



STUDY OF PERSONAL PSYCHOLOGICAL PROTECTION MECHANISM IN EXTREME SITUATIONS BY FOREIGN SCIENTISTS

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Abstract

This article describes the forms of psychological protection of a person during extreme situations, its history and various controversial opinions and views today.

Also, psychological researches and sources, analysis of scientific works of eastern and western thinkers, opinions on some scientific and theoretical aspects of the psychological service process are presented.

Key words

extreme situation, psychological service, personality, psychological protection, social psychology, attitude, social institution, hierarchy of social activity, spontaneous, choleric, phlegmatic, melancholic.

According to the scientist N.S. Leytes, who scientifically based certain methodological principles of psychological protection related to the direction of individual approach to personal activity, people with relatively weak nervous system are often known to perform the same work. have been found to have advantages. He noted that the high sensitivity of such people ensures the success of the impression, but in situations that are manifested on the basis of extraordinary and strong stimuli in this or that activity, people of the weak type do the work precisely according to their physiological characteristics. they may not be able to do it.

For example, people with a stronger type of nervous system solve the same tasks, and people with a weaker type solve different tasks a little easier. In his works, N.S. Leytes comprehensively justified the fact that people who differ in the strength of the nervous system often have to go in different ways to solve the same task, which is an important process for psychological protection in extreme situations. After all, the productivity of activity is responsible for the rational use of the scope of one's own potential opportunities. In the studies of E.A. Klimov, V.S. Merlin [1], V.M. Rusalov [2], B.M. Teplov [3], there is information that scientifically substantiates the need to determine the individual style of successful performance of this or that activity based on a person's temperament. . In particular, the empirical data of E.A. Klimov confirm that both employees of the "active type" of the nervous system and employees of the "immobile type" can achieve the same high level of production success when working on several machines. The main reason for this is the ability to choose and implement different courses of action in the same work situation.

In general, according to the general opinions of the above-mentioned scientists, it is noted that an individual style does not appear immediately in a person, but often appears spontaneously (that is, with the help of individual-emotional qualities). Therefore, if each person is approached on the basis of seeking ways to ensure the harmony of their capabilities and activity requirements during the psychological service, the composition of the individual style in the activity of this person will gradually develop and improve. This, in turn, will not fail to positively affect the social development of the individual and society.

In the studies of V.M. Rusalov, it was noted that the success of cooperative activities, which is important for social psychology, depends in some respects on individual style possibilities, and it is better to

work together with "phlegmatic" and "melancholic" than when working as a partner with a person of "choleric" temperament. It is researched on the basis of empirical data that it is more effective in working cases [2].

These studies encouraged each person to develop criteria of an individual style characteristic for each person as a defense tool against failures in the activity and to search for ways to further improve it in the process of psychological service. The problem of researching the social value of the individual differentiation of a person, of which psychological protection is an important component, is noted in the works of K.K. Platonov on a wider scale [4].

"K.K. Platonov researches the problem of socio-psychological individuality related to psychological protection in extreme situations as the highest level of the manifestation of the individual world of a person and defines the person, which is important for imagining the essence of psychological protection, not only on the basis of his individual characteristics, but also The social content of these individual characteristics has scientifically justified the inevitability of maturation by creating conditions based on adequate self-evaluation and development.

Research on the problems of "Ustanovka" also plays an important role in the creation of psychological protection methodology. Because the main tasks of the psychological service process as a means of psychological protection cannot be imagined without the study of social institutions.

Therefore, ustanovka (in psychology) is a form of preparation aimed at the performance of a specific activity of a person (perception, thinking, purposeful actions, etc.), determined by previous experience, and a form of preparation that urges a person to act in a certain way.

Later, the concept of social institution was expressed by the word "attitude" by scientists of the West, especially the USA, and it was included in the science of social psychology and sociology as an object for studying the behavior of a person as a member of a group, its mechanisms. Therefore, the concept of "attitude" was first interpreted in social psychology as "the psychological readiness of an individual in relation to the social purpose and essence or the conscious state of an individual manifested in relation to the understanding of certain social qualities" and this interpretation was strengthened on the basis of a number of experimental studies.

As early as 1935, G. Allport stated that the concept of "attitude" is perhaps the most characteristic and necessary for American social psychology today.

G. Allport, looking at attitude as a person's process of preparation for action, recognizes that it is a finished resource that causes behavior, and it is very important for the direction of the person [5]. A similar opinion can be explained by the opinion of E. Bogardus that "attitude is a tradition of acting in accordance with or against (toward or against) certain factors in the environment" (U.S. Bogardus-1931). Here, the author pays serious attention to the process of psychological self-protection of a person in relation to the activity, which allows to reflect on some scientific and theoretical aspects of the service process based on psychological protection.

Also, it is important to take into account and research the problem of the ustanovka in the process of psychological protection. Empirical data based on the "ability principle" are noted, while Duval and Vichland's studies examine ustanovka based on the theory of "self-focus" (abiuktiku self-awareness) and give relevant instructions.

In general, "the concept of attitude, which is important for the interpretation of psychological protection in the creation of psychological service methodology, is further clarified by G. M. Andreyeva (1988) based on the definition of the following four scientific directions:"

1. Coordination - the ability to direct the subject in relation to the object of the attitude that serves to achieve its goals;
2. Knowing - the ability to provide a simplified instruction of attitude towards this or that object;
3. Expressiveness - the ability of a person to express himself as an attitude in self-management as a way of getting rid of the subject's tense and tense situations;
4. Protection - attitude serves to eliminate internal conflicts of the person.

So, it can be said that it is natural that attitude helps to determine these four tasks, the psychological protection that serves the harmony of human and activity development. Because the factors of social development are always in harmony with the perfection of human institutions. Fully aware of this harmony,

the attitude was widely recognized as "social institution" (V.A. Yadov, D.N. Uznadze, G.M. Andreeva, P.N. Shikhirev, Sh.A. Nadirashvili, A.G. Asmolov, etc.). This serves to further clarify the methodology of psychological protection, which is important for the science of social psychology, from a theoretical and scientific point of view. For example, in the discovery of D.N. Uznadze, the ustanovka perfectly revealed the complex of certain needs and their satisfaction, while in the rules of V.A. Yadov, the ustanovka was studied as a criterion of "self-management" related to certain situations, and this, in turn, introduced a new concept of "hierarchy of social activity" to the development of psychology.

This hierarchical system, developed by V.A. Yadov, can serve as a basis for imagining a psychological protection hierarchy system related to the proper organization of personal activity.

Thus, based on the above, it became clear that it is necessary to pay serious attention to the psychological principles of this problem by researching the coverage of the problem of the psychological protection mechanism in scientific literature. Because the results of every research carried out by representatives of advanced psychology serve to emphasize again and again that the problem of psychological protection in extreme situations is a social psychological problem. In addition, the analysis shows that the lack of literature aimed at the scientific and practical study of psychological self-protection in adolescence indicates the need to turn this problem into a clearly focused research subject. For this, first of all, it is necessary to turn to the theoretical and methodological foundations of a special study of the perceptions of the psychological protection of the individual himself in extreme situations. After all, it is impossible to give a positive assessment of the scientific novelty and potential of the work without scientific observation of the theoretical and methodological developments suitable for any specific direction of research. From this point of view, based on the analysis of scientific literature researched above, we found it necessary to pay special attention to the interpretation of theoretical and methodological principles related to the process of psychological protection of oneself in extreme situations.

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