

Social Psychological Characteristics Of Psychological Defenses Manifested In Adolescents In Extreme Situations

Laziz Olimov, Almos Avezov

Abstract: This article analyzes theoretical and empirical data on the social psychological characteristics of psychological defenses manifested in adolescents in extreme situations.

Index Terms: defenses manifested, emotion, extreme situation, personality, psychological protection, Self-emotional evaluation, social conditioning,

1. INTRODUCTION

THE problem of psychological protection has always been one of the most pressing problems facing humanity. After all, the social development of a person in all respects, his activity and self-development in the quality of a person are largely dependent on this process. It is important to mark that if people possess sufficient knowledge about their certain range of psychological capabilities, achievements and defects, they can easily overcome any failures for life, to use the complete potential and, in a word, have a deeper, more positive idea about itself and it opens wide possibilities for forming of ideas of the special social value. After all, in this process, the principles of psychological protection of a person in extreme situations, which primarily serve to improve the educational system, its essence, the educational system, are of great importance. It is known that in science of psychology there is not scientific enough literature that is sanctified to the problem of psychological protective echo in extreme situations and can describe all his directions in detail, but today it maybe to emphasize scientific research that shows a requirement in the problem of psychological defense in extreme situations.

2 RESEARCH METHODOLOGY

As we analyze the psychological literature, we have to investigate some general aspects of psychological protection methodology in them from the point of view of the science of Social Psychology.

Indeed, many researchers also theoretically-scientifically substantiate this or that aspect, which is important for the psychological protection of an individual, adhering to the methodological principles of Social Psychology. These include research studies aimed at identifying the social psychological functions that play an important theoretical-scientific role in psychological protection of an individual in extreme situations. We think that this will help as a scientific-theoretical and methodological resource to think about some of the most relevant aspects of the psychological protection process today, its problems and its solutions in extreme situations, to reflect

and determine the tasks of our own research. In the content of studies aimed at determining the methodology, principles and functions of extreme psychology, we see that the problem of Psychological Service is also hidden in a certain sense. Coming from foregoing, we can say that on the whole in extreme cases the process of psychological defense differs from the process of other defense characteristic for a man. In particular, under biological defense the actions sent to satisfaction of necessities of individual as individual or biological subject are understood, and social defense is determined as defense of personality the state and society. The process of economic protection is determined by measures, laws and official documents aimed at determining the level of personal well-being. Many publications also contain references to the process of moral and ideological defense. In this regard, special attention is paid to the prevention of spiritual emptiness by strengthening the national beliefs of youth. The psychological protection of a person in extreme situations is determined and evaluated by specific psychological capabilities that allow him to act as a person and be active.

3 DISCUSSIONS

Extreme situation under the influence of these extremes and extremities, a person is understood to change consciousness and their influence under pressure. It is characterized by a violation of adaptation to physiological influences or psychological and moral influences. More often it is considered that the physiological system served as the cause of the dynamics of influence on the initial morality, or, conversely, the change in psychological characteristics is a mixed type of influence, when the emergence of a physiological shake occurs. "In extreme situations, the exposure of an individual organism can be manifested in two types: the uniformity of the form of exposure and the exposure of anxiety. To find out whether the irritation belongs to this or that species, as a sign of it, this is the orientation of the irritation." Basic maintenance of the same forms of reacting is the specific affecting organism that aims to remove or overcome extreme factors and work out the lifted moral problems. At the same time character of reaction at moral level consists in that it is conscious, purposeful character. It allows to form the certain plan of actions of man, based on the quality analysis of all situation, and sometimes and quantitative descriptions of extreme terms. The form of response associated with anxiety sensitivity is characterized by a specific connection of the extreme factor. It is primarily aimed at maintaining the functioning of the

- Laziz Olimov, Associate Professor of department "Psychology", at Bukhara State University, Bukhara, Uzbekistan.
- Almos Avezov, Senior lecturer of department "Psychology", Bukhara State University, Bukhara, Uzbekistan.

organism and maintaining the structure of the activity that is being performed. In situations where the conscious control of moral influences is slowed down, unconscious moral acts are observed, for example, panic. If, in the same form of the answer, the activity existing before the onset of the action of the extreme factor remains unchanged, then in the second case, the sub-necessity of these causes' decreases, and the exchange of the causative type is observed. Anxiety sensitivity occurs in situations of strong extremities, as a rule (subject and object are perceived). The type of extreme cases is incredibly much. Some of them were considered when they were applied to specific situations. However, in addition to them, there are certain types of extremal states that disrupt the activity of a person in such cases. In addition to the stress previously considered in the composition of such cases, we can include stress, frustration, fear and psychological crisis [1]. The process of self-emotional evaluation of an individual in extreme cases is of great importance for a certain degree of protection of oneself from various disappointments, failures and extremal situations. It will be necessary to take this process seriously, especially in adolescence. Taking into account this, it was envisaged to study the Social Psychological factors empirically and analyze its results on the basis of conditionally accepted criteria related to the proportionality between the possibilities of self-emotional evaluation and psychological protection in extreme situations in adolescents. It is also worth noting that sometimes every teenager can "impotence" in a certain sense, be able to give an adequate assessment to the psychological protective capabilities that serve both his emotional nature and the effectiveness of his activity. In our opinion, in such a "impotence" period, emotional dissatisfaction, emotional discomfort, an inadequate emotional picture of oneself are formed. Naturally, this formation can gradually negatively affect the social activity of a person, the productivity of educational activities. In order to understand this in a timely manner, we will pass the RICS-Wessman test mentioned above, as well as the relevant additional questionnaires, in support of the analysis of empirical data obtained directly using these methods.

Table 1. Moderate general indicators of the manifestation of psychological protective criteria in the framework of self-emotional evaluation of adolescents in extremal situations (RICS-Wessman). 5-th class (1000 people)

Object	Criteria							
	I		II		III		IV	
	A	Б	A	Б	A	Б	A	Б
%	52.8	47.2	52.5	47.5	57.4	42.6	51.0	49.0

Annotation to table:

1. Calm-nervousness "a" - "b"
2. Enthusiasm-enthusiasm-timidty "a" - "b"
3. Emotional overexertion-emotional overexertion "a" - "b"
4. Self-confidence - self-insecurity "a" - "b"

It is worth noting that at first the results were obtained by the well-known American psychologists A.E.Wessman and D.F. It was determined on the basis of the application of a set of special four-scale methods developed by RICS (I-peace-of-mind, II-workmanship-exhaustion, III-emotional overstrain, IV-self-confidence-self-insecurity) and with the help of additional statistical criteria confirming the validity of all empirical evidence. For this purpose, theoretical and practical views on certain scientific literature were taken as a basis.

Table 2. Average general indicators (RICS-Wessman) of the manifestation of psychological protective criteria in the framework of self-emotional evaluation in extremal situations of adolescents 9-th grade (1000)

object	Criteria							
	I		II		III		IV	
%	2.7	7.3	6.5	3.5	8.5	1.5	6.2	3.8

Comment to the table:

1. calm-nervousness "a – "b",
2. enthusiasm – shyness" a "-" b",
3. emotional overstrain-emotional depression " a " - " b"
4. Self-confidence - self-insecurity "a" - " b".

The activity or silence of any person in relation to this or that activity is largely dependent on his or her positive or negative inner emotional state. This internal situation can also be one of the important factors determining the totality of an individual's activities. In particular, the well-known psychologist K. Izard believes that the effectiveness of human activity or activity is largely due to emotional experiences such as "interest", "joy", "admiration", "suffering". Consequently, conflicts in the psychological state of the individual reigns as long as the emotional experiences are not directed correctly. The more conflicts, the more opportunities for self-psychological protection of an individual in extreme situations become so sluggish. As a result, the social development of the individual and his activity as a person are weakened for a while. In order not to allow such vulnerability, we think that in extreme situations in each adolescent it is important to create an appropriate picture of the norms of self-emotional evaluation. In this regard, the methodology of self-emotional evaluation (RICS-Wessman), which was used, allowed obtaining relevant empirical data and analyzing it according to a special research system. Now we proceed directly to the analysis of empirical data obtained on the scale of self-emotional evaluation in extreme situations in adolescents on the basis of the RICS-Wessman method. First of all, it should be said that in the self – emotional evaluation of the individual, this method was used to assess on the basis of empirical materials the content of personal activity and Activity, Requirements, social psychological content, requirements, as well as the socially correct – "adequate" orientation of the individual in psychological protection in today's extremal situations. The initial data obtained were investigated into two categories according to the request of RICS-Wessman scale. That is, the data obtained on all scales of the first category (Type "a") are based on "normative – emotional evaluation", which is "adequate" to the psychological protection associated with personality activity (for example, Type I "a" – calm: II "a" – enthusiasm: III "a" – emotional upheaval: IV "a" – self – confident approach), while the second category "b", which is considered to be the category "B", which is a set of indicators on the basis of "nomadic – emotional evaluation" was introduced. This makes it possible to investigate the scale of the average overall indicators associated with the process of self – "non-self -" emotional evaluation (category b), which is contained in extreme situations during adolescence.

Table 3. Role of adequate and inadequate psychological protection indicators based on self-emotional evaluation in the group of adolescents in extreme situations on the RICS-Wessman scale in relation to the total number of respondents.

№	5th grade				9th grade			
	adequacy		inadequacy		adequacy		inadequacy	
	scale	%	scale	%	scale	%	scale	%
1	III	57,4	IV	49,0	IV	56,2	I	57,3
2	I	52,8	II	47,5	III	48,5	II	54,5
3	II	52,5	I	47,2	II	46,5	III	51,5
4	IV	51,0	III	42,6	I	42,7	IV	43,8

Having meticulously studied the empirical data obtained, we can see that in extreme situations there are various legalities in the indicators of psychological protection based on self-emotional evaluation.

1. The main and additional methods used to suit the purpose of the study, as well as the data from the tables, testify that it is possible to emphasize that the discrepancy between the "adequate" and "non-adequate" indicators of psychological protection, based on self-emotional evaluation in extreme situations, both in the initial and final stages of adolescence.

2. It can be seen that the scale of "adequate" indicators, both in the 5th grade students and in the 9th grade students, constitutes a considerable amount, including in the case of generalizing all four-point scale among the 5th grade students, a relatively large amount, that is, 53,4%, while this amount decreased by 48,5% when compared with the 9th grade students. And the number of "non-standard" indicators is characterized by the fact that among 5-graders there is a relatively small percentage, that is, 46,6%, among 9-graders there is a relatively large amount, that is, 51,5%. These indicators obtained reveal the possibility of conducting an analysis on the process of self-emotional evaluation in adolescence in extreme situations and the aspects of the degree of proportionality to the process of its psychological protection and its dynamics.

3. Based on the data obtained, the positions of "adequate" and "non-adequate" psychological protection indicators based on self-emotional evaluation in extreme situations on the RICS-Wessman scale are determined in relation to the total number of respondents. In particular, the 1st place on the adequate indicators of the four scales set among the 5th grade students were occupied by the third scale of the emotional upsurge (57.4%), while the 1st place among the 9th grade students were known to the IV scale of self-confidence (59.9%). Also, in the scale of the adequate indicators of the 5th grade, the 2nd place coincided with the scale I (52.8%), the 3rd place with the scale II (52.5%), and the 4th place with the scale IV (51.0%). In the scale of adequate indicators for self-emotional evaluation among 9-graders, 2-Place is characterized by the corresponding to the III scale (48,5%), 3 - Place II scale (46,5%) and the last 4-place I scale (42,7%). On the scale of non - standard indicators for self - emotional evaluation, it is possible to observe that such indicators changed slightly by coming to the 9th grade, if in the 5th grade among students there was a 1 - place IV scale, a 2 - Place II scale (47,5%), a 3 - place I scale (42,7%), a 4-Place III scale (42,6%). That is, it is evident that 1 - place I scale (57,3%), 2 - Place II scale (54,5%), 3-Place III scale (51,5%) corresponds to 4-Place IV scale (43,8%). These indicators obtained are important in the search for opportunities for an individual approach to each teenager.

In addition, in the results of the analysis of the conducted content, the presence of discrepancies is noticeable, even if a little between 5 - and 9 - graders. In particular, the character of adequate and inadequate indicators was also analyzed in the analysis of the answers to the given open and closed questions and the overall values of the concepts repeated many times in the results of individual interviews. According to him, the 1st place among the adequate indicators for 5 - graders corresponds to the motivation of "emotional upheaval" (56%), the 2nd place to the motivation of "self - confidence" (54%), the 3rd place to the motivation of "enthusiasm" (50%), the 4th place to the motivation of "calm", and the 1st place to the motivation of "self-confidence" (60%), the last place it was determined that "enthusiasm" corresponds to motivation (48%). The presence of factors such as the presence of "nervousness" in non - productive indicators, the first place in both the 5th and the 9th grade, uneven changes in adolescence, the effect of a temporary crisis situation characteristic of a teenage personality, is evident (look at the application). This data obtained once again confirms the objectivity of the previous data analysis corresponding to the content of the methodology

4 CONCLUSION

The data obtained on the RICS-Wessman scale showed that the manifestation of psychological indicators of protection in extreme situations depends, in most cases, on the determination and evaluation of the severity-calmness, exhaustion-workmanship, insecurity-self-reliability, depression and the fact that the quality of the upheaval in a teenager's personality is a returnable content. At the moment, this "attachment" has confirmed the possibility of psychological protection and the fact that the individual can pass on the basis of self-adequate individual emotional evaluation.

REFERENCES

- [1] Fundamentals of social and psychological theory .M: Thought, 1971.
- [2] Theory, experiment and practice in psychology / / Psychological journal. Tashkent, 1980.- No. 1.8-20 pp.
- [3] Student self-esteem. - M.: Knowledge. 1976.
- [4] Psychological mechanisms of regulation of activity. - M.: Science., 1980.
- [5] A. B Leonova, V. I. Medvedev Functional States of a person in labor activity. Moscow, Moscow state University, 1981. 12 pp.
- [6] Psychology: Textbook for technical schools / Under the editorship of V. N. Druzhinina. - SPb.: Peter, 2000. – 608 pp.