

## Defense Mechanisms In Adolescent Period As A Determining Factor Of Attitude Towards Own Health

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**Abstract.** *The article focuses on the study of the influence of defense mechanisms on self-health in adolescence. Also, specific aspects of attitude to one's own health during adolescence were analyzed. Especially during adolescence, the mechanisms of the effect of defense mechanisms on health have been investigated based on empirical studies.*

**Key words:** *adolescence, defense mechanisms, social establishment, repression, regression, replacement, denial, projection, compensation, hypercompetence, rationalization.*

It has been noted that the mechanism of psychological protection is of particular importance in reducing the state of internal mental tension in a person. However, the practical study of this problem has long been forbidden from an ideological point of view.

Later, followers of Z. Freud's theory - A. Freud, K. Levin, T. Shibusaki tried to determine the goals and tasks of psychological protection. In the theories of F. Bassin, A.G. Rotenberg, V.V. Varshavsky, V.G. Myager, E.P. Sokolov, E.S. Romanov, L.R. Grebennikov, among others, it is noted that the mechanism of psychological protection is important in the development of the individual. It is emphasized that it ensures the normal functioning of the human psyche, especially in preventing the state of mental stress in a person. According to F. Yu. Vasilyuk, V. A. Tashlikov, E. I. Kirshbaum, I. D. Stoykov, they put forward the idea that the defense mechanism is considered harmful and has a negative impact on personality formation. According to R. M. Granovskaya, as a result of the influence of various psychological barriers, a person's defense mechanism (denial, repression) or distraction complexes in a dream.

E. I. Kirshbaum said that "instead of finding a practical solution to conflict situations, a person gets used to constantly protecting himself from them, which hinders self-development and self-reconstruction." According to A. Freud, "psychological protection mechanism is understood as an element of a person's self-management system, which relieves him of stress, anxiety, and worry during the performance of various social roles in society. It plays the role of a psychological mechanism that ensures the socialization of the person and adaptation to the external environment" [5].

R.Plutchik considers the mechanism of psychological protection as the emotional-emotional mitigation of conflicting and anxious situations arising as a result of the realistic perception of an objective situation by a person, reducing mental tension. At this point, two conflicting ideas come into play. In the first case, the psychological protection mechanism prevents a person from self-development, self-reconstruction, because in order to protect his "I-image" from danger, a person is given to calmness, encourages him to adapt to external conditions, the situation; and in the second case, a person tries to overcome internal mental and external obstacles, conflicts, and eliminate them. In this place, he agrees to experience a state of strong emotional tension in order to develop his "I-image", he works on himself, seeks a solution to the problem.

Adolescence is one of the most difficult periods of childhood, reflecting the main stages of personality formation. At the same time, this is a very responsible period, because during this period, moral foundations are formed, social institutions are formed, and attitudes towards oneself and society are formed.

Adolescence is more complex and lively than the quiet period of junior high school. At this stage, development is really, really fast. It is especially observed during the period of personality formation. And finally, the main characteristic of a teenager is personal instability.

Adolescent independence is mainly manifested in the desire for emancipation from adults, avoiding their guardianship and control. They need their parents' affection, their opinion, have a strong desire for independence, and strive to be equal with them. In a situation where the relationship is difficult for both parties, it all depends on family upbringing.

Adolescents often use the rationalization defense mechanism. It helps to eliminate frustration and anxiety in teenagers, breaking reality and thus maintaining their self-esteem. For example, a student who fails a math major may convince himself or herself that he or she did not want to attend the class.

Communication with peers is at the forefront of adolescence. In communication with friends, teenagers learn norms, goals, means of social behavior, learn to evaluate themselves and others based on the "friendship code". External manifestation of communicative behavior is contradictory. On the one hand, to be like everyone else, on the other hand, to get used to their own shortcomings.

Adolescents also have a desire to use their capabilities and express themselves in activities. It is social activity, when all types are united in a single strategy, the motive of benefit to people takes the leading role in the psychological development of a teenager. Showing the collective nature of the child, he introduced him to a new relationship with society.

Adolescents also use the mechanism of sublimation, that is, for the purpose of adaptation, they change their impulses in such a way that, as a result, they appear mature in being able to express them in socially acceptable ideas and actions [2].

Scientists say that the development of a person, primarily parental love, takes place in a "healthy" family. A natural environment that is favorable for the adaptation of the child forms confidence, recognition, and the ability to care for the child with a positive attitude towards him.

In the family, the child develops deep emotional, intimate relationships, which are characterized by permanence, continuity and stability, endurance and individual characteristics

of children. The child's external defenses appear as a source of relaxation and as an antidote to anxiety. Not all children have this condition for a number of reasons.

One of the most serious problems of adolescence is loneliness. When young people feel rejected or ignored, they feel lonely. Boys have more such problems than girls. This may be due to the fact that he cannot express his feelings clearly.

Teenagers feel lonely for a number of reasons. Someone does not know how to behave with others, to determine what they are doing. Someone has low self-esteem and cannot handle criticism. When faced with rejection, such teenagers try not to do things that make them feel ashamed.

Teenagers look for different ways to get rid of the feeling of loneliness. The fact that they gain independence tries to increase them to Hamal by setting themselves some kind of goals, adding to the activity and often changing the images of their own thoughts, which in a certain sense brings them satisfaction. Toberoks, on the other hand, try to solve their problems by expanding contacts in society, spending more time with others, indulging in religion, sports or turning to a psychologist [6].

K. Rodgers was one of the prominent modern scientists in the theoretical and practical development of the "Ideal-Men" structure. He sees the ultimate goal of personal development in the field of events and the structure of "I" to achieve the compatibility of life skills. Achieving this kind of compatibility is a source of inner conflict and anxiety. perceptions of oneself, accepting the "I" as it is and the ideal - Me are compatible with each other. Therefore, an individual's easier acceptance of himself and his relationship with other people leads to self-esteem.

In order for a teenager not to have psychological problems, he should have adequate self-esteem. who said that self-respect is "a condition for living the soul". It is considered a component of human existence and creates a sense of self-respect. Such self-esteem develops in the process of interaction with people. When the "I" is important to someone, the "I" thrives on small achievements, praise, and luck.

A number of emotional disorders exist in individuals with low identity or underdeveloped self-esteem. Sometimes such teenagers can create bold images and show it to the world. Projecting a confident, friendly, cheerful person, but feeling the opposite is a constant battle with oneself. A person is very afraid of taking a wrong step and losing his mask [7].

Another reason for high anxiety is that the identity of individuals with low self-esteem is unstable and often changes. They suffer more when they are laughed at or when people have a bad impression of them.

Regression, a protective defense mechanism against anxiety, can also occur in adolescents. During adolescence, the desire to make good friends begins to be felt. In this way, teenagers begin to aspire to their peers.

The desire to expand the circle of acquaintances, to join some groups in teenagers increases. Boys are more interested in it than girls. A primary goal of middle-adolescent children is to be accepted members of groups. At this stage, they are very sensitive to criticism and negative reactions from others [3].

Adolescent rejection can also be a defense mechanism. Imagine a child still waiting for his best friend in disbelief that he is dead.

Teenagers want to be part of a group where they like their peers. At this stage of a teenager's development, his self-esteem is determined by the attitude of others around him. They are interested in the opinions of others, because their own personality and self-esteem is shaped by the opinions of others.

In order for a teenager to join a group, he must first be like the members of that group. It may be speaking in some process or wearing special clothes.

The defense mechanism of asceticism is also characteristic of a large part of the adolescent group. First of all, to control the intensity of sexual desires, for example, dissatisfaction with one's appearance and the desire to change it, etc. rapid hormonal changes occurring in the body of teenagers, which can lead to hair loss and other changes in appearance. As a result of this, negative experiences can be "overcome" as a result of the protective mechanism of asceticism [4].

Mairs and Nelsons argue that personal qualities and social competence are important criteria for popularity among adolescents – it is personal qualities that are the main factor in luck among adolescents. Personal factors include character traits, friendliness, and rules of conduct [1].

In order to determine the degree of formation of the defense mechanism in adolescence, we used the "Plutchik method for determining the defense mechanism". The methodology allows to determine the extent to which protection mechanisms are formed in a person. The methodology was conducted in a selected group, and the results were analyzed quantitatively and qualitatively. The results of quantitative analysis are presented in tables and diagrams.

According to the results of the table, it became clear that the formation of defense mechanisms in the group of teenagers has a specific appearance. According to him, it turned out that the compression mechanism was the same indicator in both groups of testers. This is determined by the fact that they suppress the surrounding people, various thoughts and opinions about themselves.

**Table 1**

**Features of the formation of defense mechanisms in a teenager**

Testers	Squeeze out	Regression	Replacement	Denial	Projection	Compensation	Hypercompetence	Rationalization
7th grade	9%	16%	7%	15%	16%	8%	10%	19%
9th grade	11%	15%	10%	9%	19%	9%	9%	18

This is the process of involuntarily removing unpleasant thoughts, desires or feelings from the unconscious. Z.Freud fully expressed the protective mechanism of motivational forgetting.

It plays an important role in the formation of symptoms. When the activity of this mechanism is insufficient to reduce anxiety, other defense mechanisms are activated that help to perceive the information being compressed in a distorted way. Two combinations of defense mechanisms are common.

According to the results of the conducted methodology, some significant differences in the regression mechanism can be seen in the group of teenagers. According to it, we can see 16% for 7th graders and 15% for 9th graders, that is, a slight increase. It represents an attitude towards a more problematic process. One of the characteristics of adolescence in particular is to escape from the influence of adults and gain independence and freedom. Also, the problem of regression concerns the form of satisfaction of previous or childhood desires and actions in the situation, regression can be partial, complete and symbolic. Solving a problem as a result of asking for help belongs to the class of "regression" as well as the mechanism of action activation. It is also caused by an impossible desire to reduce anxiety. Regressive behavior often manifests itself in rewarding adults and demanding symbiotic emotional relationships.

The replacement mechanism is determined by the fact that there is no sharp difference in the tested group. According to it, we can see that it was 7% and 10% in the test group.

It is known that the formation of a teenager's personality is related to a number of factors, and it is observed that they manifest emotional states. From this point of view, the occurrence of conflicts with their elders and peers in their lives is characterized by the occurrence of various conflicts and their transfer to other subjects or certain processes.

It is known from the results of the study that significant differences were observed in the results of the defense mechanism of denial in the group of teenagers. According to the results of the experiment, the high 15% among the 7th graders and 9% among the 9th graders can be explained by the increase in their life experiences, the scope of knowledge and the expansion of the worldview. Then the teenager feels helpless and falls into a state of depression.

A large amount of the rejection mechanism is characteristic of children. Adults use the denial mechanism in crisis situations.

Projection from defense mechanisms is characterized by the fact that it exhibits specific indicators in the group of test subjects. According to him, it is determined by the significant increase of 16% among 7th graders and 19% among 9th graders. It is worth noting that the projection convinces themselves that the occurrence of bad luck in the life of adolescents is the result of their inability to correctly assess the possibilities.

Projection is the transfer of unnecessary or incorrect actions, ideas, thoughts to other people. Most of us fail to be critical of our own shortcomings. But we can easily see it in other people. It is our tendency to blame others for our failures. Projection can also be negative. Because he can analyze reality incorrectly.

It turned out that the compensation among the test subjects had an equal indicator in both groups of test subjects. It serves to justify the relationship between winning and losing, good luck and bad luck, as the adolescent unconsciously overcomes his own shortcomings.

Compensation or (sublimation) is the act of unconsciously eliminating real or life shortcomings. Compensatory action is universal, since the acquisition of status is the desire of almost all people, compensation can be socially valid (becoming a blind famous musician) invalid (compensating a low person with aggressiveness and striving for fluency, compensating for disability and conflict flexibility). Also, correct compensation is distinguished between the pursuit of success in an unattainable field and direct compensation (the pursuit of self-affirmation in another environment). Of course, in this process, the basics of the defense mechanism are presented, but in fact they are much more.

The hypercompensation defense mechanism has a unique place among the examinees, according to which it is 10% higher in 7th graders and 9% lower in 9th graders. It is known that in the process of social development, a person collides with a number of internal and external factors and they cause different behavior. In this process, complementary features of behavior are formed.

According to the results of the methodology conducted among teenagers, it was found that the mechanism of rationing did not have a significant difference in both groups of testers. Based on the results of the experiment, we can see that it was 18% for 7th graders and 18% for 9th graders. It is a defense mechanism related to validating certain misconceptions in the test group and convincing them that what they are doing is right for them.

Rationalization is the application of undesirable thoughts, feelings, and actions. Rationalization is a common psychological defense mechanism. Rationalization is not to be confused with unconscious mechanisms, deliberate deceptions or lies. Rationalization helps maintain self-respect and avoid responsibility and guilt. There is some truth in any rationalization, however small it may be. However, there is more self-deception in it, which is why it is dangerous.

From the results of the research, it can be seen that the formation of the defense mechanism in the adolescent's personality is influenced by a number of factors, especially in this case, the relationship system of the individual towards himself plays an important role.

Thus, one of the main ways that teenagers gain attention among their peers is to develop in themselves qualities that others admire and master social skills that help them gain the respect of their friends.

Projection is very common in adolescents in educational activities, that is, there are cases of putting the blame for their shortcomings on other people or things. As an example of projection, a student who is not well prepared for the test blames his low grade on the teacher because he did not keep the promise of other students or because the topic was not explained well.

Based on the given theoretical and empirical data, we will be able to form the following conclusions:

- during adolescence, protective mechanisms are observed in a unique way;
- protection mechanisms may be manifested in a teenager depending on the situation;
- in adolescence, protective mechanisms can be determined by the qualities of internality and externality of the person;

- manifestation of aggressive behavior in adolescence can be a criterion for effective use of their defense mechanisms.

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