

APPROACH TO STUDENT HEALTH AND ITS DEPENDENCE ON PSYCHOLOGICAL PROTECTION MECHANISMS

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Annotation: The following article deals with the determinant of the development of student valueological consciousness with psychological defense mechanisms. It is known that the stable formation of some of the mechanisms of psychological defense in the individual can pave the way for the formation of valueological consciousness in them. Therefore, the psychological defense mechanisms that predominate in healthy lifestyle students have been empirically studied and the results have been psychologically analyzed.

Keywords: healthy lifestyle, student, psychological defense mechanisms: "Squeeze", "Regression", "Replacement", "Denial", "Projection", "Compensation", "Intellectualization", "Reactive formation".

Introduction

Moderation in a person means that mental health indicates that the mind has the ability to control, and in some cases, giving in to emotion shows that it is deviating from its function. When different characteristic relationships are carried out under the control of the mind, there are no defects, deviations in the behavior, activities and behavior of the person. The relatively stable and relatively variable characteristics of the individual, therefore, consist of the integrity and interdependence of human qualities, the complex unity of composition.

K. Rogers considered a healthy person to be flexible and open, independent of external influences and self-reliant, not always using protective reactions. Optimally up-to-date, such a person lives fully in every new moment of his life, he is active, well-adapted to changing conditions, tolerant of others, emotional and thoughtful [6]. K. Jung stressed that a person free from stereotypes and assimilates the unconscious is healthy. . From Reich's point of view, neurotic and psychosomatic diseases are interpreted as the result of stagnation of biological energy, which means that a healthy state is characterized by a free flow of energy. Z. Freud believed that a psychologically healthy person is able to reconcile the principle of pleasure with the principle of reality [2].

Sigmund Freud, who tried to explain the psychological nature of these phenomena from a psychoanalytic point of view, called unconsciousness a state of conflict with the demands of social norms, a state of alienation by means of the mechanism of contraction of unfulfilled tendencies and so on. The deepest and most important layer of the human psyche is the

unconscious (3. Freud). It is the pressure of the mind that keeps the instinctive arousal through emotions and memories, but these misunderstood materials often define a person's daily activities [1, 2]. However, the structure of the psyche leads to frustration, which is observed in negative emotions and experiences (affect, anxiety and frustration). Frustration encourages the "I" to relieve stress using various "release valves". These are called psychological defense mechanisms. In the first case, the psychological defense mechanism may interfere with a person's ability to feel healthy and develop.

Methods of Investigation:

Observation, interviews, surveys, scientific analysis, mathematical and statistical methods were used, including:

Kellerman-Plutchik's "Study of Psychological Defense Mechanisms" questionnaire was used. For the processing of the obtained data is provided scientific conclusions based on mathematical-statistical methods (factor analysis, correlation analysis, Student's t-criterion) in the program SPSS-11.5 (designed for processing statistical data for social sciences on a computer).

Reliability of research results Psycho diagnostic methods used to meet psychometric requirements; the use of methods of mathematical and statistical analysis (factor analysis, correlation analysis, Student's T-criterion) in the repetition of the obtained empirical results is determined by the reliability of the psychological interpretation of quantitative indicators and statistical criteria of stability.

Results of Investigation:

In our study, we explored the psychological defense mechanisms that predominate in healthy lifestyle students. In our opinion, the stable formation of some of the mechanisms of psychological defense in the individual can pave the way for the formation of valeological consciousness in them. For example, the high or low level of psychological defense mechanisms, such as **"Squeeze"**, **"Regression"**, **"Replacement"**, **"Denial"**, **"Projection"**, **"Compensation"**, **"Intellectualization"**, **"Reactive Formation"** is positive for the formation of valeological consciousness in students or may be adversely affected.

Analysis of factorization factors related to psychological defense mechanisms in groups with healthy and unhealthy lifestyles shows that unhealthy lifestyles are twice as low as in healthy groups (**Table 1**).

Table 1. The results of research on the determination of student valeological consciousness with psychological defense mechanisms (Group 1 Healthy Lifestyle Respondents)

Protection mechanisms	Factors			
	Factor 1 “Directed to others”	Factor 2 “Self directed”	Factor 3 “Cognitive”	Factor 4 “Changing places”
Regression	0,902			
Denying	-0,709			0,447
Compensation	0,707		0,613	
Reactive formation		0,864		
Projection		0,853		
Squeeze out			-0,864	
Intellectualization			0,698	
Substitution				0,954

First factor - 23,178% is data dispersion , second one is - 22,717 %, third– 20,814 %, fourth one explains– 16,030%

The first factor of protection mechanisms in respondents who follow a healthy lifestyle is rejection, compensation and regression with a negative value; the second factor - projection with reactive formation; squeezing out the third factor - compensation, intelligence and negative value; the fourth factor - replacement and rejection formed protection mechanisms. The differentiation of psychological defense mechanisms of respondents who do not follow a healthy lifestyle is weak and consists of only two main factors: the first factor - projection, displacement, regression compensation and intellectualization (negative value) formed; the second factor consists of compensation, rejection, reactive formation, and regression (Table 2).

Table 2. The results of research on the determination of student valeological consciousness with psychological defense mechanisms (Group 2 Respondents who do not follow a healthy lifestyle)

Protection mechanism	Factors	
	Factor 1 “Directed to others”	Factor 2 “ Self directed”
Projection	0,975	
Substitution	0,959	
Intellectualization	-0,929	
Regression	0,852	0,458
Squeeze out	0,776	
Compensation		0,971
Denying		0,857
Reactive formation		0,826

First factor shows 51, 761% data dispersion, second one shows 32,457%.

What does the following data show? Psychological defense mechanisms show weak differentiation in respondents who do not follow a healthy lifestyle.

It can be seen that the projection, which is the main load of the first factor, is inextricably linked with the protection mechanism (factor load is 0.975)

What does projection mean? Projection is a protective mechanism that serves to control feelings of self-denial and rejection of others as a result of emotional rejection by those around you. Projection serves as a rational basis for not accepting the surroundings, attributing to them various negative aspects and increasing the possibility of self-acceptance in its background.

Attributive projection is the unconscious denial of one's own negative aspects and attributing them to others.

A rationalist projection is an understanding of the negative aspects of oneself, but believing that such a defect exists in everyone.

Complimentary projection is the interpretation of real or imaginary flaws in oneself as a quality.

Simulation projection is the harmonization of defects, e.g., parent-child. That is, the subject performs protective functions that prevent him from realizing that he actually has some undesirable trait.

Normative characteristics of defensive behavior: pride, self-love, selfishness, resentment, tenderness, hypersensitivity to injustice, arrogance, skepticism, jealousy, stubbornness, inability to raise objections, not to speak, to find fault with others, tendency to blame, shortcomings pessimism, inability to withstand criticism, demanding of oneself and others, striving for high results.

In this case, it appears that the rare projections are associated with positive, socially validated feelings, thoughts, or actions for some people (often in a micro-social environment). The downside of the projection, along with the replacement, is that it allows for a negative assessment of the members of the group of respondents who follow a healthy lifestyle. This replacement allows you to eliminate feelings of depression (usually hostility, anger) that are less dangerous or better than those that cause negative emotions (in our case, objects of a healthy lifestyle). In most cases, substitution eliminates the emotional tension that arises under the influence of the disturbing state, but it does not lead to the achievement or overcoming of the goal.

In classical imagery, regression is seen as a psychological defense mechanism in which an individual seeks to avoid anxiety by transitioning to the early stages of libido development in their behavior. In this form of protective reaction, the person is exposed to disturbing factors, making more complex problems subjectively relatively simple to solve. The use of simple

and conventional behavioral stereotypes significantly reduces conflict situations. This mechanism belongs to the type of “implementation” mentioned in the literature, in which desires or conflicts are expressed in activities.

It is noted that the main load of the second factor is occupied by the compensation protection mechanism (0.971). This defense mechanism has been found to be inextricably linked with rejection, reactive formation, and relatively low-weight regression.

Compensation is cognitively a very complex defense mechanism, it is usually applied consciously. Real or imaginary loss serves to curb feelings of real or imaginary grief, sadness, inadequacy, imperfection. Compensation is the act of correcting or compensating for a defect. Hyper compensation, fantasy, and identification are part of it. The following possible deviations in scientific sources occur in individuals who use such a protective mechanism: aggression, drug addiction, alcoholism, sexual deviations, promiscuity, kleptomania, greed, tension, arrogance, ambition. In other words, we can observe that this factor is clearly reflected in the respondents who do not follow a healthy lifestyle.

CONCLUSION

Based on our research results, we can conclude that:

1. The specificity of lifestyle is determined by misunderstood psychological defense mechanisms;
2. Psychological defense mechanisms can have both positive and negative effects on attitudes toward lifestyle;
3. In the early stages of the formation of interpersonal relationships, exposure to psychological defense mechanisms can disrupt these relationships, the first time defense mechanisms can have a “negative” effect over time because the loss of protective function stimulates positive relationships;
4. Socio-psychological trainings aimed at self-awareness affect lifestyle and eliminate the scattered negative effects of these latent variables.

Thus, based on the results of the empirical analysis of assumptions regarding latent lifestyle determinism, we can draw the following conclusions.

Lifestyle characteristics can be determined by unconscious psychological defense mechanisms;

Psychological defense mechanisms can have both positive and negative effects on lifestyle.

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