

## CHARACTERISTICS OF PROVIDING THE INFORMATION PSYCHOLOGICAL SECURITY OF ADULTS

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### ABSTRACT

This article covers the issue of information psychological security of adults. Studied the influence of massive information and watching aggressive videos to their psychological features. Psycho diagnostic tests were used to diagnose the attendants' tendency for stress, frustration and their social interest.

**Keywords:** stress, frustration, social interest, aggression, inferiority feeling, adaptation, psycho correction.

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

It is not secret to anyone that in the modern world there is an abundance of information of different views, and their number is growing at an inexplicable rate. Such a situation can sometimes lead to unacceptable situations in society, that is, at sometimes there is a possibility that information recipients will be accepted in a situation which they do not understand the information and information that is inconsistent with society, the mentality of the people and the national culture.

Excess from the norm of information is especially likely to lead to the emergence of distressing factors in the life of society and man, the social and psychological degradation of a person or community to the society in which he lives, the inconsistent formation of socialization, and even the development of various psychosomatic disorders in a person.

Adaptation manifests itself as a process of active adaptation, performing the task of maintaining harmony, balance in all manifestations of the interactions. According to the views of modern science, effective socio-psychological adaptation is considered to be due to the ability of the subject to quickly change his psychic images and adapt them to a new emerging environment, the world of information. But the rapid change in the perception of the world as a result of the multiplication of inconsistent information is manifested as a stressor with a long acting force that ends the adaptation power reserve. This can lead to a disruption of the psyche and behavior, the emergence of tension, internal discussions in a particular person and team. From this point of view, it is worthwhile to formulate psychological defenses in humans and, accordingly, protective behavior, in order to avoid various internal and external debates, destructive behavior.

Scenes of violence, aggressive videos that evoke a sense of aggression, contradict the spirituality of our people and can lead to the formation of aggressive behavior in young people. For society, aggression towards other people poses a great risk. The A. Bandura and R. Waltere called it a basic aggression and attributed it to the behavior of a socio-destructive character.

If the attitude of representatives of the different sexes to aggression is assessed, then men are direct and physical, and women show turnover and verbal aggression. When men are prone to physical violence, women choose a psychological method and perform it more successfully.

As a severe and sharp type of aggression, hatred is manifested. At a high level of hatred, there is a tendency to sadism in a person, that is, to enjoy it by tormenting others, and in its highest form it is manifested either by physical destruction or by a persistent negative attitude to the whole being. If hatred is directed to himself it can lead to suicide.

For the absence of aggressive behavior in young people, the role of the family is important, the positive environment between parents and children guarantees this. A person who has manifested aggression on the street can negatively affect his peers, other young people can also learn from this.

Aggressive behavior is a form of reaction to situations that cause stress, frustrations and the like in various negative physical and psychological manifestations. Aggressive behavior manifests itself in reality or imagination the desire to subjugate oneself by raping others.

Aggressive behavior also affects the ability of an individual to withstand frustrations. It is known that the state of difficulty that arises in achieving the goal or in providing the need is understood when we say frictions. Many scientists consider phraseology to be the main cause of aggressive behavior. People differ from each other in their ability to cope with frustrations. If a person is not trained in the method of overcoming frustrations according to the norms accepted in society, this can lead to the formation of aggressive behavior.

Frustrated adults have the tendency to the formation of inferiority complex. Adults with inferiority complex have little social interest. Social interest is the basis of overcoming the inferiority complex and it means the individual's awareness of belonging in the human community. Social interest is a capacity inherent in all human beings which must be developed and trained. Individual with high social interest motivated to cooperation and assistance to others. The more developed the social interest, the more diminished the individual's feelings of inferiority, alienation, and isolation.

In our research we studied adults' reference to the massive information and their psychological processes as stress, frustration and social interests. 15 adults participated in the research. The attendants were the massive information users and they usually watch aggressive videos. Our research aim was to study how the massive information and aggressive videos affecting to their psychology. For the research we prepared psycho diagnostic tests to diagnose the attendants' tendency for stress, frustration and their social interest. The results of the diagnosis are given in the table 1.

### Results of the diagnosis

**Table 1: (Shown by the number of participants)**

<b>№</b>	<b>Psychological features</b>	<b>Low</b>	<b>medium</b>	<b>High</b>
1	Stressed	2	6	7
2	Frustrated	1	9	5
3	Social interests	6	6	3

Table 1 show that when the “High” indication of stressed and frustrated participants more the “High” indication of social interests of participants are less. This means that stressed and frustrated adults have less social interests moreover they have the feeling of inferiority.

We analyzed the research results by the multivariate analysis. The aim of the analysis was to study correlation of tendency for stress, frustration and social interests. The result of the correlation is given in the table 2.

**Table 2: The result of the correlation**

№	Stressed X	Frustrated Y	Social interests Z	X*X	Y*Y	Z*Z	X*Y	Y*Z	X*Z
1	10	8	9	100	64	81	80	72	90
2	6	4	12	36	16	144	24	48	72
3	16	10	4	256	100	16	160	40	64
4	25	11	5	625	121	25	275	55	125
5	12	8	7	144	64	49	96	56	84
6	28	11	3	784	121	9	308	33	84
7	7	5	7	49	25	49	35	35	49
8	16	9	4	256	81	16	144	36	64
9	22	10	5	484	100	25	220	50	110
10	24	12	3	576	144	9	288	36	72
11	12	5	11	144	25	121	60	55	132
12	8	8	6	64	64	36	64	48	48
13	19	9	6	361	81	36	171	54	114
14	9	6	10	81	36	100	54	60	90
15	8	5	12	64	25	144	40	60	96
<b>Σ</b>	<b>222</b>	<b>121</b>	<b>104</b>	<b>4024</b>	<b>1067</b>	<b>860</b>	<b>2019</b>	<b>738</b>	<b>1294</b>

With formula given below we found the correlation analysis of the results.

$$r_{xy} = \frac{\sum (y_i - \bar{y})(x_i - \bar{x})}{n \cdot S_x \cdot S_y} \quad r_{x(yz)} = \sqrt{\frac{r_{xy}^2 + r_{xz}^2 - 2 \cdot r_{xy} \cdot r_{xz} \cdot r_{yz}}{1 - r_{yz}^2}} \quad rx(yz) = 0,78$$

$$r_{yz} = \frac{\sum (y_i - \bar{y})(z_i - \bar{z})}{n \cdot S_y \cdot S_z} \quad r_{y(xz)} = \sqrt{\frac{r_{xy}^2 + r_{yz}^2 - 2 \cdot r_{xy} \cdot r_{xz} \cdot r_{yz}}{1 - r_{xz}^2}} \quad ry(xz) = 0,9$$

$$r_{xz} = \frac{\sum (x_i - \bar{x})(z_i - \bar{z})}{n \cdot S_x \cdot S_z} \quad r_{z(xy)} = \sqrt{\frac{r_{xz}^2 + r_{yz}^2 - 2 \cdot r_{xy} \cdot r_{xz} \cdot r_{yz}}{1 - r_{xy}^2}} \quad rz(xy) = 0,81$$

$$T\phi = |r_{xyz}| \cdot \sqrt{\frac{n-2}{1-r_{xyz}^2}} \quad T = 3,52$$

$$tcr = \begin{cases} 2,16 & P \leq 0,05 \\ 3,01 & P \leq 0,01 \\ 4,22 & P \leq 0,001 \end{cases} \quad P \leq 0,01^{**}$$

The result of the experiment from Student's t-criterion table is reliable for the grade of  $P \leq 0,01$ . Tendency for stress and frustration has the correlation with the social interests. From the result if the social interest indication is less it has the opposite correlation with tendency for stress and frustration. This means that stressed and frustrated adults have less social interest.

After the psycho diagnosis we used psycho correction practice with the participants. Purpose of the practice was to overcome the stress and frustration and raise the social interests of attendants. For the psycho correction practice we prepared psychotherapeutic methodic such as psychoanalysis, gestalt therapy, analytic individual psychoanalysis, psychological trainings with group and individually. We prepared special psychotherapeutic techniques and procedures throughout the process of therapeutic practice:

- Analysis of stress and frustration factors by psychoanalysis. We used techniques as relaxation and concentration to overcome the stress and frustration.
- Analysis of social interests and motivate for new style of life.
- Stress management techniques.

After the psycho correction we diagnosed the participants to check the result of the psychotherapy practice. For the psycho diagnosis we used the psycho diagnostic tests for stress, frustration and social interest. The result of the test after the psycho correction shown in the table 3

**Table 3: Results of the diagnosis after the psycho correction (Shown by the number of participants)**

N <sub>2</sub>	Psychological features	Low	medium	High
1	Stressed	10	5	-
2	Frustrated	8	7	-
3	Social interests		4	11

We can see from the table 3 that after the psycho correction the tendency of all participants for stress and frustration was overcome. Their inferiority feeling was terminated and social interests were raised by the psychotherapeutic techniques. In conclusion, massive information and aggressive videos will affect to the psychology of adults. The influence of massive information and aggressive videos cause them to get stressed, frustrated and raise the inferiority feeling with less social interests. That is way the adults must have the information psychological security in their life.

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