

## ANALYSIS OF THEORETICAL APPROACHES TO PSYCHOLOGICAL DEFENSE MECHANISMS IN ADOLESCENTS IN DOMESTIC AND FOREIGN PSYCHOLOGY

Alimova Yelena Gennadyevna  
Researcher  
UZBEKISTAN, Tashkent

### ABSTRACT

The article analyzes the concepts of the mechanisms of psychological defense, the adolescent crisis, several approaches to this problem have been examined and analyzed by several authors.

**Keywords:** psychological defense, mechanisms, personality, sex differences, development, adolescents.

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

The study of protective mechanisms has a multifaceted history. It is known that in the Russian psychology for some time the concept of psychological defense has even been ousted from the sphere of scientific interests of most researchers only because it was discovered in the practice of psychoanalysis. Meanwhile, to date, the number of publications on this issue is increasing exponentially. In recent years, an increasing number of authors have turned to the study of the phenomenon of psychological defense as an important unconscious mechanism of regulation of human behavior and activity. The development of the problem of psychological protection in adolescents engaged in both domestic and foreign psychologists (P.M. Granovskaya, FV Bassin, A. Freid, A. Adler, AB Karpov, etc.). Psychological protection plays an important role in the process of personality formation and its needs. These mechanisms protect the individual's awareness of negative emotional experiences, promote the preservation of psychological homeostasis, resolve intrapersonal conflicts and occur on the unconscious and subconscious psychological levels. So, the adolescent crisis is one of the most complex in ontogenesis. The child is in a situation of constant adaptation to physical and physiological changes, experiencing a "hormonal storm". In the most general form, it can be said that a teenager seems to be in a state of stress all the time, and restoring personal balance should be considered the leading characteristic of adolescence. Of course, the moments of generation of a new are necessarily characterized by a state of disequilibrium and instability. "My body seemed to get upset," teenagers say about themselves. As a result, there is a sharp increase in interest in studying the ways of settling states of this kind. Existing studies show an ambiguous view of this problem. In particular, the authors argue about the importance for adolescents of coping and protective ways of restoring personal balance. While the prospect of developing both directions in relation to adolescents is recognized by researchers unanimously. We proceed from the assumption that, for coping strategies, teenagers do not have enough experience, which means that "in order to ensure the successful functioning of the main life trend" in the age of adolescence, it is protection.

The first person who proposed teenage protection as a subject for consideration was A. Freud. The researcher noted that the most appropriate adolescent development program is such defenses as asceticism and intellectualism. According to one of them - intellectualism - a

teenager is sensual "uninteresting." As a result, the hypertrophy of the requirements of moral purity and self-discipline, quite positive in themselves, entails an artificial self-isolation from others, arrogance and intolerance, behind which lies the fear of life. The ideal of adolescent "ascet" is not just control over one's feelings, but complete submission and active accentuation of one's contemptuous and hostile attitude toward all sensuality. Dissatisfaction with his appearance and the desire to change it - is the most vivid example of asceticism in adolescence. In the theoretical plane A. Freud called asceticism the suppression of all instinctual motives. In the understanding of Anna Freud in adolescence, there is a denial of instincts and repression. In the case of adolescent asceticism, a more primitive and less complicated mechanism operates than with actual repression; it is possible that the first of them is a special case or, rather, a preliminary phase of displacement. The sudden increase in instinctual energy in the pubertal period and in other life periods strengthens the initial antagonism between the ego and instincts to such an extent that it becomes an active protective mechanism. If this is so, the asceticism of the pubertal period can be viewed not as a series of qualitatively conditioned repression activities, but simply as a manifestation of the inherent hostility between the ego and instincts, which is illegible, primitive and primitive. F. Kramer's work on developing a method of studying the mechanisms of defense mechanisms in children also had a significant impact on the study of typical teenage protection. The result of this work was the creation of "guidance on protective mechanisms" and confirmation of the assumptions about the emergence of various protections at certain stages of development in the life of the child. In particular, by analyzing the age interval from 7 to 17 years, F. Kramer found that up to the senior adolescence the frequency of using the projection is high, while the frequency of using negation is low. Thus, the most commonly used mechanism, according to F. Kramer, is a projection. On the one hand, this protection mechanism helps the adolescent to reject qualities that he does not want to accept in himself, ascribing them to the surrounding world, thereby strengthening the position of the individual. At the same time, due to the attribution of imaginary vices to others, they develop hostility and a negative attitude, which contributes to the aggravation of interpersonal relationships and the appearance of problems in their construction. Projection is a process in which the internal is mistakenly perceived as coming from outside. The term "projection" from the English word "projec-tion" occurs and is translated into Russian as "ejection". In this way, the unconscious, breaking through the control of consciousness, throws out the true information on which it is possible to judge certain hidden, but global mental characteristics and personality tendencies. The teenager who uses the projection often, as a rule, there is a lack of psychological differentiation of his personality and the surrounding world, an implicit likening of the surrounding people to himself, his inner world. Adaptation process, according to F. Kramer, combines psychological protection and coping behavior as mechanisms that contribute to meeting the individual need for adaptation to reality. According to this view, protective mechanisms are considered as mechanisms that change the true perception of reality, protecting a person from excessive anxiety caused either by the perception of a disturbing external event or by the presence of an internal destructive psychological state. Copings in this aspect are understood as explicit and hidden actions taken to reduce or eliminate psychological distress and stressful conditions. So, both the mechanisms of psychological defense, and coping behavior are included in a single process that leads to adaptive reactions of the individual.

Alfred Adler was the creator of a new trend in psychoanalysis, which was called "individual psychology." In its creation, apparently, a great role was played by the fact that A. Adler himself as a child was seriously ill and struggled with his numerous ailments. This determined the choice of the profession. "Individual psychology emphasizes the fact that in

childhood all spiritually unhappy, ill-mannered and neurotic natures did not have the conditions for the development of social feelings, and therefore they lack courage, optimism, and self-confidence." Adler describes two forms of defense mechanisms: compensation and hypercompensation. Compensation is manifested by the fact that instead of developing the missing quality, the teenager begins to develop intensively the sign that he has already developed so well, thereby compensating for his own shortcoming. For example, a frail adolescent, instead of developing his physical data, begins to intensively engage in chess, where he showed good abilities. In chess, he will achieve good success, but physical underdevelopment will make him unhappy. Hypercompensation is manifested by the fact that the teenager tries to develop exactly the data that he has poorly developed. For example, a frail teenager goes to the fighting section and tries to become a fighter to take revenge on his offenders. Proportional development is also often distorted. In the last decade in domestic psychology, interest in studying the psychological protection of adolescents has increased significantly. The most famous are the works of E.N. Andreeva. In the studies of E.N. Andreeva obtained conclusions about the presence of both age and sex differences in the use of protection by adolescents. It was shown that the most common mechanisms of psychological protection in adolescents are the mechanisms of projection, hypercompensation, displacement and regression. In this case, girls to eliminate external or internal "defects" that provoke the emergence of a negative self-relationship, try to realize themselves in the area where these "defects" are more often manifested. As a result, a teenage girl who considers herself unattractive to her peers and dreaming of becoming more beautiful will spend a lot of time at the mirror, trying on fashionable clothes using an extensive palette of cosmetics, or reading a lot of youth magazines and taking the necessary information from them. Such cases, when a person completely leaves in a certain activity or occupation, which as a result becomes the main one to the detriment of others, have the name of compensation, and in those cases when this care makes other occupations absolutely impossible, the mechanism of "hypercompensation" is diagnosed. Usually mechanisms of the type of compensation are a substitute for undivided feelings, self-doubt and ultimately lead to the fact that a person can find outstanding results in his chosen activity. Thus, a child with poor eyesight can later become an outstanding artist, as Demosthenes became an excellent orator. But since other aspects of his personality do not develop, then, despite the social value of these results, the person himself can suffer. As a protective mechanism Compensation is ontologically the latest and cognitively complex mechanism. Boys in order to maintain the self-relationship at the same level are trying to "forget" the true and unpleasant causes of the events that happened to them, substituting them for false, but "pain-free" ones. This is how the protective mechanism of displacement emerges. Projection and regression, according to E.N. Andreeva, they do not differ in the factor of sex. Regression is a defense mechanism, which in psychoanalysis is recognized as a mechanism not just the most characteristic sub-genesis, but also the only one that is acceptable for accompanying adolescent development. It represents a return to primitive, early, childhood-related response forms and behaviors after a new level of competence has been reached. This relatively simple mechanism can last as a few moments, and much longer. The specificity of regressive defense mechanisms is the predominance of a passive position and indicates a lack of confidence in making their own decisions. Its actualization creates the illusion of relieving itself of responsibility for solving its problems thanks to the habitual position of the small, and therefore characterizes the infantile personality.

Studying the defense mechanisms of adolescents, V.G. Kamenskaya and S.V. Zvereva received similar data. The leading mechanism of protection in adolescents is the projection. Investigators also found a significantly high value, indicating the frequent use by adolescents

of such a protective mechanism as rationalization. Rationalization is the comprehension and use of only beneficial information or that piece of information that characterizes behavior as correct and socially approved. Properly, the concept of "rationalization" was introduced by E. Jones in 1908. The essence of this mechanism is that the person first acts in response to unconscious motives, and after the action, he makes various assumed reasons for explaining the behavior. In general, rationalization is associated with the peculiarities of thinking, according to which the decision is made by "filtering" information in accordance with the basic rules between "should" and "impossible" and obtaining the right now to be able to justify one's actions (the presence of arguments, evidence, justification of the need for this, and not another form of behavior). In this case only the part of perceived information is used in thinking, thanks to which the behaviors behave as well controlled and not contradictory to objective circumstances

The following widespread study of the protective mechanisms of adolescents was organized by A.B. Karpov. Examining youths and girls of adolescent and early adolescence of ontogenesis, at the age of 14 to 22 years, he found that the first three of their most expressed defenses include intellectualization, being in line with projection and substitution. Intellectualization is a kind of attempt to escape from an emotionally threatening situation through its detached discussion in abstract, intellectualized terms. Systematically using intellectualization, individuals leave the impression of emotionally cold, machine-like and alienated in interpersonal relationships, prone to maintaining a mental distance between themselves and others. It is interesting to note that, in its essence, intellectualization has similar features with rationalization. Both mechanisms are the result of intellectual processes. Meanwhile, in the case of rationalization, the entire selection of facts by a person is aimed at proving the affirmation or denial of the goal, while under the action of intellectualization, its value. Rationalization is more related to motivation, intellectualization - with the logical-perceptual component of psychological protection. Rationalization is a pseudo-rational explanation of a person's desires, actions, in fact caused by causes, the recognition of which would threaten the person with loss of self-esteem.

Intellectualization is the neutralization of emotion. The main task of rationalization is to find weighty evidence that justifies the wrong actions of the individual, and intellectualization - to justify its inaction, placing its causes in dependence on objective conditions. Intellectualization develops already in early adolescence to analyze the content of emotions of anticipation, anticipation, fear of experiencing disappointment. The formation of the mechanism is usually correlated with frustration associated with failure in competition with peers. In adolescents, the lack of social contacts often serves as a basis for excessive fantasy and intellectualization, while abstract discussions and discussions on religious and philosophical themes effectively avoid specific bodily experiences or conflict feelings and ideas. Of course, this is not an attempt to solve the task posed by reality, but rather, a way of removing tension, a wary attitude toward affective processes and translating them to the level of abstract thinking. Therefore, in the sub-genres, the romantic view of love is combined with the inseparability of connections, empathy in the process of reasoning-with real indifference to loved ones, to surrounding people.

E.S. Romanova believes that protective mechanisms have the following common properties: they act in the subconscious, the individual does not realize what is happening to him, they deny, distort or falsify reality; they are realized in a situation of conflict, frustration, psychotrauma, stress. The goal of psychological defense is to reduce emotional tension and prevent the disorganization of behavior, consciousness and the psyche as a whole. It should

be noted that in the study of psychological protection in adolescents of older age, conducted by E. S. Romanova and L.R. Grebennikov, four protective mechanisms have been identified that are used by adolescents significantly above the norm: negation, regression, projection and reactive formation. The authors associate the obtained results with an increase in the level of anxiety and an increase in self-doubt, which is characteristic of a developing personality in adolescence. In another study conducted by ES Romanova, where the mechanisms of protection were revealed in persons convicted of offenses, it was shown that those convicted of hooliganism resorted excessively to denial, suppression, projection and substitution.

According to the results of the study of protective mechanisms in early adolescence, T. Several important conclusions were drawn by TulupyeV:

At the youthful age all the main types of psychological protection are expressed. The predominant types of protection by intensity are: projection and rationalization. Other types of psychological defense - compensation, negation, regression, substitution, reactive formation, displacement - are presented less intensively.

The age dynamics of the mechanisms of psychological defense for different mechanisms proceeds in different ways. In the transition from adolescence to early adolescence, the rate of repression is statistically significantly reduced, and the intensity of reactive formation and compensation increases. For such protective mechanisms as regression and compensation, the age of 16 years is a period of fracture of their intensity: up to 16 years there is an increase in the intensity of these types of protection, after 16 years - a decrease.

Sexual differences in the intensity of psychological defense are manifested in the fact that for young men the most protective mechanism is such as repression. For girls, reactive education and compensation are more characteristic.

There is a sexual differentiation of the severity of some personality traits. Girls in general are more sociable, sensitive, conformal and less dominant. Boys, in turn, are characterized by greater emotional stability, dominance and less sensitivity and tension.

The article analyzes the mechanisms of psychological defense in adolescents, the approaches to this problem by several authors are examined and analyzed. Key words: psychological defense, mechanisms, personality. In view of the instability of modern society, high rates of development of processes occurring in the country, a person must constantly adapt, adapt to new living conditions. Therefore, the study of psychological mechanisms of protection in adolescents is gaining increasing popularity. The phenomenon of psychological defense in adolescence has a high practical and theoretical significance, as evidenced by the interest of this phenomenon in most areas of psychology and psychotherapy.

Theoretical analysis of psychological defenses in adolescents suggests that until now it remains controversial. The ambiguity in assessing the phenomenon of psychological defense in adolescents is associated with various aspects of his research

1. Granovskaya RM, Bereznaya I.Ya. Intuition and artificial intelligence.
2. Granovskaya RM, Nikolskaya IM Protection of the individual: psychological mechanisms. 1998.
3. Bassin F.V. On the strength of the "I" and psychological defense. 1971.

4. Bassin F.V. Problems of the unconscious (about the unconscious forms of higher nervous activity). 1968.
5. Tulupyeva T.V. Psychological protection and personality characteristics in adolescence. 2001.
6. Adler A. Practice and theory of individual psychology. 1995.