

**THE PLACE AND SIGNIFICANCE OF PSYCHOLOGICAL
PROTECTION MECHANISMS IN THE PERSON AND HIS
TEMPERAMENT AND ITS COMPONENT PARTS IN ADJUSTMENT**

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Abstract: *This article examines the problem of adaptation of a person to interpersonal relations in society during his social life. The essence of adaptation is noted as a set of protective behavioral reactions of a person, including individual psychological characteristics such as temperament and psychological defense mechanisms. Research work on this topic deals with the relationship between temperament and psychological defense mechanisms.*

Key words: *adaptation, coping behavior, temperament, psychological defense, psychological defense mechanisms.*

Dynamically changing conditions in various spheres of life affect a person's activities, including the following aspects: personal status, work performance, quality of work performance, and relationships with surrounding people. Today's rapidly developing society is filled with stress factors, various conflicts, demands and worries that cause internal discomfort and negative feelings of a person. When a person finds himself in difficult life situations, using his existing knowledge and personal experience, he tries to adapt to the environment and strives to improve his mental state. F. Berezin singled out two important aspects of adaptation: the features of establishing the optimal relationship between a person and the environment and creating sufficient compatibility in mental and physiological conditions. In the development of many adaptation reactions, two can be observed: the initial stage of "urgent" imperfect adaptation and the subsequent stage of perfect "long-term" adaptation. Urgent adaptation occurs immediately after the start of a response stimulus and is carried out only by pre-formed, ready-made physiological

mechanisms. At this stage of adaptation, the body's activity continues, mobilizing almost the full functional reserve at the limit of its physiological capabilities, so the adaptive effect is not fully realized and may not be permanent. Long-term adaptation occurs gradually as a result of long-term adaptation or as a result of environmental influence: — urgent —adaptation is based on the repeated repetition of the gradual quantitative accumulation of some changes, which in the organism turn into non-adapted adaptation. Thus, the process of adaptations, that is, the transition from the "urgent" stage to the "long-term" stage, expands the body's (individual's) living conditions in new conditions, its range of living and freedom of behavior in changing conditions. Despite the presence of adaptation regulation mechanisms in all people, the reactions are the same, the result of adaptation may differ even under the influence of the same stressor. Each of the 80 individual persons associated with this personality, its normal limits are functions that reflect the presence of functional reserves and its individual psychological characteristics. The problem of overcoming difficult life situations by a person, as well as the study of personal resources as a means of overcoming such situations, is reflected in many studies and foreign authors (A.Ya. Ansupov, LIAnsiferova, RMGranovosky, FBBerezin, ELDosenko, TLKryukova, IMNikoliskaya, L. Yu. Subbotina, R. Lazarus, R. Plutchik, N. McWilliams, A.AGMaklakov, AISHipilov). Temperament, which is the basis of personality structure, acts as a regulator of behavior and related internal processes. Temperament is derived from the Latin word "temperamentum" and its meaning is "mixed". Academician IPPavlov's teaching on the types of higher nervous activity revealed the scientific reasons for the characteristics of temperament. Pavlov distinguishes the following four main types of nervousness, which correspond to the four temperaments of Hippocrates. 1- strong, balanced and agile type. Vigorous type. This type is the basis of sanguine temperament: 2- strong, balanced inert (slow) type, heavy restrained type. It forms the basis of phlegmatic temperament: 3-strong, but unbalanced, i.e., the type in which excitement prevails over inhibition, hot, enthusiastic, type. It forms the basis of choleric temperament: 4-weak type. Forms the basis of melancholic

temperament. Temperament is defined as a set of characteristics, by the dynamic characteristics of his psyche, a person determines his activity (speed, rhythm, activity, intensity, emotionality, etc.), has a hereditary nature and is manifested in early life. The ratio of the following properties of the nervous system, strength, mobility and balance form the type of nervous system, which is the basis of physiological behavior: the strength of the nervous system speaks about the performance of a person, his response characteristics to stimuli and the ability to cope with stressful situations, and mobility - the speed of adaptation to environmental requirements. That is, temperament mainly determines the way a person normally responds to environmental influences, thus an adaptive function. Among such reactions "activated" on the basis of personal reactions, natural features, psychological defense mechanisms are considered (Nikolskaya, Granovskaya, Gladyshev, etc.). The doctrine of psychological protection of the individual is formed in the framework of classical psychoanalytical theories. The term psychological defense mechanisms was first used in 1894 by Sigmund Freud in the work "Defensive Neuropsychoses". A scientist in his 81 practice of treating hysteria faces resistance, he tries to influence the patient's subconscious. And this resistance prevented the patient from healing. Freud describes this as a phenomenon of repression and says: —Those forces now obstruct, like resistance, which have forgotten to enter consciousness, have at the same time expelled from memory the oblivion that caused it and the related pathogenic experiences. I called it crowding out and looked at it as the existence of proven resistance^{ll}. In his later work, the scientist mentions other defense mechanisms and says that this set of mechanisms controls human behavior. In his works, Freud distinguished the following psychological defense mechanisms: repression, projection, regression, confusion, rationalization, reactive formation. These mechanisms unconsciously activate the individual and reduce various negative consequences, while at the same time distorting reality. Denial mechanisms consist in blocking the perception of any information that can somehow injure a person or otherwise cause a conflict. Projection means transferring undesirable qualities and qualities of a person to

another person. Distraction is a defense mechanism that allows you to direct the feelings generated in relation to the object that caused anxiety to another object. The manifestation of regression is like infantile. And rationalization is the explanation of one's behavior that is acceptable to oneself. Reactive formation is a defense mechanism that allows you to reduce the level of anxiety by limiting the same emotions and impulses and increasing the opposite emotions and impulses.[1] Freud's work is continued by his daughter and expands the meaning of these concepts. In addition to the innate features of the mentioned protective mechanisms, it also represents the individual features acquired during human ontogenesis. Defense mechanisms are aimed at reducing the negative effects of a person, and they are mainly unconscious psychological defense mechanisms that regulate human behavior and balance the psyche to increase its internal flexibility. Many defense mechanisms develop during childhood and lead to the child's closed situations, i.e. "the child cannot freely express his opinion, he is a man", and hides from various external difficulties and dangers. The main determinant of the child's development is family relations, where the breakdown of family relations often leads to disharmony of personal emotional development, pathopsychology, and hypertrophy of the child's psychological defenses. Today, family education, social status of the family, profession and material support of family members, level of education of parents cannot be denied on the child's mental development. The goal of psychological protection is to reduce emotional stress and ensure regulation. According to psychologists, psychological defense is a natural human adaptation reaction to life difficulties and refers to the initial stage of "urgent" adaptation. Psychological defense mechanisms can be used together with constructive methods of coping with difficulties, and only the extreme level of severity and intensity of defense is the dominant means of adaptation. At present, the experience of a number of studies in the literature describes the relationship between temperament and psychological protective features. AG Samokhvalova, studying the problem of the best behavior of the individual, found that the psychological protection of the individual is related to the type of temperament. The most common psychological

defenses for sanguine individuals are intellectualization, substitution, and suppression, and the least common is regression. People belonging to the choleric type often use defense mechanisms such as regression, reactive, projection, and the least common is intellectualization. In individuals of the melancholic type, regression, projection, and intellectualization are used, and denial is the least preferred. Phlegmatic type individuals use projection, denial and intellectualization the most, the least acceptable is substitution mechanism. LA Aleksandrova, VP Mikhailova, NI Korytchenkova, TI Kuvsinova, by describing the typology of human behavior in difficult times, found the psychological protection profile of a person in life situations, and it is very broad compared to other types of temperament, which includes the following protection mechanisms negation, substitution and regression. The following types of people with sanguine temperament use the most defense mechanisms: regression, denial and repression. According to the authors, the harmony of personality structures is largely determined by the ratio of personal characteristics, including temperament and psychological protection. According to research by VA Agarkov and SA Bronfman, each of the four types of temperament (sanguine, choleric, melancholic, phlegmatic) corresponds to the profile of psychological defense mechanisms. The most characteristic manifestation of the defense mechanism for sanguine type individuals is repression. For individuals of the choleric type, reactive formation, projection, regression are used more. In the profile of melancholic individuals, the leading mechanisms of psychological defense are regression, compensation, and projection. 83 Phlegmatic type individuals are more likely to reject. Neuroticism has also been found to affect the frequency of using projection and regression mechanisms. A.V. According to Koteneva's study of the interdependence of defense mechanisms and the results of the temperament type, individuals of the sanguine type dominate in rejection and projection. People of the choleric type prefer to use regression and projection. The mechanism of projection is more characteristic for melancholic type individuals. For phlegmatic type individuals, suppression and projection are used more. Here, the study also noted the connection

between neuroticism and the use of mechanisms psychological defense: positive correlation with regression, compensation, projection, substitution and negative-denial and through suppression. The conducted studies of scientists show that the most common protective mechanisms for sanguine type individuals have been identified, including replacement, compensation and projection mechanisms, and the least preferred is the rejection protective mechanism. People of the choleric type often use mechanisms of personal protection, such as regression, denial and intellectualization, less often - the mechanism of repression. In individuals belonging to melancholic type, chemical mechanisms are the most obvious replacement, intellectualization and regression, and the mechanisms of lesser degrees are reactive formation. The protection profile of phlegmatic type individuals includes repression, denial, intellectualization. As you can see, the information obtained by the authors of the above works sometimes differ and contradict each other. Nevertheless, taking into account the small amount, researchers have identified studies devoted to this topic, the correlation between individual typological personality traits and the protective mechanisms he uses. These are the components of the human adaptation system to complex life situations in favor of continuing to study various relationships. In conclusion, it should be said that psychological defense mechanisms can have a constructive and destructive effect. Protective mechanisms of a constructive nature help to assess the situation adequately, to determine an alternative goal and to choose the optimal means to achieve it, and to satisfy demands and needs. If there are protective mechanisms of a destructive nature, they consist of denying and distorting reality, and eventually lead to a pathological change of the person. Therefore, psychological defense mechanisms protect the body from psychotraumatic disorders, situations, negative information and increase its stability in various situations. It should also be noted that psychological 84 defense mechanisms can sometimes lead to severe consequences, personality formation and social adjustment disorders. The information obtained by the authors of the above works sometimes differ and contradict each other. Nevertheless, taking into account the

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