

THE INFLUENCE OF PSYCHOLOGICAL PROTECTIVE MECHANISMS IN THE FORMATION OF THE IDEOLOGICAL IMMUNITY IN ADOLESCENTS

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ABSTRACT

This article presents the basics of analysis of psychological defense mechanisms in adolescents. The stable formation of these psychological protective mechanisms in adolescents is covered from the psychological point of view of preparing the soil for the formation of ideological immunity of adolescents. Also in the article, the positive and negative influence of the formation of ideological immunity on the increase or decrease in adolescents of such psychological defense mechanisms as "displacement", "regression", "exchange of places", "rationalization", "negation", "projection", "Compensation", "hypercompensation".

Keywords and terms: ideology, ideological immunity, "displacement", "regression", "exchange of places", "rationalization", "negation", "projection", "compensation", "hypercompensation".

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

It is known that the present times are considered an information age. That is, young people have access to use to a huge amount of information, which is unlimited in time and in territorial ownership. But along with information on the development of regions, on the development of the universal spirituality of peoples, the likelihood of penetration into our lives is destroying, aggressive and propagandizing anti-state ideologies. In such situations, it is required either to form a stable ideological immune system in adolescents or to teach them to determine positive information from negative ones. Indeed, the socio-political situation taking place in the world requires paying more attention to the psychological possibilities and properties of individuals.

In our studies, we set a goal — to analyze the role and importance of psychological defensive mechanisms of individuals in the formation of stable ideological immunity in adolescents with regard to information and ideological attacks for poisoning the human mind. We assume that the strengthening of some psychological defense mechanisms in adolescents is a stable ideological immunity in them.

The problem of the manifestation of protective mechanisms in individuals is studied by foreign psychologists in wide circles. Including, foreign psychologists and sociologists A. Willy, E. Durkheim, P. Jane, T. Schreiber, K. Bühler, V. Matthews, J. Bruner, S. Hall, W. James, D. Cheney, E. Clapared and many other researchers have done a lot of work in this direction.

Teachers, psychologists and sociologists of the former union N.N. Obozov, V.A. Sysenko, A.N. Leontiev, Yu.E. Alyoshina, N.I. Gubanov, V.N. Sokolova, G.Ya. Yuzefovich, D. V. Kolesov, N.V. Silverova, N.N. Tolstykh, A.G. Shmelev, T. Kartsev, E. Goffman, V.G. Vlastovsky, A.V. Baranov, P.F. Lesgaft, Plutchik and others have also conducted many studies in this area. Increasing attention to this problem now poses many problems for Uzbek psychologists, for which they must find solutions. This is worthy of respect for the work of domestic psychologists scientists such as M.G. Davletshin, G.B. Shoumarov, E.G. Gaziev, B.R. Kadirov, R.I. Sunnatova, G.K. Tulyaganova, N.I. Khalilova and others.

Z. Freud studied first the problems of psychological defense mechanisms in individuals and in 1894 introduced this term into science. Later on the increase in the number of studies in this area is increasing and its practical and theoretical significance. Followers of the theory of Z. Freud — A. Freud, K. Levin, T. Shibutani tried to find out the goals and objectives of the defense mechanisms. Including, in theories of researchers such as F. Bassin, A.G. Rotenberg, V. V. Var-shavsky, V. G. Meiger, E. P. Sokolov, E. S. Romanov, L. R. Grebennikov indicated the importance of the importance of psychological defense mechanisms in the development of personalities, especially, it is noted that the normal functioning of the human psyche is maintained in preventing the psychic loading of personalities. Naturally, we have questions: What is psychological protection? What is its definition? What are its tasks? And who defends whom or from whom? Do they really need people or vice versa, are they not needed?

Of the many studies it is supposed to give a definition of psychological defense mechanisms in individuals as follows. Psychological protection is an unconscious mental process aimed at protecting individuals from negative experiences and alien ideologies.

Now we consider the regularity of the formation of psychological defense mechanisms of individuals and we will find answers to the questions that appear on this ground.

In personalities from infancy to the very end of life, mechanisms are formed and developed, the so-called "psychological defense", "protective mechanisms of the psyche". These mechanisms protect the human mind from various negative emotional experiences and perceptions, from alien ideologies. Not the estate in the protective mechanisms of unity from the point of view is explained by the personal property of individuals. However, the existence of protective mechanisms in individuals has been proved experimentally many times [1].

A. Freud in his fundamental monograph published in 1936 gives full information about the various methods of defensive actions [2].

Summing up his research A. Freud gives the following definition of protective mechanisms. Protective mechanisms are the activity of the "I", it appears when it is possible to render in the state of affect or hyperactivity of the "I", which causes danger to itself (*under pressure on a person, the process of understanding the destructive ideology of individuals manifests a certain anxiety, and this state is a signal for the subconscious of the person, and the subconscious of the person considers it a threat to themselves, where protective mechanisms will come to the rescue*). They function without agreement with the mind.

In Russian psychology, the theory of attitudes of D.B. Usnadze and the theory of relations of V.N. Myasishchev can be cited in the phenomenology of defense mechanisms. Previously, in Russian psychology, psychological defense was studied unorganized [3].

Psychological defense mechanisms facilitate conflicts, protect human behavior from bad and abnormal behavioral norms, manage it by enhancing mental stability and adaptation [4].

As the main mechanism for ensuring psychological security is revealed by a special control system that stabilizes the individual. They are aimed at minimizing or preventing feelings of anxiety associated with the understanding of conflict situations and destructive ideologies. In connection with this approach, the main function is considered to "block off" the negative traumatic experiences of the environment of the minds of humanity [5].

In a broad sense, the term "psychological defense" as a negativism resulting from the prevention of psychological discomfort is used in explaining any actions that change the system of interpersonal relationships, behavior, reason, and when "lies", "violations" occur, the erroneous activity of personalities.

In a narrow sense, psychological protection is understood as a concept led to a peculiar change in the composition of the mind as a result of the functioning of a number of protective mechanisms. They are depression, negation, projection, identification, regression, isolation, rationalization, conversion, etc. [6].

A defense mechanism is any process associated with avoidance, denial, vision, threat (alien, destructive ideas and ideologies), risk or source of anxiety. Protective mechanisms, too, help us for a comfortable perception of ourselves and for the ordering of the idealized image of the "I". Sigmund Freud was among the first to identify many types of defense and assumed that these mechanisms operate unconsciously [7].

There are two main characteristics of the psychological defense mechanisms of individuals:

1. Denial or violation of reality (*manifested in a good or bad understanding and sorting of ideas and ideologies that affect the mind of individuals*).
2. Activity at the level of unconsciousness (*the manifestation of psychological defense mechanisms as denial, repression, disagreement about positive or negative ideas and ideologies by a conscious person*).

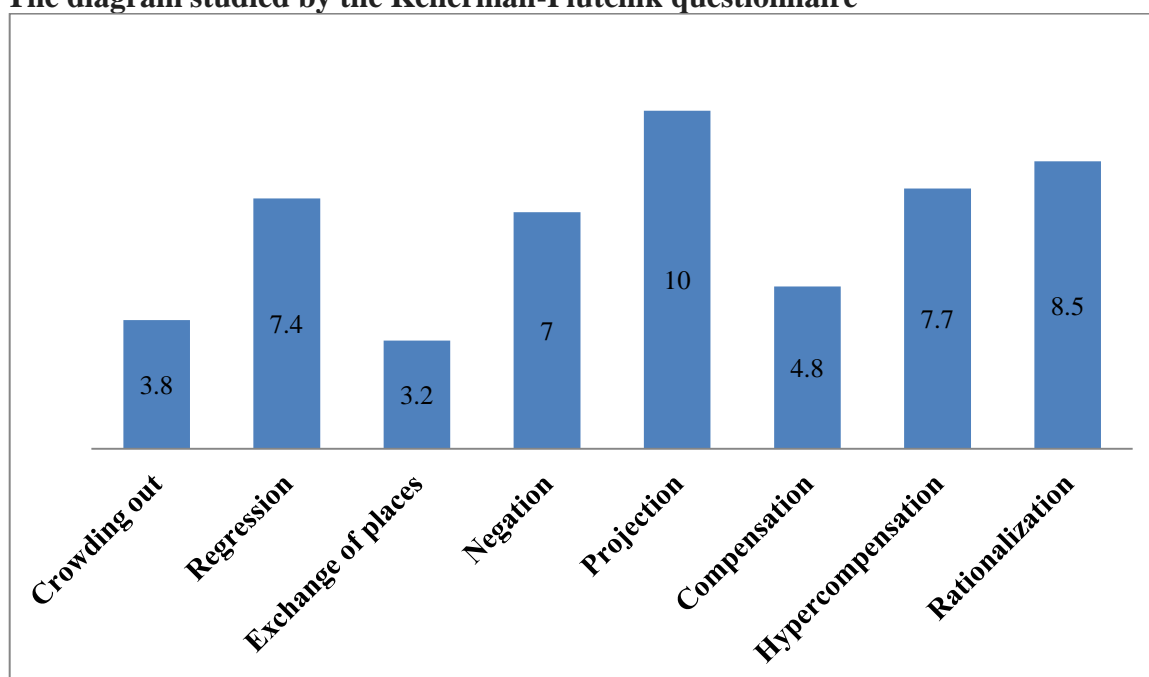
Often people prefer to use protective mechanisms in a complex form, rather than separate types of protective mechanisms. In addition, many people find it habitual to use certain types of protective mechanisms [8].

The teenager invited to our studies for practical proof of our hypothesis that the strengthening of psychological defense mechanisms creates the ground in the formation of a stable ideological immunity; we used the Kellerman-Plutchik questionnaire. In our studies, 50 teenagers participated.

The table studied by the Kellerman-Plutchik questionnaire

№	Psychological mechanisms of protection	Indicators
1	Crowding out	3,8%
2	Regression	7,4%
3	Exchange of places	3,2%
4	Negation	7,0%
5	Projection	10,0%
6	Compensation	4,8%
7	Hypercompensation	7,7%
8	Rationalization	8,5%

The diagram studied by the Kellerman-Plutchik questionnaire



Relative characteristics of psychological defense mechanisms that affect the formation of ideological immunity

№	Psychological mechanisms that positively influence the formation of ideological immunity.	Psychological mechanisms that negatively influence the formation of ideological immunity
1	Projection	Crowding out
2	Compensation	Regression
3	Hypercompensation	Negation
4		Exchange of places
5		Rationalization

The group percentage of the psychological defense mechanism the displacement is 3.8%. The established indicator is small and it is expedient. But to our data the low index in the study

group means the normal formation of ideological immunity. In the case of an increase in this indicator, that is, a protective mechanism, adolescents have a priority of such qualities as unstable emotions, weakness of these conditions are opposite in the formation of ideological immunity of individuals.

The group percentage of psychological defense mechanism regression is 7.4%. The result is higher than the displacement mechanism. We believe that the high result of this mechanism in individuals is an artificial psychological barrier in the formation of ideological immunity. And this is characterized by such properties as the return in difficult situations to the form of satisfaction of previous desires and actions, passivity, laziness, intolerance, unstable character, dependence on anything, lack of will, instability of nerves, aggressiveness, instability in solving problems, lying, manifestation of unfounded fear, Hopelessness, aggressiveness in protecting their rights, etc.

Group percentage of psychological defense mechanism “Exchange of seats” is 3.2%. A low indicator of this mechanism is appropriate.

Group percentage of psychological defense mechanism “Negation” is 7.0%. A high indicator of this mechanism means not the formation of stable ideological immunity in adolescents. Because the guys and girls who show active denial in their behavior, there are such qualities as speed, mobility, ease in relationships, dreaminess, falsity and cunningness directed at the foaming of the person, cunning, artistry, majesty, inclination to affective feelings, easy attitude to life, high interest in recreational activities, not anxiety, etc. The high result of such properties among our youth at a certain level is the negative influence of "mass culture" in the minds of young people.

Youth, getting into the network of "mass culture", forget and deny thousands of summer cultural values, consider them old, unnecessary, and "mass culture" aimed at lightheadedness, destroying ideas, cruelty is accepted as a new culture, and there is a pattern of understanding the perception of it as their own. From such aspects, we must protect our youth, and we can still find out such characteristics as group criminality and violence, lightheadedness in interpersonal relations, manifestation of strong subjective (in relation to self, suicide) and objective (in relation to the state, nation or society) aggression, the priority of wrong attitudes toward love, abuse of social positions in the family, failure to understand political situations in the world, not getting the right conclusions from the miserable consequences of destructive ideas and ideologies.

In the group studied psychological defense mechanisms — the projection result is 10%. A high result of this group is appropriate.

In the examined in the group of psychological defense mechanisms — “Compensation and sublimation” is 4.8%. The high result of this indicator, the psychological defense mechanism, is the key to the formation of a stable ideological immunity in individuals. Unfortunately in the group of subjects this indicator was low. And this requires us to review and analyze, in terms of criticism, measures to strengthen ideological immunity in young people, to find and organize more modern methods and ways of influencing youth.

In the group of examined psychological defense mechanism — “Hypercompensation” the result is 7.7%. In people where this mechanism is prioritized, quality is seen as caring for others, high morality, weakness of fear, sensuality, attentiveness, a strong internal analysis,

hardness to rules, etc. The presence of such qualities is the key to the formation of a stable ideological immunity of individuals.

In the group of examined psychological defense mechanism — the rationalization result is 8.5%. Frequent choice of this mechanism by the surveyed is inappropriate. Because this protective mechanism is a mechanism that will find the reasons justifying the wrong thoughts, feelings, behaviors. In people with this mechanism, there are strong qualities associated with perceiving as correct certain mistaken thoughts and ideas. Therefore, in the rationalization mechanism, deception of oneself is considered more dangerous.

Concluding our research, we can say that psychological defense mechanisms play a very important role in the life of human activity; The manifestation of protective mechanisms in adolescents depends on situations and conditions; Achieving the stability of some psychological protective mechanisms in adolescents will create the basis for the formation of an ideological immune system; The presence of protective mechanisms in adolescents is determined by the manifestation of internal mental structures; Protective mechanisms in adolescents are observed and with the manifestation of emotional aspects of them; protective mechanisms in adolescents can be defined with qualities such as external and internal; The role of protective mechanisms is also important in overcoming fear and anxiety associated with ideological threats affecting the adolescent.

According to the above conclusions, the following practical recommendations can be given: the formation of adequate systems of self-relations among adolescents and a real assessment of their capabilities enhances psychological mechanisms; the development of skills to effectively prevent adolescent problem situations creates the ground for preventing anxiety and emotional stress associated with the above situations; the creation of reserves of practical and scientific knowledge and the formation of skills to use these stocks in the right situations, protects adolescents from the effects of various negative destructive ideas and ideologies; The formation in teenagers of a sense of respect for social norms and surrounding people creates in them a high moral and value systems. In turn, this process ensures the formation of a stable ideological immune system in relation to various negative, destructive ideas, ideologies and cultures; the formation of psychological mechanisms associated with understanding oneself and regulating the relationship between the unconscious "He", the conscious "I" and "Ego I" in a teenager will lead to a strong formation of an ideological immune system.

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