

## Distinctive Features of the Formation of Psychological Defense Mechanisms in Students

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### Abstract

this article covers the stages of development, types, consequences of psychological defense mechanisms and the peculiarities of the stages of their occurrence and formation in the student category layers of society.

**Keywords:** “defense mechanism”, “hypothetical”, “functional task”, “psychological defense”, “rationalization”, “regression”, “aggression”, “split”, “segregation”, “compensation”, “identification”, “sublimation”.

### Introduction

The term protective mechanism was originally coined in 1894 by Z. It was introduced into science by Freud. Subsequently, as a result of the increase in the amount of research in this area, its practical and theoretical significance is also increasing. It is a series of psychological processes that hypothetically regulate the manifestation of unconscious content in our minds and behaviors

What is psychological protection itself? Which layer categories of society are called around themselves. Psychological protection is an undiagnosed psychic process aimed at protecting an individual from negative experiences. It is the psychological defense mechanisms that lie on the basis of resistance processes. The protective mechanisms of the individual appear in his psyche in early childhood and continue throughout his life. Psychological defense mechanisms protect a person from unpleasant emotional experiences, help to maintain psychological comfort (comfort). The functional function and purpose of psychological protection, the assimilation of unconscious by instinctive impulses and demands of the external social environment, conditioned by conflicts between the assimilation of rules and norms of family and society, that is, the relaxation of an individual's internal conflicts (anxiety, compression). One of the specific aspects of human nature is its aspect linked to the life of society, which is the aspect that presupposes the study of the problem of personality. Learning from different facets of human existence has long historical period traditions. This suggests that the multidimensionality, versatility, and diversity in an individual's personality aspect determine its identity.<sup>1</sup>

Psychological defense mechanisms alleviate these conflicts, protect human behavior and control it with increased flexibility and stability of the psyche. As the main mechanism that provides psychological protection, a special management system that stabilizes the personality comes to the surface. They are aimed at eliminating or bringing to a minimum the feelings of anxiety associated with Conflict Awareness. In connection with this approach, as its main function, the “blocking” of the environment of consciousness from experiences that injure the

<sup>1</sup> U.Fayziyeva, M.Jumayev .” Umumiy psixologiya” Buxoro. 2021y. 85 bet



negative individual is considered. In a broad sense, the term "psychological protection" is used to explain any actions that change the system of interpersonal relationships, the emergence of "lies" that confuse the activity of personality traits, such as negativism, which occurs as a result of the elimination of psychological discomfort. A protective mechanism is a means of preventing psychiatric personality disorders. However, the defense mechanisms are not the same. On the one hand, they stabilize, that is, establish a person's relationship with himself, on the other hand, they can destroy relations with the outside world. Such cases are most often observed in the layers of the category of 18-25 years old. It is among young people-students! The purpose of protection is prevention. The task is to deal with strong negative emotions and maintain the self-esteem of the individual. To do this, a restructuring of the value system (hierarchy) is carried out within the personality. These are backup ways to solve problems that come from the brain. When simple methods fail, they are turned on, and the problem is not recognized by the person himself.

### **Types of Protection**

In a critical state of the intensity of emotions, our brain, based on previous experience, triggers one mechanism or another. By the way, a person can learn to control his defenses. What are the mechanisms of psychological protection?

### **Compression**

Replacing thoughts about confrontation with other hobbies, actions, thoughts and feelings. As a result, the dispute and its cause are forgotten or not recognized. A person really needs unnecessary information, real forgets motives. But at the same time he becomes anxious, fearful, restrained, timid. Gradually decreases.

### **Rationalization**

Rethinking the value, changing the attitude towards the situation in order to preserve dignity ("he left me, but who is more fortunate is currently unknown").

### **Regression**

It is a passive defensive tactic, dangerous in its low self-esteem. Includes a return to previous behavior. This is helplessness, uncertainty, surprise, tears. As a result, the individual remains a baby and stops developing. Such a person cannot independently and constructively resolve conflicts.

### **Distrust**

The critic ("who would talk!") Dignity. The second side of the coin is idealization. Gradually, a person switches to the alternation of the first and second. This is dangerous due to instability in relationships.



### **Denial**

Holding back negative emotions, rejecting to the end, hoping for an unexpected result and change is the essence of this mechanism. It is included in a conflict situation between individual motives and external circumstances (information, beliefs, requirements). Thanks to this mechanism, a misunderstanding of oneself and the environment develops. A person becomes optimistic, but has nothing to do with reality. Due to the decrease in the sense of danger, it can get into trouble. Such a person is egocentric, but at the same time polite.

### **Segregation**

"I don't even want to think about it." That is, ignoring the situation and possible consequences, emotional alienation. A person abandons the external world and interpersonal relationships to his world. For those around him, he looks like an emotionless person, but in fact he has a very developed empathy. And avoiding stereotypes allows you to see the world outside the box. This is how artists, poets, philosophers are born.

### **Compensation or Replacement**

In another field, self-determination and success in a group of people. Go through an inaccessible object.

### **Excessive Compensation**

Excessive, opposite behavior. Such people are characterized by instability, uncertainty. We can say about them: "from love to one step of hatred."

### **Aggression**

Attacks on the critic. "The best defense is offense."

### **Split**

A person shares his experience to create his inner world. The angel and the devil, alternate figures (they are sometimes given names), the images help a person to be healthy. But on the other hand, he is seen as a different person. They say about such people: "yes, What are you doing?! He couldn't do it! You are a liar! "And again, a great ground for conflict.

### **Identification**

Transferring your unwanted feelings, thoughts, qualities, desires to others, which often leads to aggression. In addition, a person gradually adds more positive qualities to himself. In terms of conflicts, this is the most defenseless defense.

### **Sublimation**

Transfer the material to a simple and abstract and creative level. It brings joy and joy. This is the best and safest option for psychological protection. Gradually, the personality manifests itself creatively, and protection, like uncertainty, disappears on its own. Any unmet needs can turn into creativity. This is the healthiest type of psychological protection.



The mechanisms of psychological defense are activated on an unconscious level, that is, a person himself can use other methods of conflict resolution. First, it is important to know the specificity of Information change, in fact, why there are so many contradictions.

Thus, it is important to manage your emotions well, to define your feelings as clearly as possible. But at the same time, you need to learn to express these feelings, that is, to develop communication skills and self-control. I suggest you familiarize yourself with some methods of self-regulation and optimization of mental state.

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