

PSYCHOLOGICAL DEFENSE MECHANISMS AND THEIR DIAGNOSTIC METHODS

Khudaybergenova Ugiljon Safarbay qizi

Student of Karakalpak State University

Shokirova Shahlo Davronbek qizi

Student of Karakalpak State University

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Abstract. This study presents information on the psychological analysis of psychological defense mechanisms and the use of psychological diagnostic methods. Based on this information, it is stated that psychological diagnostic methods can be used to eliminate psychological problems and improve the mental state of a person.

Keywords: Psychological protection, personality psychology, mental state, psychodiagnostics, education, psychodiagnostic methods, psychological research.

МЕХАНИЗМЫ ПСИХОЛОГИЧЕСКОЙ ЗАЩИТЫ И МЕТОДЫ ИХ ДИАГНОСТИКИ

Аннотация. В данном исследовании представлена информация о психологическом анализе механизмов психологической защиты и использовании методов психологической диагностики. Утверждается, что данная информация может быть использована для устранения психологических проблем и улучшения психического состояния человека путем организации методов психологической диагностики.

Ключевые слова: Психологическая защита, психология личности, психическое состояние, психодиагностика, образование, психодиагностические методы, психологические исследования.

PSIXOLOGIK HIMOYA MEXANIZMLARI VA ULARNI DIAGNOSTIKA METODLARI

Annotatsiya: Ushbu tadqiqotda psixologik himoya mexanizmlarining psixologik tahlili va psixologik diagnostika metodlarining qo'llanilish holatlari haqida ma'lumotlar keltirib o'tilgan. Bu ma'lumotlarga asoslangan holda psixologik diagnostika metodlarini tashkil qilish orqali psixologik muammolarni bartaraf etish, shaxsning ruxiy holatini yaxshilash kabi holatlarda qo'llanilishi aytib o'tilgan.

Kalit so'zlar: Psixologik himoya, shaxs psixologiyasi, psixik holat, psixodiagnostika, tarbiya, psixodiagnostik metodlar, psixologik tadqiqotlar.

Introduction

The protective mechanisms of the individual are aimed at reducing negative influences, they are unconscious psychological defense mechanisms that regulate human behavior, increase its flexibility and balance the psyche. Many defense mechanisms develop from early childhood, and a closed child cannot freely express his thoughts. The main determinant of a child's development is family relations, and the disruption of family relations often leads to disharmony of personal emotional development, pathopsychology and hypertrophy of the child's psychological defenses. Today, the influence of the upbringing conditions in the family, the social status of the family, the profession and material support of family members, and the level of education of parents on the mental development of the child cannot be denied. The relevance and importance of studying the problem of the formation of psychological defenses and mechanisms is also associated with current socio-economic, cultural, and political changes in society, which affect the process of development and socialization of the individual. This effect is especially important during the transitional period of development. Social changes in society and the family lead to increased emotional discomfort and internal tension in adolescents, and they experience this as a personal challenge, which is clearly manifested in their relationships with those around them. In this regard, today there is a growing interest in studying the formation of psychological defense mechanisms that help adolescents maintain their stability and emotional perception of themselves and their environment. Psychological defense mechanisms can have both constructive and destructive effects. Constructive defense mechanisms help to adequately assess the situation, identify alternative goals and choose optimal means to achieve them, and satisfy demands and needs. Destructive defense mechanisms consist in denying and distorting reality, which eventually leads to pathological changes in the personality. Therefore, psychological defense mechanisms protect the body from psychotraumatic disorders, situations, negative information and increase its stability in critical situations. It should also be noted that psychological defense mechanisms can sometimes lead to serious consequences, disruption of personality formation and social adaptation. Sensitive defense methods are considered, which consist in automatic reactions to the painful discrepancy between the information that is close to it and the information that is available. Psychological defense is a process associated with changing (distorting) the content of thoughts, feelings, or behaviors. Another method of psychological protection is the mechanisms of reducing negative emotional stress. These include the mechanism of action, which is activated by the emotional behavior that forms the basis of psychological dependence on alcohol, drugs and narcotic

substances. Methods of psychological protection include manipulative mechanisms of mental protection, for example, going into illness, fantasizing or going into illness to reduce anxiety and avoid the demands of real life. In all scientific research centers of the world, research is being conducted on the laws of personality formation and sustainable development and their mechanisms, on the basis of psychological approaches, on the psychological stability of a person as a subject of physical, psychological maturity, possessing biological and socially conditioned qualities, realizing his potential, striving for knowledge, activity, behavior, and interaction. The problem of psychological stability of the individual and its protection has always been one of the most urgent problems facing humanity. The socio-psychological development of the individual in all respects, his activity as a person and his self-development depend on many factors. Therefore, special attention is paid to the development of the physical and mental capabilities of young people in our country. It is worth noting that if a person has sufficient information about his psychological capabilities, achievements, and shortcomings, this will allow him to overcome any failures in his lifestyle, gain self-confidence, and effectively use his capabilities. Analyzing the literature devoted to the study of this problem, we should examine some general aspects related to the methodology of psychological protection in them from a socio-psychological point of view. The analysis of the conducted studies shows that some theoretical and scientific aspects important for the psychological protection of the individual have been studied. Spiritual and physical education are an integral part of the personality formation system. Caring for the mental and physical health of the growing younger generation, forming a healthy lifestyle in them, and instilling independent learning skills are an integral part of the educational process. It is known that 90 percent of people believe in the formation of psychological protection and consider the development of this psychological protection important for the further activity of the individual. As a result of our ongoing scientific research, we have become convinced that the analysis of foreign and domestic scientific literature has shown that psychological protection in the activity of an individual is a phenomenal phenomenon in terms of social regularity. The phenomenon of psychological protection is a form of mental process that is multi-stage and multifunctional in nature, has its own structural and dynamic properties. Depending on various factors, psychological protection can perform various functions in a person's life. Psychological protection relieves a person of discomfort. The development of psychological protection is a process that occurs when it is impossible to find an adequate and constructive way to solve problems. Modern research shows that psychological protection of the individual is one of the

effective ways to overcome stress in conditions of mental tension. In today's conditions, personal activity is an opportunity for a healthy person to develop the body's ability to adapt to extreme conditions with serious physical and psycho-emotional stress. In all the main directions of modern psychotherapy and psychology, psychological defense mechanisms are an important and fundamental condition. Psychological defense mechanisms are adaptive and can be directed at protecting the mind from negative memories and emotions, preventing the processing of problems in the individual or creating internal psychological resistance. Psychological defense mechanisms are specific unconscious processes aimed at reducing the arising anxiety and trying to maintain the integrity and flexibility of the "Psychological defense" personality. At the heart of modern ideas about psychological defense mechanisms are emotional risk factors, revaluations characterized by changes in the value of individual psychological characteristics and values. Sensitive defense methods are considered, which consist of automatic non-perception reactions to painful discrepancies between information that is close to it and available to it. Psychological defense is a process associated with changing (distorting) the content of thoughts, feelings or behavior. Another of the psychological defense methods are mechanisms for reducing negative emotional stress. These include the mechanism of action through which the affective behaviors that underlie psychological dependence on alcohol, drugs, and drugs are activated. Methods of psychological protection include manipulative mechanisms of mental protection, for example, going into illness, fantasizing or going into illness to reduce anxiety and avoid the demands of real life. Psychological protection is considered a system of general socio-psychological methods in a person. It consists of methods of mental regulation or self-control of a person in unexpected situations in his life. Psychological protection is necessary for a person to protect himself. Because it protects a person from the harmful effects of various unexpected failures, defeats, injuries, stress, conflict and crisis situations. Analysis of the conducted studies showed that the psychological protection of a person is not only a psychological quality of a person, but also quantitative and functional characteristics. Naturally, the physical strength and psychological protection of men are stronger than women. A psychologically protected person is less susceptible to the influence of others and allows him to independently plan his activities. A person with sufficient psychological and physical preparation can control himself, regulate his activities, and reduce stressful situations.

Conclusion

In conclusion, it can be said that in the methods of psychological protection, timely identification of factors limiting the activity of a person, the correct use of methods for eliminating these factors and correcting them helps to achieve high results in one's field and improve one's health. It is always necessary to take into account the individual characteristics of a person, the level of intellectual processing and the typological characteristics of nervous stability. This helps to understand some of the current aspects of the process of psychological protection, problems and their solutions, to reflect on them and to determine important tasks for the future.

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