

Functional Significance And Safety Of Psychological Protection

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Abstract— *Psychological protection is a complex structure and is manifested in a simpler and supreme order of behavior. Theoretical psychological protection is divided into two types: basic psychological protection and acquired (secondary) psychological protection. The main purpose of psychological protection is to eliminate psychological disability in a person.*

Keywords— security, aggression, discomfort, disarmament, emotional stability, positively.

1. INTRODUCTION

Psychological protection is a reflex that helps everyone create a saving block for themselves in a unique crisis situation. It is natural that human nature is resistant to negative influences from the outside. However, not everyone understands the mechanisms and methods of setting such a barrier between themselves and stress.

What is psychological protection?

This process has long fascinated mankind, but it became popular after being told by Sigmund Freud. At the end of the 19th century (in 1894), a well-known human heart researcher first began to analyze methods of psychological protection of subjects from negative factors.¹

2. MAIN PART

From the point of view of functionality, psychological defense serves to ensure the adaptation of the individual's spiritual world to the social environment, sometimes, because of the inadequacy of the elements of its mechanism, psychological protection can be the cause of social unhappiness. In her research, T. Tulupyeva studied this issue on the personalities of boys and girls, thereby discovering that "when there is a contradiction between elements in the mechanism of psychological defense, they assimilate into associative behavior and become members of various destructive groups". Psychological protection in the form of manifestation is divided into aggressive and positive forms, in which is meant the protection of emotions, needs and interests from internal and external threats. In our opinion, the term "psychological defense" of a person should be understood as a special regulated system that minimizes the impact of internal and external threats, balances the current psychological state, and provides psychological stability. In psychological vocabulary, in a broad sense, psychological protection means a quality that changes the system of interpersonal relationships, with a wide range of negativism, "deception" created to eliminate psychological discomfort, and various views emerging in the form of behavioral change. In our opinion, the main goal of psychological defense is to prevent a person from "negative" information, which forms a "psychological trauma". In Uzbekistan, taking into account the high level of psychological influence of social institutions, the process of forming psychological protection will not be easy. Because, the family and its members, as a social institution, as well as society (community) and its members have a different impact on the individual at different levels. Thus, R. Granovskaya and Y. Krizhanskaya expressed their opinion on psychological defense: "With the increase of human experience, a special system is created and protects people from information that distorts the internal equilibrium." And, in our opinion, this particular system should be an individual psychological defense. Therefore, we conducted an empirical study, in order to determine its features. The study involved 350 people (87 of them women, which is 25%, and 263 men, 75%). The average age of the participants in the study was 18.8 years, the range of age was from 16.4 to 25.8 years (their indicators are presented in the 1-table).

1-table.

Age index, who took part in the research

Years	16	17	18	19	20	21	22 and more
amount	1.3%	33.9%	30.9	17.1%	10.5%	4.9%	1.3%

¹ Sigmund Freud., Three essays for sexual theory.

All respondents were examined using the R. Chettel multifactorial questionnaire and the Kellerman-Plutchik questionnaire. Our studies were conducted in three phases, such as the preparation, aggregation and analysis of data from 2017 to the present day.

The results showed that there is a difference between men and women. The exact difference was observed in such female factors as A, B, C, F, I, L, M, N, O, Q1, Q4 (Table 2). It was found that women have higher rates than men, for the following factors: A (sociability), F (expressiveness), N (diplomacy). In our opinion, these indicators are determined by a high degree of their readiness for life. Since, in Uzbek families, special attention is paid to the education of girls, their preparation for an independent family life. According to the results of the study, indicators (C) (emotional stability), M (dreaminess) and Q1 (experiments) in men at a higher level than women. Women have lower rates than men in such factors as O (anxiety) and Q4 (tension). These indicators show that women are considered socially oriented and adhere to their own standards of behavior.

They do not care about the future life (family life). Because in Uzbek families the man is responsible for family life, and this idea dominates in family upbringing. This feature is a tradition of Uzbek families in the upbringing of children.

At men at high level results of parameters C (emotional stability) and I (sensitivity) are expressed. Because in the family, the regulation of economic and social problems also affects the upbringing of children. And these indicators are the influence of family upbringing. Men have high rates for factors L (suspicion), O (anxiety) and Q4 (tension). They can freely make decisions, be decisive in achieving their goals and easily overcome their shortcomings. The expression of emotional stability indicates a willingness to resist life's obstacles.

2- table.

Gender difference of personal characteristics

Factor	Sociability	Intelligence	Emotz. stability	The ex-Exclusiveness	Sensitivity	Suspicion	Dreaminess	Diplomacy	Anxiety	experimentality	tensions
Index	A	B	C	F	I	L	M	N	O	Q1	Q4
Women	13.09	8.76	14.80	16.69	12.37	11.84	9.67	10.25	12.94	10.03	14.44
Men's	10.95	7.76	15.52	15,15	8.02	10.68	10.55	9.08	10.82	10.79	12.15
t	5.42	3.28	-2.21	3.4	10.94	2.91	-2.15	3.51	4.44	-2.31	4.28
p	0.0001	0.0011	0.0278	0.0008	0.0001	0.0038	0.0324	0.0005	0.0001	0.0216	0.0001

According to the results of the study, a significant difference was found between men and women in other psychological indicators (Table 3).

3- table.

Differences in personal indicators

Accentuation	Movable type	Emotional type	Concerned type	Cyclotimica type	Demonstrative type	Exalted type
Women	14.87	16.90	12.17	16.73	15.30	16.65
Men's	13.01	11.33	8.20	13.97	12.49	13.66
t	3.33	7.79	5.24	4.01	4.76	4.28
p	0.001	0.0001	0.0001	0.0001	0.0001	0.0001

In 6 out of 10 indicators of accentuation, there were revealed gender differences (Table 3), and the difference index was $p < 0.01$. The results of women were high in 6 indicators, in 33.8% of women with an emotional type more than 18 and 42.3% in the cyclotomic type more than 18. They are emotional and sensitive, which can adversely affect their activities.

Thus, it can be said that psychological protection has a complex structure and is manifested in a simpler and higher order of behavior. From the theoretical point of view, psychological protection is divided into two types: basic psychological defense and acquired (secondary) psychological defense. The main goal of psychological defense is to eliminate the psychological discomfort expressed in a person.

3. CONCLUSION

It can be expressed in a constructive or destructive manner. In our opinion, the constructive expression of psychological defense is associated with a high level of psychological culture and lifestyle. Therefore, it is advisable to pay attention to the question of the formation of psychological culture.

Correlation of the study was performed on the basis of the student's criteria.

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