



THE MECHANISM OF PSYCHOLOGICAL PROTECTION IN A PERSON

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Annotation: this article analyzes the psychological defense mechanisms used by the individual. A list of fifteen rmuhim protection mechanisms used by the individual in particular compensation, rationalization, projection, identification modification, sublimation, repression, regression, negativism, sympathies, withdrawal of money, fantasy or daytime dream, reaction formation, introjection, acting have been studied in detail.

Keywords: psychology, protection, orientation, rationalization, compensation, negativism.

If a person tries to eliminate a deficiency by directing his strength to other shortcomings of his personality, he uses a compensation mechanism. For example, an academically weak student can do very well in sports or cultural activities.

This is one of the most popular mechanisms we use. A person who is depressed or unable to successfully solve his problem and finds himself disturbed will try to reduce his sense of guilt and anxiety by using this instrument. He behaves and responds in response to frustration, and instead of justifying his actions with real and real reasons, he gives various reasons.

Rationalization takes on a special form called the sour-grape mechanism. The name came from a fairy tale about the Fox, which took a lot of time and effort, it could not reach the Grapes of the tree. Since he could not succeed even after several attempts, he said that the grapes are sour, so it can no longer be tried.

We often emphasize that it is not worth what we cannot achieve. For example, a student who has failed the exam several times may argue that such exams can only be passed by the exam. Another form of rationalization is the sweet-lemon mechanism. This is contrary to the sour grape mechanism.

The main topic here is that whoever thinks for the benefit of it, no matter what. For example, a person may be deprived of great wealth, which will be a heavy blow to him, but due to rationalization, this blow can soften, because he can enjoy the simple and more important and durable things in life that he previously ignored. time.

Another example, due to the limited income of her husband, a housewife living in a small house can praise the qualities of living in small houses and say that they are much more comfortable and easier to care for.



We often position ourselves as a means of reducing our feelings of guilt or failure for our own shortcomings, desires or moral defects. For example, a person who has a habit of lying can say that everyone in the world is a liar.

A special form of projection is called displacement or transfer. For example, a student nurse who is reprimanded by a teaching nurse for neglecting her duties may be very angry about it, but instead of directing her anger at the teaching sister, she directs her anger at the sick patient. can show. did nothing to hurt her feelings.

It is an adjustment mechanism that allows us to be satisfied with the success of other people, groups or organizations. For example, boys often get to know their fathers and daughters and mothers. Another example is that students often get to know their favorite teacher and change their behavior accordingly.

Another example is that if we do not have certain qualities and cannot achieve our ambitions, we identify ourselves with those who have these qualities and achieve them through self-awareness. Hero worship is a form of identification where we identify ourselves with a character in a story or drama or someone in real life.

As we grow up, we start identifying ourselves with schools, colleges, universities, clubs and organizations. Thus, identification can serve as a necessary defense mechanism, but if overused, we only bask in the glory of others and do not seriously strive for success and glory in our own lives.

It is an adjustment mechanism in which the original goals or desires are replaced by others. The initial goals are difficult to achieve, and attempts to achieve them may fail, after which a person tries to reduce the consequences of real failure by setting a new easier goal. For example, a child who cannot get into medical college because of lack of funds or merit may choose to take an evening course in X-ray technology.

It is a form of substitution mechanism in which our desires or activities are channeled into socially desirable channels. For example, a business person who is angry about some events of the day can direct his energy to games, gardening or other manual work.

Thus, he directs his negative emotions into behavioral patterns. It is important to note that sublimation is only possible if education and training are good and there is an environment with favorable opportunities for sublimation.

Repression is often called selective forgetting. It is the most useful defense mechanism that helps a person control his dangerous urges and minimize the threat by preventing unpleasant thoughts from becoming conscious. Repression is an attempt to consciously avoid reporting unpleasant information.

However, unpleasant memories do not disappear, but continue to influence our behavior. For example, a person who represses memories of childhood suffering may have difficulty forming normal relationships later in life.

Some people do not maturely face life's problems, its stresses and strains. They revert to infantile or childish behavior and thereby avoid the pain of conflict or tension. Such behavior is called regression. It always implies a form of behavior that is less mature than expected from the individual.

It is true that using the mechanism from time to time may not harm a person's personality, but living in the past or resorting to childish thinking and behavior, constantly avoiding problems, poses a serious threat to the development of personality. Such a person can become very dependent, indecisive and afraid of change.



Some people react negatively to stressful situations. This means that they refuse to attack any problem or obstacle they encounter. On the contrary, they become contradictory, stubborn and rebellious. They do not cooperate and do the opposite of what should be done.

Children who are treated unfairly and humiliatingly, who are depressed or, conversely, who are pampered excessively, are likely to develop uncooperative and negativist behavior. Disobedience and bad behavior are expressions of their negativism.

Here, a person avoids solving his problems by seeking the sympathy of others. Many people are happy if someone turns to them for sympathy. They try to focus on the difficulties and express their concerns.

Some tend to get into trouble. They do everything they can to avoid psychologically difficult situations. Failure and criticism make them timid and insecure.

For example, a student who is afraid of social success may avoid interacting with other students. He may stay at home or alone, refuse to participate in sports or social gatherings.

A kind of daydream-retreat. Many people turn to it when we face difficult problems in life. Instead of dealing with these problems realistically, we take ourselves to a fantasy world where we don't face failure and succeed in everything we do.

Undoubtedly, a daydream is a pleasant thing. It helps us to avoid conflicts in our daily life. It can help us relax and look at things in a new way. However, daytime and lack of sleep can lead to a loss of contact with the serious facts of life and lead to psychotic disorders.

Here, a person develops conscious attitudes and forms of behavior that are contrary to reality. Response formation reduces anxiety by training the opposite emotion, impulse, or behavior. Being overly polite to someone you don't like in order to hide your true feelings is an example of reaction formation.

It involves accepting other society's values and norms as one's own. In introjection, a person includes and accepts external demands.

This reaction reduces tension and anxiety by allowing for expression. For example, an angry person may hit the person who angered him. But in many cases, it is impossible to act because of social morality and social expectations.

Ego defense is certainly not unhealthy. Lack of these protections or failure to use them effectively can often lead to problems in life. However, we sometimes use them at the wrong time or overuse them and this can also be fatal.

In some areas of psychology (especially psychodynamic theory), psychologists talk about "defense mechanisms" or the manner in which a person behaves or thinks in a certain way in order to better protect or "protect" one's inner self (personality and self-image). they speak . Defense mechanisms are a way of looking at how people distance themselves from being fully aware of unpleasant thoughts, feelings, and behaviors.

Psychologists have classified defense mechanisms according to how primitive they are. The more primitive the defense mechanism, the more ineffective it will be for a person in the long run. But usually the more short-term defense mechanisms are very effective, so many people and children like them (when such primitive defense mechanisms are first learned). Adults who haven't learned better ways to deal with stressful or traumatic events in their lives often resort to these simple defense mechanisms.



Many defense mechanisms are quite unconscious - meaning most of us don't even realize we're using them right now. Some types of psychotherapy can help a person learn what defense mechanisms they are using, how effective they are, and how to use less primitive and more effective mechanisms in the future.

1. Denial

Denial is refusing to accept reality or reality, acting as if a painful event, thought, or feeling does not exist. It is considered one of the most primitive defense mechanisms because it is characteristic of early childhood development. Many people use denial in their daily lives to avoid facing painful feelings or areas of their lives that they don't want to admit. For example, a person who is a heavy drinker usually gives up their drinking problem, which shows how well they are doing in their work and relationships.

2. Regression

Regression is a return to an earlier stage of development in the face of unacceptable thoughts or impulses. For example, an adolescent filled with fear, anger, and growing sexual impulses may become clingy and begin to exhibit behaviors that he already overcame as a child. An adult can be under great stress, refuse to get out of bed, and abandon normal daily activities.

3. Acting

Acting is extreme behavior to express feelings that a person is unable to express otherwise. Instead of saying, "I'm mad at you," the person making the move might throw a book at him or punch a hole in the wall. When one moves, it can act as a stress reliever and often helps one feel calm and relaxed again. For example, a child's anger if he does not agree with his parents is a form of behavior. Self-injury can also be a form of expressing through physical pain what you cannot feel emotionally.

4. Dissociation

Dissociation is when a person loses time and/or a person and finds another version of their identity to continue in the meantime. A disconnected person often loses track of time, self, and normal thought processes and memories. People with any history of childhood abuse usually suffer from some form of dissociation.

In extreme cases, dissociation can cause a person to believe that they are more than one person (a "multiple personality disorder" known as dissociative identity disorder). People who use dissociation often have a discontinuous view of themselves in their world. Time and their personal image, like most people, may not flow continuously. Thus, a separated person can be "cut off" from the real world for a while and live in another world that is not filled with unbearable thoughts, feelings and memories.

5. Compartmentalization

Compartmentalization is when parts of the self are separated from knowing the other parts and behave as if they have separate sets of values. For example, there may be someone who cheats on their income tax returns but is honest in their financial affairs. Thus, he distinguishes between two value systems and sees no hypocrisy in this, perhaps leaving the difference unconscious.

6. Projection

Projection is when you project your feelings or thoughts onto another person as if they were that person's feelings and thoughts.



Projection is the false attribution of one's unwanted thoughts, feelings, or impulses to another person. Projection is especially used when a person is considered unfit to express themselves or feels completely bad about themselves. For example, a spouse may be angry that the other is not listening, but in reality the angry spouse is not listening. Projection is often the result of not understanding and acknowledging one's own motivations and feelings.

7. Reaction formation

Reaction formation is the reversal of unwanted or dangerous thoughts, feelings, or impulses. For example, a woman who is very angry with her boss and wants to quit her job may be overly kind and generous to her boss and wish to continue working there forever. He is unable to express the negative feelings of anger and unhappiness in his work, instead, he is too kind to openly display his anger and unhappiness.

Less primitive defense mechanisms are a step up from the primitive defense mechanisms in the previous section. Many people use these defenses as adults, and while they are good for many, they are not the ideal way to deal with our emotions, stress, and anxiety. Don't feel bad if you recognize yourself using a few of them - everyone does.

8. Repression

Repression is the unconscious blocking of unacceptable thoughts, feelings and impulses. The key to repression is that people do it unconsciously, so they have no control over it. "Repressed memories" are memories that the unconscious has blocked from accessing or viewing. But because memory is so fickle and volatile, it's not like playing the DVD of your life. The DVD is filtered and even modified by your life experiences, even what you read or watch.

9. Transfer

Transference is the redirection of thoughts and feelings that are focused on one person or thing but directed at another person or object. People often use displacement when they can't safely express their feelings to someone they're directed at. A classic example is a person who is angry with his boss but cannot express his anger to his boss for fear of being fired. He comes home instead and kicks the dog or fights with his wife. A man directs his anger from his boss to his dog or his wife. Naturally, this is a very ineffective defense mechanism, because while anger does find a way to express itself, misdirecting it toward otherwise harmless people or things creates additional problems for many.

10. Intellectualization

When a person intellectualizes, he shuts down all his feelings and approaches the situation only from a rational point of view - especially when the expression of feelings is appropriate.

Intellectualization is when faced with an unacceptable impulse, situation, or behavior, without using any emotions to help place thoughts in an emotional, human context. Instead of dealing with painful feelings, a person may use intellectualism to distance themselves from an impulse, event, or behavior. For example, a person who has just received a medical diagnosis will focus on the details of all the impossible medical procedures instead of expressing their grief and sadness.

11. Rationalization

Rationalization is looking at something from a different point of view or explaining one's perceptions or behavior in a different way in the face of a changing reality. For example, a woman who starts dating a man who really loves and cares about her, suddenly gets dumped for no reason. He reimagines the situation in his mind: "I always suspected he was a loser."



12. Cancellation

Cancellation is an attempt to reverse an unconscious behavior or thought that is unacceptable or harmful. For example, after you realize that you have inadvertently insulted another person, you may praise their beauty, charm, and intelligence for the next few hours. By "undoing" the previous action, the person is trying to undo the damage done by the original comment, hoping that they will balance each other out.

Juvenile defense mechanisms are often the most constructive and helpful for adults, but may require practice and effort to use on a daily basis. While early defense mechanisms do little to address underlying issues or problems, mature defenses focus more on helping the person become a constructive component of their environment. People with strong defenses are more at peace with themselves and those around them.

13. Sublimation

Sublimation is the channeling of unacceptable impulses, thoughts and feelings into acceptable actions. For example, if a person has sexual urges, they may not want to exercise, instead they may focus on vigorous exercise. Channeling such unacceptable or harmful impulses into productive use helps a person channelize energy that would otherwise be lost or cause more anxiety.

Sublimation can also be done using humor or fantasy. Humor, when used as a defense mechanism, is the channeling of unacceptable impulses or thoughts into a lighthearted story or joke. Humor reduces the intensity of the situation and puts a cushion of laughter between the person and the impulses. Fantasy, when used as a defense mechanism, is the projection of unacceptable or unattainable desires into the imagination. For example, when you experience a temporary setback in academic achievement, it can be helpful to visualize your career goals. Both can help a person to look at a situation differently or focus on aspects of the situation that were not previously explored.

14. Compensation

Compensation is a process of psychological balancing of perceived weaknesses by emphasizing strengths in other areas. Emphasizing and focusing on one's strengths recognizes that one cannot be strong in everything and in all areas of one's life. For example, someone says: "I don't know how to cook, but I definitely wash the dishes!" - in other words, they are trying to make up for their culinary skills by emphasizing their cleaning skills. When done correctly and not overcompensated, compensation is a defense mechanism that helps strengthen a person's self-esteem and self-view.

15. Reliability

You can be clear and assertive in communication, you should not be aggressive and sharp.

Assertiveness is asserting a person's needs or opinions in a respectful, direct, and assertive manner. Communication styles exist on a continuum from passive to aggressive, falling right in between with mutual trust. Passive and passive communicators are usually good listeners, but rarely talk about themselves or their needs in relationships.

People who communicate aggressively and aggressively tend to be good leaders, but are often able to listen empathetically to others, their ideas and needs. Assertive people maintain a balance where they speak up for themselves, express their opinions or needs in a respectful but firm manner, and listen when spoken to. Being assertive is one of the communication skills and helpful defense mechanisms that most people want to learn and benefit from.

Conclusion



In conclusion, it is worth saying that defense mechanisms are often learned behaviors, most of which are learned when we are children. This is a good thing because it means that you can learn new behaviors and new defense mechanisms that will serve you better in life as you get older. Many psychotherapists can help you work through these issues if you want. But, as mentioned above, when you use one of the less common types of defense mechanisms, being aware can help you identify the behaviors you want to reduce.

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