

UNCONSCIOUS MECHANISMS IN EVERYDAY LIFE

Utepbergenova Nursulu Beketovna

*3 years students, Undergraduate degree, Nukus State Pedagogical Institute named after Ajinyaz
(Nukus, Republic of Karakalpakstan)*

Abstract:

This article is about the influence of unconscious mechanisms on everyday life.

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The importance of the theory of the unconscious is determined by the high level of influence on human behavior, his thoughts and feelings, behavioral automatisms, scenarios and roles. In order to determine the degree of influence of the unconscious and its mechanisms, it is important to understand the essence of the concept of "unconscious".

According to the "I-concept" of Z. Freud, personality consists of 3 parts: superego, ego and id. The superego is defined by moral principles, values, and norms. The superego stores feelings and thoughts that a person may not be aware of in the present tense, but under the influence of stimuli or memories, they can become conscious. The ID is the part that is responsible for meeting needs. The ID contains the most information about a person, as well as many psychological processes that cannot be realized. The ego is a combination of the superego and the ID, which forms the conscious, regulating the ways of satisfying needs with moral values.

Satisfaction of needs plays an important role in human mental development and behavior, as it can lead to mental disorders and personality breakdown. For example, an unmet need for recognition can lead an individual to low self-esteem, depression, addictions, and self-destruction. In case of unsatisfactory needs, the unconscious activates protective mechanisms such as: repression, projection, substitution, rationalization, reactive formation, regression, denial, sublimation.

Repression is the blocking of memories, allowing a person to forget traumatic experiences, events and experiences. As a result, the traumatic experience is displaced from the conscious into the unconscious. A person spends a large amount of mental energy to contain his feelings. The consequence of restraining experiences are neurotic behavior, neurosis, and the development of psychosomatic diseases. Repression is the primary defense, which has a more direct path of escape from anxiety.

The protective mechanism of projection is the blocking of a person's problems, but "attributing" them to other people. That is, the individual sees in others his unacceptable feelings, desires and

behavior. In this way, a person relieves himself of responsibility for his socially disapproved actions. For example, people who are unreasonably jealous of their partners are protecting themselves from their own desire to change.

Substitution is a mechanism for substituting a significant object for a less significant one. So a person who experiences certain emotions in relation to a more authoritative individual shows them in relation to a less authoritative individual in his eyes. For example, an employee experiencing a feeling of aggression towards his superiors vents his emotions on his wife, children, and parents for the slightest omissions, not realizing that the true object of rage and aggression is the boss.

The rationalization mechanism allows you to find more rational or acceptable reasons for your failures. Such a mechanism helps a person to prevent internal conflict by creating the appearance of decent and reasonable behavior. For example, parents who have no desire to educate their children explain this by saying that they want to achieve independence from them.

A reactive formation is a demonstration of actions that are the opposite of true motives. A person, having tender feelings for another, may demonstrate aggressive behavior in order not to feel shame, not to repeat a traumatic experience, or to conform to the norms of behavior of the environment in which he consists. This is important in assessing personality, as it indicates that a person's real actions may be a distortion of his true desires. Z. Freud in his practice identified a well-known example of a reactive formation. Men who ridicule homosexuals too actively are actually protecting themselves from their own homosexual tendencies.

Regression is a return to childish, infantile patterns of behavior. This mechanism allows you to adapt to traumatic events due to behaviors familiar from childhood. Examples of such behaviors include crying, whims, anger, guilt, resentment, blaming others, ignoring feelings, and manipulation. These behaviors are firmly internalized because they guarantee support and safety.

The mechanism of denial allows you to abandon reality and deny the obvious facts, protecting the psyche from injury. An individual may deny the possibility of a dangerous illness or the death of a loved one.

Sublimation is a mechanism that allows you to redirect suppressed energy into socially approved activities such as sports, art, literature, career, etc. Sublimation is a healthy way to redirect energy, because it allows an individual to get satisfaction in another area without harming himself and others, and is also a sign of maturity, allowing people to function normally using acceptable methods. or socially approved methods.

Protective mechanisms play an important role in a person's daily life, as they help to adapt to the world, surrounding people, difficult life situations, and also protect a person from anxiety, destructive behavior, allowing them to maintain mental balance and personal integrity. Personality maturity is mainly determined by the ability to recognize one's reactions to certain life situations, therefore, for a person who is not related to psychology, it is important to learn the mechanism of sublimation in order to preserve one's health and redirect one's mental energy into socially approved actions.

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