

## PSYCHOLOGICAL PROTECTION

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**Abstract:** In this article we will talk about psychological protection.

**Keywords:** psychological defense, conflict, defense mechanisms.

**Introduction:** In a modern, rapidly developing society, people need to adapt frequently and quickly to emerging changes. But it is not always possible to react to these changes in a way that is familiar to a person, in addition to this, in addition to adaptation, it is necessary to maintain mental calm. All this causes a person inner anxiety, tension and discomfort. And here psychological defense mechanisms come to his aid, which are aimed at protecting consciousness from unpleasant and traumatic experiences associated with internal and external conflicts, states of anxiety and discomfort.

The phenomenon of psychological protection has interested many specialists since ancient times, but despite this, it can still be called, without exaggeration, one of the most undeveloped in personality psychology, both on a theoretical and empirical level.

**Methods:** The first concept in which psychological defense is reflected is psychoanalysis. Domestic psychologists such as A.G.Asmolov, F.V.Bassin, B.V. Zeigarnik, A.V. Petrovsky and others were also interested in this question.

Insufficient knowledge of this issue is due to the fact that the attitude to psychological defenses in psychology has always been contradictory and controversial. On the one hand, in stressful and conflict situations, they help to come to emotional calm and balance, that is, to eliminate anxiety and tension, on the other hand, they do not eliminate or resolve the real cause of the trouble, but only muffle it for the duration of the conflict. Ultimately, a person does not develop as a person, does not learn to resolve conflicts independently, accumulates problems.

In addition, the sources do not have a single point of view on the total number of protections, and there is no single definition of the concept of protection.

So, the main purpose of this work is to clarify the concept of psychological protection and theoretically consider its mechanisms.

In Russian psychology, the psychologist, neurophysiologist F. V. Bassin identified and considered in detail the problem of psychological protection. He defined psychological protection as a mechanism of functioning of the normal psyche, preventing the formation of various mental disorders, implemented in the form of separate methods of processing information in order to preserve the "I-concept".

According to Bassin, protective mechanisms are formed and develop from early childhood, and, transforming, accompany a person all his life. These mechanisms, together or separately at the unconscious level, protect consciousness from negative experiences. Psychological defense mechanisms allow you to balance the psyche and feel inner comfort and protection from external and internal negative experiences.

In a broad sense, psychological protection is a special system of personality stabilization aimed at protecting consciousness from unpleasant, traumatic experiences associated with internal and external conflicts, states of anxiety and discomfort. As mentioned earlier, different scientists consider different mechanisms. The article will consider the protection mechanisms put forward by A. Freud. She suggested that the following "psychodynamic" phenomena should be considered protective: displacement; regression; reaction formation; isolation; denial of the action performed, what is happening; projection; introjection; conversion into one's own personality; transformation into one's opposite; sublimation.

Let's consider the protective mechanisms in more detail.

Denial is the desire to evade new information that does not correspond to the formed ideas about yourself. At the same time, they do not pay attention to potentially disturbing information, they avoid it. A classic example: a drug addict who uses daily retains the confidence that he can quit at any moment.

Rationalization is a pseudo-rational explanation of a person's behavior, the recognition of which would threaten the loss of self-esteem. That is, it is a protection that filters the allowed information, thanks to which one's own behavior seems well controlled. An example is the situation when an athlete lost in a competition, but tries to convince himself and others that this victory was not so important for him.

Repression is caused by overcoming internal conflict due to the active exclusion from consciousness of information about the present, but not acceptable motive of behavior. Often the sexual instinct is repressed, for example, to hear from a divorced or single woman "I don't need it", "for me the main thing is work and children", etc.

Projection is a type of psychological protection associated with the unconscious transfer of unacceptable own feelings, desires and aspirations to others. For example, a person may think that a partner has a negative attitude towards his hobby, while in fact nothing of the kind appears on the part of the partner.

Identification is a kind of projection associated with the unconscious identification of oneself with another person, the transfer of desired sensations and qualities to oneself. A vivid example of identification is when a "good" boy wants to become "bad", due to the fact that he mistakenly perceives his hostile traits as strength.

Depersonalization is the deprivation of the individuality of other people.

You can talk about depersonalization when you hear "it was like it wasn't with me," "it was like I heard myself from the outside."

Alienation is a psychological defense in the form of isolation, isolation within consciousness of special zones associated with traumatic factors. For example, parents get divorced, and the child, not understanding whom to reach out to, is isolated from both.

Substitution is a kind of psychological defense against an unbearable situation in the form of transferring a reaction from an "unattainable" object to an "achievable" one or by replacing an unacceptable action with an acceptable one. The person the boss yelled at may not answer him, but when he returns home, he will vent all his anger on his wife or child.

Catharsis is a psychological defense associated with changes in values, which leads to a reduction in the impact of a traumatic factor. For example, immersed in the life and suffering of the film's characters, the viewer realizes catharsis, overcomes and resolves his mental conflict and his own mental state returns to normal.

Sublimation is protection by redirecting a person's excessive sexual or aggressive energy into another channel: creativity, science, work, sports. Unwanted sexual attraction can sublimate into the creation of unusual works of art.

**Results and Discussion:** These mechanisms are used by man unconsciously, since these phenomena are inherent in nature. And not all mechanisms balance a person due to the rejection, in whole or in part, of unacceptable information, that is, in a conflict or stressful situation. Some of them contribute to attracting new information in the value system, change the model of the world by an impossible conflict between "I want" and "I can".

**Conclusion:** It turns out that psychological protection can be considered as a system of maintaining and regulating personality, aimed at protecting consciousness from traumatic experiences associated with intrapersonal conflicts and conflicts with the external environment, as well as anxiety and uncomfortable states.

### References

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