

## PSYCHOLOGICAL PROTECTION IN PROFESSIONAL QUALIFICATION

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### ABSTRACT

Psychological protection is an unconscious process that is necessary for the psychological calm of a person. It aims to protect the 'I' through psychotechnics.

**Keywords:** Professional, military, maturity, physical perfection, spiritual maturity, psychological maturity, psychological protection, gender distinction, cognitive behavior, psychological discomfort, need, experience, situation, coping behavior.

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

On Ontogenesis, each person uses the individual technology to perceive, process, and transmit information by means of the sensory organs, to make it into a cognitive or multidimensional knowledge. This process is automated, becoming individual cognitive. Cognitive style, also expressed in the dynamics of individual consciousness and unconsciousness, appears in the form of a psychological complex in the form of self-assessment in the form of "I" and "I am-not" in the form of an attitude of the environment, self-awareness. According to the expression, consciousness is divided into social, political, legal, ethical, artistic, religious, ecological types. For example, ethical consciousness is the type of consciousness that is well-known in the community of people, that is, the good and evil, the white and the black. Ethical consciousness regulates relationships in norms, traditions, traditions, procedures, and guiding styles in different activities. Artistic consciousness reveals the social existence and its beauty. An important aspect of artistic consciousness is art, and it is manifested in the cultures of culture, perception, and culture of self-expression, which provides the individual with the ability to cultivate, cultivate and harmonize cultural attributes.

Psychological protection may be the cause of social disarray as a result of a combination of elements in the psychological protection mechanism, with the aim of ensuring the adaptation of the spiritual world to the social environment in terms of its functionality. , psychological protection, complicated structure, and manifested in the behavior patterns of a person in a simple and superior order. Theoretical psychological protection is divided into two types: basic psychological protection and acquired (secondary) psychological protection. The main objective of psychological protection is to eliminate psychological discomfort expressed in a person. It can be constructively or destructively described. In our opinion, the constructive expression of psychological protection is based on a person's psychological culture and experience. At the same time, the protection is broken down into simple and high-ranking ones, and their connecting point is to eliminate the psychological discomfort that arosed.

Psychological protection is divided into aggressive and positive forms of expression, which includes the protection of emotions, needs and interests from internal and external threats.

Psychological protection at individual level means a special regulated system that minimizes the impact of internal and external threats, balancing current psychological state, providing psychological stability. "Tahdid" is derived from Arabic, which means "intimidation", "hurry". In this context there are internal threats, anxiety, fear, negative emotions, personal incompetence, and so on. External threats include various forms of discrimination, neglect of individual values, open aggression, and so on.

In the psychology dictionary, psychological protection has been shown to be a quality that changes the system of interpersonal relationships, in a broader sense, the emergence of a negation, a "lie" created to eliminate discomfort, and the different attitudes that appear in the form of changing behavior. In our view, the main task of psychological protection is to provide the person with the ability to "absorb" the level of consciousness of the person from the negative, ie psychological traumatic information. The right mind is expressed in intellectual activity of a person and, with perception of new impressions, his experiences, emotional assessment of the current situation, reflect the world. Consciousness, the subjective image of the world, the essence of the subject, ie the venue of the subject, is a manifestation of the existence of the "beginning" of man. Task of the consciousness is to eliminates conflicts (dislikes). It is understood that in the consciousness of the person others and his place existence is reflected. The surrounding area is clearly perceived. A person's subjective life is connected with a world of perceiving and consciousness, and he / she can perceive the nature of dangers and threats, the dynamics of social relationships, and distinguish safe and destructive points. It is the mind of the individual that he seeks ways to get rid of the dangers and threats. In this process, consciousness is a form of self-consciousness, and social consciousness is functional to distinguish risk from the point of view of its functionality.

On Ontogenesis, each person uses the individual technology to perceive, process, and transmit information by means of the sensory organs, to make it into a cognitive or multidimensional knowledge. This process is automated, becoming individual cognitive style. Cognitive style, also expressed in the dynamics of individual consciousness and unconsciousness, appears in the form of a psychological complex in the form of self-assessment in the form of "I" and "I am-not" in the form of an attitude of the environment, self-awareness. According to the expression, consciousness is divided into social, political, legal, ethical, artistic, religious, ecological types. For example, ethical consciousness is the type of consciousness that is well-known in the community of people, that is, the good and evil, the white and the black. Ethical consciousness regulates relationships in norms, traditions, traditions, procedures, and guiding styles in different activities. Artistic consciousness reveals the social existence and its beauty. An important aspect of artistic consciousness is art, and it is manifested in the cultures of culture, perception, and culture of self-expression, which provides the individual with the ability to cultivate, cultivate and harmonize cultural attributes. Consequently, constructive psychological protection defines the essence of events and processes that are of cultural importance. D. Dotsenko knows that "the main aspect of psychological protection is to ensure that the person does not get introduced ". The introduction is a testimony given by the views, motives and other ideas created within the person's internal world (in the subject of psychology, the concept of prism is used). Because external reasons are based on the foundations of internal conditions, academician S.Rubinstein states that "external influences give rise as one or another psychic result."

Pedagogical activity is a type of work that has a high social cultural significance. Because any existing profession (sector) is a result of pedagogical activity. Teachers, law enforcement officers, military personnel, economists and lawyers, engineers and programmers, artistic

professionals (painters, sculptors, writers, composers, etc.), even professions which are acquired in a short period of time (hairdressers, stylists, etc.) is a successful outcome of pedagogical work. Therefore, in the professionalism (by Klimov) system, the pedagogical activity relates to the working group "Subject" – "Subject". Pedagogical work differs from other types of activities with high stressogenicity. If we choose successful pedagogical activities as educated professions, the pedagogue will not only provide information, but also educate students about the world outlook, the positive "I" and the self-expression. In this process, each subject will have to take account of his individuality. If we study this process in a systematic way, we need to demonstrate a constructive internal and constructive external psychological protection of the teacher to succeed. Considering that Russian physician, Doctor of Medical Sciences V. Delaryu, is used to describe "the concept of psychological protection, psychological discomfort". At the same time, psychological protection is a basic component (component) of pedagogue's component, more precisely psychological component, and is a basic basis for successful professional activity. Therefore, the concept of psychological protection can be regarded as a complex of processes and mechanisms for protecting the subject from negative influences. Although Belorussian scientist A. Krot expressed his attitude, "Psychological protection is a means to eliminate conflicts between mind, ignorance and reality," the author seems to have ignored the existence of a type of internal and external psychological protection. Theoretically, psychological protection is distinguished for its purpose in terms of its internal and external psychological protection. The purpose of internal psychological protection is to maintain the internal stability of the subject and to ensure a positive state. The goal of external psychological protection is to maintain a social norm and acceptable social distance from the subject of the relationship between the "Subject" and the "Subject" – "I" and the "I" - to ensure the positive position of the subject. In this way, a stable positive psychological state is provided.

As a subject of psychological protection, the subject can be selected as motivational (desire, motivation) and cognitive (outlook, attitudes) and patterns of behavior (manifestation, ability, behavior, or manner of behavior), contrary to psychological protection. On the one hand, it helps the inner person, that is, to adapt the "spiritual I" to the "physical I", and, on the other hand, affects the human being with the outside world. That's why the mechanism of psychological protection is being studied on the basis of various scientific doctrines. Russian scientists R. Granovskaya and I. Nikolskaya, studying the expression of psychological protection in children, have pointed out to the psychological protection mechanism that "understanding the intrapsychical adaptation of the perceived level of personality perception of the information being perceived by the person." In Maturity psychology, It is well-known from "The psychological laws of the younger stages of maternity" that in complex operations, all psychological processes take place with all their functions. That is, emotion, thinking, imagination, attention, memory and perception are the "creator" of psychological protection. Therefore, when detecting psychological traumatic or psychological well-being, the protection mechanism acts as a filter. As a result, disruptive information is denied, negative aspects are reversed or replaced with optimal information type. In this way, the spiritual state is conditioned by the specific type of social adaptation. Analysis of scientific sources shows that there is no single model of psychological protection mechanism and is individually expressed in each subject. In our opinion, this will be conditioned by the specific factors such as ethnomadiality, social maturity, experience of the subject, satisfaction of needs, culture, and type of higher nervous system. Because it is a psychological self-defense behavior. Therefore, someone with a psychological defense is weak, one is strongly exposed. The poor psychological protection does not have the ability to fully protect the subject's mind from the discouraging information. Stronger psychological protection can protect the mind by "cleansing" (filtering) any information that is susceptible to the subconscious. V. Dolgova and

O. Kondratieva noted that in this context, "it is necessary to distinguish between normal psychological protection and pathological psychological protection (in assessing the psychological protection model - S.S.)". When normal psychological protection fulfills a prophylactic function, the pathological psychiatric disorder causes disintegration. Therefore, there are various samples of the classification of the psychological protection mechanism. As one of the first in psychology, A. Freud performed his classification and showed psychological protection as a threat to the "I" and the occurrence of ontogenesis. A. According to Freud, the norm of maturation depends on the process and direction of the protection. Theoretical and Comparative Analysis shows that A. Freud's recommended psychological protection mechanism was theoretical basis for modern classifications of psychological protection mechanisms, such as primary and secondary, primitive and advanced, adaptive and non-adaptive, adequate and inexpedient, effective and disadvantaged .

P. Cramer studied the ontogenesis of psychological protection and divided them into types of psychological protection, primitive (normal) and higher. Primitive psychological protection (denier, compression, regression, swap) has been demonstrated by the use of motor and sensor mechanisms to monitor the use of the child in conflict situations to ease the emotional state. Social development norms and behaviors are largely dependent on the expression of higher psychological protection and are expressed in the management of conflict situations.

A. Freud refused to perform the logical classification of the psychological protection mechanism, showing ten types of protection (compression, regression, reactive formation, isolation, projection, injection, self-defeating, transference, and sublimation). In his opinion, except for the sublimation of the psychological protection mechanism, play a negative role for a mentally healthy person. The use of a psychological protection mechanism can not eliminate the conflict, the state of fear remains, and ultimately, the outcome of the disease remains high.

According to L. Grebennikov, "psychological protection mechanisms are, by nature, unreasonable and should not be left to their senses".

A psychologically healthy person defines and protects his / her defenses in the process of perfection. It develops the mechanism of psychological protection and recognizes automatic protection beforehand. The definition defines the essence of psychological protection. Thus, reflexive control of psychological protection is a prerequisite for the transition to constructive protection of the destructive psychological protection mechanism. A. Nalchadjyan treats three types of socio-psychological adaptation as normal, deviant and pathologic, and "psychological protection mechanism ensures the socio-psychological adaptation of individual". This, in turn, suggests that adaptation is normative, if used in the context of a psychological trauma, with a normal psychological protection mechanism. That is, in the context of the requirements of the norms of the society, behavior patterns and attitudes are expressed in definite patterns. M. Mkrtchyan, who learned how to manifest a psychological protection mechanism in the situation of frustration, says that "in this case, not only the individual, but also one of the leading, role-playing, systematizing roles in regulating and responding to the situation as a response to the situation." such as. The author's attitude, in turn, indicates that the expression of the defense complex influences the person's experience, values, attitudes (rules). Effective psychological protection eliminates the conflict without the frustrator's passive protection, and eliminates the conflict.

The psychological protection mechanism is related to the age-related development of a person and the relevance of cognitive processes, R. Plutchic's classification of psychological protection

is based on criteria such as primitive maturity. Ontogenetically, the first is the protection that comes from perceptive processes (intuition, attention, perception). R.Plutchik has denied this group, has made projection, regressions, and similarities. The people who use them are distinguished by their emotional and inaccessibility. Subsequently, memory-based protection types such as squeezing and forgetting occur. Practicing these protection mechanisms is based on the memory of information. Relatively complex types of protection is replacement, compensation and rationalization. They are shaped by the development of imagination and thinking and provide information processing and re-evaluation. Based on the analysis of the sources learned, the functional level of analysis can be summarized as a functional description of basic psychological protection mechanisms (Table 1). Denial is an ontogenetically first-described and simple defense mechanism that acts as a cleansing tool for perceptions. At the same time, unacceptable information is not perceived. The adaptation of these categories is passive, constructive. However, the projection is characterized by some special complexity. It keeps the person in touch with people around him and his / her negative attitudes and observes the existence of negative attitudes in people around him, and then sees the reason for not accepting them.

### Functional description of personal psychological protection

Table 1. 25 Dolgova

Indicative indication	Do not deny	The projection	Regression	Swap	Compression	Rationalization	Compensation	Hypercompensation	Commonwealth
Management knowledge processes	Understanding	Understanding	Memory	Think	Memory	Think	Think	Think	Psychological processes are at the level of function
Emotions	Do not give up	Unpleasant Cold	Inability	Fury, hatred	Fear	Frustration	Sorrow, envy	Sorrow, envy	In the work of psychological processes
Adaptive nature	Active	Active	Combined	Passive	Passive	Not connected	Not connected	Active	In the work of psychological processes
Constructivity Level	Low	Low	Medium	Medium	High	High	High	Low	

On the base, on the content of the projection, the projection is divided into attributive, rationalistic, complimentary, symyalable, and the psychological protection mechanism is characteristic of the types of individuals active in social adaptation. In this category of people, low constructivity is observed.

Regressions, in order to avoid fear of self-doubt and failure, return to a feeling of relative perfection and satisfaction. This protection mechanism is characterized by an active adaptive level of clarity and low level of constructiveness.

In order to avoid anger, subjugation goes down from the tension to the relatively weak living or lifeless object, sometimes in the nervous position. There are two types of things, such as changing the subject and changing the need. The swap has active and passive forms, used by those of different types, and their constructiveness is moderately expressed.

Compression is used to preserve the feel of the fear, and is used in unusual cases for positive perception. The real stimulus and all the related objects and factors are collapsed, resulting in fear. The level of adaptability is used by those who are passive, and the degree of constructiveness is typically expressed moderately.

Rationalization relates to the relief from frustrations that emerged from the early years of adulthood and the aggression of peers. In any case, the level of adaptiveness was passive, simplifying the exercise of subjective control

Compensation is an ontogenetically last protection type and has a complex cognitive structure. It is used for the protection of painful feelings and is used by different types of people, with a high level of adaptivity.

Hypercompensation is applied at the ideal level of compensation and can be used by all audiences regardless of individuality, and the level of constructiveness is high.

Special mechanisms of psychological protection are the basis of interpersonal psychological protection in the form of basic protection. For the first time E. Dotsenko, later G. Grachev, V. Shtroo and others have studied psychologically, interpreting the psychological protection of interpersonal relationships as follows:

1. Adequate - compliance of the psychological protection with the cause of the threat;
2. Effective - the aim of psychological protection is to eliminate the risks;
3. peculiarity - the content and essence of the psychological protection used in the particular case;
4. Provision of constructive and psychological protection to ensure maturation, positive stability in relations.

Researchers have pointed out that psychological protection is a phenomenal consequence of not being influenced by various manipulations, which shows the social and cultural significance of psychological protection. In our opinion, this description can be changed if it is analyzed for its functional and structural dependence, taking into account the effects of internal and external factors. The form and content of the changes are determined by the social background, experience, and psychological literacy of the person applying the psychological protection mechanism. Therefore, we state that the psychological protection mechanism used in interpersonal relationships is based on the psychological protection of the individual in terms of the psychological effects of information in communicative situations. These are:

- restraint - disconnection, avoidance of influence;
- retreat - prolongs the social distance, escapes from the aggression, affects the source of the effects;
- infection - protecting the psyche by means of obstacles to control the impact and protect the subject from psychological trauma;
- control - ensuring that the impact is monitored and completed;
- silence - falsification, concealment or reduction of the subject of protection;
- neglect - limiting the scope of information about the affected source, and the perceived threat perception.

These classifications were made within the framework of the study of Grachev's "Informational-psychological checkpoint", which, according to the author, was carried out at the level of communicative relations. In our view, it is important to take into account that individual and case factors are consistent in this process:

#### **Individual Criteria**

1. flexibility of psychological protection (not to use only one or two psychological mechanisms);
2. Optimal application of the psychological protection mechanism.

## Criteria

1. To have a well-grounded understanding of behaviors and actions in applying the psychological protection mechanism;
2. non-protection against adaptive actions;
3. abandoning psychological protection to alleviate the situation.

Thus, the expression of the psychological protection mechanism depends on the availability of resources and the sources of psychological protection are:

cognitive block, confidence in diverse areas: professional, intellectual, household problems, relationships with close people, internal locus control;

The emotional block is characterized by the identification of the identity,

The behavioral block is expressed in the use of effective coping strategies.

Based on the analysis of scientific sources on the study of the mechanism of psychological protection and psychological protection, the mechanism of psychological protection can be described as follows:

**First of all**, can be constructive and destructive in terms of expression of the psychological protection mechanism. The essence of the mechanism of psychological protection defines the individual's social maturity, experience and psychological literacy;

**Secondly**, the mechanism of psychological protection has individual meaning and protects the mind from psychological traumatic information and ensures moral and psychological stability;

**Thirdly**, the use of the constructive psychological protection mechanism is used at the level of awareness, is controlled by rhexese and provides psychological and social adaptation of the psychological state to the real environment;

**Fourthly**, it implements the functions of psychological protection, such as enjoying the individual's social and personal life, protection from external psychological discomfort and interpersonal relationships from external psychological influences.

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