Socio-Psychological Barriers and Ways to Overcome Them

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Abstract

The article deals with the concept of "psychological barrier," its classification and possibilities of overcoming. Also, it defines the importance of studying psychological barriers from different positions and different categories of people.

The article examines the influence of psychological barriers on the psyche and human health and its consequences. The psychological barrier is a certain intrapersonal barrier, the overcoming of which leads to a qualitative transformation of both the activity of the individual and the personality itself.

Keywords: psychological barrier, protection, education, communication, anxiety, stress, behavior, health, condition.

In our time, the problem of eliminating the socio-psychological barrier is becoming increasingly relevant. It has become a natural and integral part of the daily lives of many people, including children, who are particularly sensitive to its effects. The variety of psychological barriers that protect and at the same time preserve, block the spiritual potential of an individual or community, corresponds to the basic concepts of social psychology (personality, community, communication, activity). In this case, it is legitimate to talk about psychological barriers, respectively, of a person or community, communication or activity. In each of these cases, we are talking about the features of the manifestation of fairly universal mechanisms for the formation and functioning of socio-psychological barriers [1].

The main features of the action of one or another barrier are due to the specifics of the socio-psychological phenomena mentioned above. Thus, the mental state or behavior of a person, arising from the peculiarities of his character, the specifics of spiritual and moral orientation, can act as personal psychological barriers.

In the role of a socio-psychological barrier, on the way to the realization of the creative potential of the individual, it can turn out to be characteristic of a person in certain cases as a state of high, off-scale mental tension, anxiety, stress and stiffness, and, conversely, a state of groundless euphoria, complacency, and, accordingly, not being involved in a difficult situation that requires composure and full concentration of consciousness, will and attention to the solution of the upcoming task.

In other words, any mental state of a person that is not adequate to the requirements of the current situation can act as its personal psychological barrier to the extent that it stems from the characteristics of the character of this individual. So, a person who is prone to increased self-criticism and low self-esteem, constantly doubting his actions and his strengths, most often can be a victim of his own psychological barrier, unreasonable tension and stiffness, hindering the realization of his spiritual potential.

However, providing the psychological protection of the personality from stressful factors that can lead it out of a state of internal balance, these mechanisms, in turn, turn out to be psychological barriers to adequate perception and understanding of the nature of the latter by the personality, protecting from internal conflicts and external influences, the barrier simultaneously inhibits , restrains, freezes and preserves emotional reactivity and impressionability, intellectual activity and mobility of the personality.

To understand the structure and content of the concept of "psychological barrier", we will reveal this concept itself, consider modern points of view on it from the standpoint of modern psychological literature.

In psychology, the barrier is a theoretical concept, it is considered from a high level of generalization and abstraction. Absolutely different factors can act as barriers in relation to a person, both specific (closed door, lack of information), and more generalized, abstract (fatigue, apathy, lack of self-control, etc.). In this regard, the barrier is presented as a psychological phenomenon, which is presented through the form of sensations, concepts, images, experiences, which reflects the properties of the object to limit the manifestations of human life, to prevent the satisfaction of his needs [2].

Here are some of the most common definitions of the concept. So, the psychological barrier is:

➢ an internal, psychological reason that prevents a person from naturally, freely and uninhibitedly behaving in public, in communicating with them in certain life situations (Glossary of terms for psychological counseling, 2016) [3];

➢ an internal obstacle of a psychological nature (reluctance, fear, insecurity, etc.), which prevents a person from successfully performing some action, often arises in business and personal relationships between people and prevents the establishment of open and trusting relationships between them (Glossary. Psychological mechanisms for correcting deviant behavior schoolchildren, 2013) [4];

➢ selective inhibition of activity as a result of the subject's low self-esteem (Legal psychology. Glossary of terms, 2014) [5].

➢ an internal obstacle of a psychological nature, expressed in inadequate passivity of a person and interfering with the performance of certain actions (Pedagogical psychology, 2015) [6] .

Thus, summing up, we can offer the following definition of the concept of "psychological barrier" - a specific state of a person that does not allow him to achieve what he wants or take an active position. In any kind of activity, psychological barriers are important and significant, but their presence can have a serious impact on a person, especially if he is in a state of stress, shock, fatigue.

As a rule, such specific states are directly related to negative experiences associated with specific problems and actual situations that are inadequately acute. A person subjectively experiences psychological barriers as rather serious difficulties in communication, in organizing activities, in relationships, and their result is self-dissatisfaction, low self-esteem and the level of claims, intrapersonal conflicts, pathological fears, anxiety, a feeling of unreasonable guilt, etc. [7].

The psychological barrier of non-inclusion or clearly insufficient involvement in action on the basis of underestimation of the complexity of the situation that is developing more often arises in a person who is prone to an overestimation of his strengths and abilities. But a person can also be a bearer of psychological barriers inherited from the community with which he identifies himself. For example, a psychological barrier manifests itself especially when a person gets into a stressful situation and cannot control himself.

When we talk about the stress that surrounds us everywhere and every day, we are most often talking about adults. After all, we have a job, a family, problems. But, according to experts, modern children, and from a fairly early age, are also in exactly the same situation. And no less than we are, tense and exhausted.

Stress is often called the disease of the 21st century. Humanity is so accustomed to living in fear that it does not pay any attention to it, and yet stress can cause a psychological barrier, a weakened immune system and a health problem. But when the first problems appear, you are unlikely to associate this with the fact that you were nervous at home or at work.

What factors can cause stress?

External stress factors are objective factors that do not depend on a person. The economic situation, political, natural disasters - all these are external factors of stress. For example, the situation with the spread of coronavirus in the world keeps people all over the planet in suspense, and this also applies to external factors leading to stress and to some psychological barriers of the individual.

Internal stress factors - this is influenced by the internal state of a person. For example, chronic anxiety, pessimism, self-criticism, high expectations, inability to adapt to changing circumstances.

If stress accumulates, it becomes chronic. Such socio-psychological barriers associated with problems at school or at work, interpersonal communication problems, health problems or poor lifestyle, etc. can lead to chronic stress.

Especially it should be noted that 2020 has become a stressful year for all people. Due to Covid-19, many people became unemployed, children found themselves in a confined space, the older generation developed a fear of contracting the coronavirus, family relationships strained, which led to various psychological barriers that led to stressful situations.

The coronavirus pandemic and its consequences have become a serious psychological test for many people around the world. Every second person admitted that due to Covid-19 they often or sometimes experience stress. At the same time, parents of young children and schoolchildren, women and youth complain about mental discomfort more than others.

The problem of stress is becoming quite significant in the life of a modern person. Stress permeates almost the entire atmosphere of life these days. Everyone knows about stress: they are afraid, they try to avoid it, they try to deal with the consequences (with more or less success). Stress steals our strength, energy, peace of mind. It is always associated with fatigue, exhaustion, weakening of the soul and body. External signs of stress can be fatigue, painful resentment, narrowing of attention, loss of interest in life, unwillingness to study or work, strain, weakening of the body's defenses, doom up to the desire to commit suicide, an increase in the feeling of the severity of being, that is, to various factors leading to various socio-psychological barriers [8].

Conflicts between personalities have a negative impact on the mental state of both parties. So, children who grew up in incomplete families, or in families where there are frequent conflicts, cruelty, are more prone to mental disorders. Another area where conflicts can arise is the school.

School conflicts are often associated with academic performance, authority, adaptation, choice of profession. After leaving school, children are exposed to even more serious stressful situations. For example, these include those applicants who did not enter the institutes or those who entered, but cannot pay for their studies and continue their education. All this leads first to anxiety, then to stress and depression.

For all his student activity, a student often finds himself in stressful situations (lack of free time, a large amount of tasks, lack of sleep, financial problems, etc.).

After graduation, the young specialist is even more worried because he cannot find a suitable job. In our time, this problem is very relevant. After finding a job, a young specialist is criticized by management for lack of sufficient practice. Each person reacts to this differently. Someone perceives this as normal, but for some it is a real disaster. As a result, a person again has a socio-psychological barrier that prevents further human activity.

In addition, now the young man is thinking of building a family life. Here again is a problem. Firstly, the housing problem, secondly, low wages, and thirdly, large expenses for the wedding (dowries, furniture, etc.). After this stage, other disappointments in life await a person, i.e. family quarrels, unrequited love, sexual incompatibility, infidelity or childlessness.

And in old age, older people become more vulnerable. They are sensitive to criticism and are often stressed. At this age, they often suffer from a lack of finances, attention and care for children, poor health and often fall ill with diseases such as hypertension, diabetes and even cancer. After all, these diseases just happen precisely because of stress (due to resentment and because of unresolved problems), especially because of the psychological barrier that prevents a healthy lifestyle.

Summing up, I would like to note that people, exposing themselves to stressful situations, often fall ill with various diseases, sometimes even incurable. Based on this, we recommend that you remain calm in any conflict situation, do not react sharply to what is happening, love yourself, value and protect your precious health.

We suggest the following as ways to overcome psychological barriers:

➢ one should learn to understand oneself (to feel at what point the barrier begins to build) and others (to see their behavior and recognize other people's barriers);

➢ try to create a comfortable atmosphere during communication (if it is noticeable that a particular topic causes a clash of characters and opinions, it is better to switch to something more optimistic, light and relaxed);

➢ use a sense of humor - it always helps to relax and contribute to a fun dialogue;

➢ if a person is impulsive, then it is worth a little control over his loud speech and active gestures;

➢ to the extent possible, attend social and psychological trainings;

➢ engage in self-development, read books and broaden your horizons;

➢ leave the comfort zone and be able to start all over again from scratch;

➢ go in for sports, listen to music, communicate with positive and successful people.

➢ overcome fear in yourself.

➢ materialize your thoughts, meditate, etc.

Thus, summarizing the material in the field of studying psychological barriers, we can talk about the presence of barriers of different levels and different nature. Knowledge of the typology of psychological barriers and its functions will make it possible to identify areas of possible difficulties for a person in the process of his life activity; prevent the emergence of psychological barriers in various life situations; organize interaction more effectively; use the psychological barrier as a psychological means of developing a holistic individuality of a person.

However, until now, the issues of the psychological barrier, its classification and the possibilities of overcoming it have not been fully studied and require further development in various fields of research.

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