Psychological defense mechanisms reduce anxiety, but do not change the character's impulses:

- Relocation;
- Projection;
- identification;
- cancellation;
- insulation;
- inhibition.

Psychological defense mechanisms reduce anxiety, but change character impulses:

- Autoaggression;
- Reversion (change of motives and emotions);
- Regression;
- Sublimation.

During adolescence, complex biosocial processes take place, and as a result, the adolescent experiences emotional stress. Stress is associated with physical and psychological changes during adolescence, and adolescence is also seen as a unique stress development phase. Adolescents are more sensitive to stress, various life changes and events than adults, and the changes that occur during adolescence are stressogenic, causing internal insecurity in adolescents and mobilizing defense mechanisms. Adolescents protect themselves from the stressful, negative effects of the social environment.

E. From described the psychological defense mechanism as a manifestation of aggression.

Socio-cultural theorist K. Horne argues that the birth of a desire for self-preservation is born of "basic anxiety," anxiety, and a sense of insecurity.

In Russian psychology, this problem is addressed by Granovskaya R.M., Rottenberg V.S., Romanova Y.S., Bassin F.V., Kamenskaya V.G., Gracheva G.V. and in the work of others. R.M. Granovskaya describes psychological defense mechanisms as a barrier that protects the individual from a complete understanding of the world, narrows and distorts ideas. A person only receives dangerous information, which is then corrupted and remains in the mind in the most convenient form for the person. The most dangerous information did not understood and assimilated. But psychological defense mechanisms can also have a positive effect on the human body. It protects the human mind from the flow of dangerous information, ensures the achievement of a possible goal, and helps to solve a specific situation. [2]

According to sources, F.V. Bassin was a scientist who prioritizes the issue of psychological protection [7]. His contribution to science is that he sees the protective phenomenon not as an artifact of psychoanalysis, but as a truly existing mental phenomenon with the correct and operational capabilities of scientific research. F.V. Bassin does not limit the importance of psychological protection to specific excise situations, for example, according to researchers Y. Savenko and F.E. Vasilyuk, defense mechanisms occur in the process of self-actualization, and this process is called complex situations or "impossible situations". It is important to study this problem, especially during adolescence, as well as during the transition from teen-ager to adolescence. It is from this period that

a man is formed as a person and his worldview expands. The most important feature of this period is the ability to determine one's own destiny, to choose a career and a way of life, to take responsibility, to take a new position in society and in the family. Lack of proper life skills, lack of behavioral skills, inability to cope with new challenges, inability to cope with stress can lead to even more emotional stress in adolescence. In such strong situations, the adolescent resorts to various forms of protection, and in rare cases is destructive. Adolescents' use of ineffective psychological protection methods can lead to the development of deviations and deviant behavior.

F. Kramer points out the projection mechanism as the most popular mechanism among teenagers. On the one hand, this mechanism helps a person to reject the qualities he does not want and to strengthen his position in society. At the same time, the imposition of imaginary flaws on others leads to hostility and negativity in interpersonal relationships, resulting in problems in building interpersonal relationships.

It should be noted that psychological defense mechanisms can have both constructive and destructive effects. Protective mechanisms of a constructive nature help to adequately assess the situation, identify an alternative goal and select the optimal means to achieve it, to meet the needs and requirements. Destructive defense mechanisms are the denial and distortion of reality, which over time lead to pathological changes in the individual. Psychological defense mechanisms therefore protect the body from psychotraumatic disorders, situations, negative information, and increase resilience in critical situations. It should also be noted that psychological defense mechanisms can sometimes lead to serious consequences, personality formation and disruption of social adjustment.

IV. CONCLUSION

In conclusion, psychological protection is a real mental phenomenon that was first discovered and described in the paradigm of psychoanalysis. The emergence of psychological defense mechanisms contributes to a situation that is a serious test for a person, to a certain extent exceeding his inner capabilities, beyond his actual development. Psychological protection is determined not by an objective event, but by the subjective significance of that event for the individual. The main task of psychological protection is to eliminate psychological discomfort, not a real solution to the exclusive situation. Psychological defense mechanisms reduce stress, improve mood and adapt to the situation. But it takes a lot of effort for a person to keep their fears and desires in check. In this case, the protection creates a lot of restrictions for the person, which inevitably leads to the closure and isolation of the person. Significant energy expenditure to keep oneself "at work" can be felt as chronic fatigue or increased general anxiety. Clearly, the problem of psychological protection involves a central conflict between a person's desire to maintain mental balance and the loss that leads to an over-penetration of protective equipment. On the one hand, there are undoubted benefits of all kinds of protections aimed at reducing the tension accumulated in the human heart by distorting the original information or changing the behavior accordingly. On the other hand, their excessive inclusion does not allow a person to be aware of the objective, real situation, to have an adequate and creative relationship with the world.

REFERENCES:

1. Фрейд А. Психология «Я» и защитные механизмы. — М.: «Педагогика Пресс», 1993, — 140 с.
2. Грановская Р. М. Элементы практической психологии. — СПб.: «Свет», 1997. — 608 с.

3. Набиуллина Р. Р., Тухтарова И.В. Механизмы психологической защиты и совладания со стрессом. Учебное пособие. Казань, 2003
4. *Фрейд А.* Эго и защитные механизмы. – М. : Эксмо, 2003. – 256 с.
5. *Березин Ф.Б.* Психологическая и психофизиологическая адаптация человека. – Л., 1988.
6. <https://urok.1sept.ru/articles/578887>
7. https://pedlib.ru/Books/6/0241/6_0241-30.shtml