

RESEARCH ARTICLE

Coverage of The Problem of Psychological Defense in Casual (Critical) Situations in Scientific Literature

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Abstract

This article examines the problem of psychological defense in casual or critical situations and its coverage in scientific literature. The study analyzes theoretical approaches developed in psychology regarding the mechanisms of psychological protection and their role in regulating human behavior under stressful or complex circumstances. The research highlights various psychological defense mechanisms, including aggression, projection, denial, identification, and conversion, and explains their role in maintaining psychological stability in difficult life situations. The study emphasizes that psychological defense in casual situations plays a significant role in preserving individual activity, emotional stability, and social adaptation.

KEYWORDS

Psychological defense, casual situations, stress, defense mechanisms, cognitive dissonance, motivation theory, Maslow hierarchy of needs, social psychology, emotional stability, human behavior.

INTRODUCTION

The problem of psychological protection has always been one of the most urgent issues facing humanity. Indeed, the social development of individuals in every respect, their activity as personalities, and their ability to develop themselves largely depend on this process.

It is well known that within the field of extreme psychology there are still not enough scientific works specifically devoted to the problem of psychological protection in critical or casual situations that comprehensively describe all its directions. Nevertheless, it is possible to highlight certain scientific studies that demonstrate the necessity of psychological protection in such situations and substantiate its methodological foundations in contemporary scientific research and social development.

The development of modern psychological science cannot be separated from applied psychology, human social activity, and

the social nature of individuals. From this perspective, the process of properly and effectively managing human factors and social processes requires the provision of psychological services to society and its members. In fact, practical problems of human psychology should be solved through the close cooperation of various disciplines such as economics, law, ethics, ethnography, history, sociology, and related sciences.

Based on the above considerations, it can be argued that the process of psychological protection in casual situations occupies a special place among other types of protection characteristic of human nature. For instance, biological protection refers to actions related to satisfying the needs of a person as a biological organism. Social protection, in turn, implies the protection of individuals by the state and society through certain legal and normative documents. Economic protection refers to measures, laws, and official documents

aimed at ensuring the material well-being of individuals. Many scientific works also contain discussions related to spiritual and ideological protection [2;3;4;5]. In this context, special attention is paid to strengthening national beliefs among young people and preventing spiritual emptiness.

Psychological protection in casual situations is determined and evaluated through specific psychological capacities that ensure an individual's activity and personal functioning. The interpretation of scientific literature allows us to describe the general methodological directions of psychological protection based on the studies conducted by representatives of Western social psychology. For example, Wilhelm Wundt's ten-volume work "The Psychology of Peoples" published in 1900 significantly contributed to the development of social psychology by revealing complex aspects of studying human spirituality, culture, and ideology. The well-known English psychologist William McDougall's book "Introduction to Social Psychology" (1908) presented the theory of "instincts of social behavior," which, in contrast to Freudianism, provided one of the first theoretical foundations for understanding the relationship between human instincts and activity [59].

Furthermore, scholars such as E. Fromm [58], J. Sullivan, W. Schutz, G. Shepard, and W. Bion contributed to the development of group psychology theory. Through various forms of social-psychological training, these scholars demonstrated ways to improve the psychological climate in interpersonal relations within groups. Their work provided empirical foundations for defining the tasks of social-psychological services in labor collectives.

Theories developed within the framework of cognitivism in developed countries also contribute to the methodological justification of psychological protection in casual situations. In particular, Leon Festinger's theory of cognitive dissonance, which explains the conscious change of attitudes or behavior toward an object of activity, Theodore Newcomb's communicative cooperation theory, which focuses on developing positive attitudes toward others and shared activity, and the congruence theory proposed by Charles Osgood and Percy Tannenbaum, which examines evaluation based on cognitive structures, are among such theoretical approaches. Additionally, the works of scholars such as G. Allport [69], A. Maslow [71], and C. Rogers [45] are of great importance in this field.

In particular, the research of the famous psychologist Abraham Maslow emphasizes that all innate human potential

can only be realized through appropriate social conditions, which also serve as a source for the formation of psychological protection systems in casual situations. Maslow developed the well-known hierarchical model of motivational systems, according to which the development of socially significant higher needs depends on the satisfaction of lower needs. This hierarchy includes:

1. Physiological needs
2. Safety needs
3. Social needs
4. Esteem needs
5. Self-actualization needs

Indeed, the scientific justification of this hierarchical motivational system corresponds with numerous studies on needs and motives in social psychology and has particular importance for developing the methodology of psychological protection. This is because the problem of social needs must be correctly interpreted and directed during psychological protection processes in casual situations.

At the same time, it can be argued that psychological protection needs lie at the center of Maslow's classification of needs. In fact, an individual's ability to psychologically protect oneself creates a socio-physiological foundation that allows other needs to be successfully satisfied.

In interpreting the methodology of psychological protection in casual situations, it is also important to pay attention to studies devoted to understanding human emotional states and analyzing social responsibility related to the outcomes of labor activities. For example, the mechanisms of emotional differentiation in the organization of labor activities were studied by F. Herzberg and his followers (Herzberg, 1959). According to these studies, if labor activities are organized in a way that encourages creativity, independence, self-awareness, and personal development, emotional experiences that positively influence productivity emerge. Conversely, when labor conditions consist only of technical processes without creative engagement, negative emotional experiences that reduce personal activity are observed.

Indeed, if positive emotional experiences related to the performance of activity are not formed, both the outcomes of activity and the individual's social satisfaction with their work remain at a low level. In such circumstances, psychological protection in casual situations should demonstrate its

effectiveness by increasing the level of social satisfaction derived from activity.

The well-known psychologist Ivan Ognev proposed the following system of psychological defense mechanisms [4].

Table 1.1 General Structure of Defense Mechanisms

Defense Mechanism	Description
Aggression	Reaction of an individual toward a person who gives them a low evaluation or causes doubts about their self-image
Displacement	Transfer of unpleasant feelings and emotions from one object to another inappropriate object
Projection	Seeing one's own feelings, desires, and traits in another person without realizing it
Idealization	Refusal to acknowledge one's own mistakes and shortcomings while idealizing oneself
Forgetting	Forgetting unpleasant memories, people, or experiences that cause discomfort
Denial	Refusal to accept certain events or facts, expressed through statements such as "I knew nothing about it," "This is not mine," or "I never said that"
Discreditation	Devaluation of the source of information and humiliation of a person through statements such as "Even if everyone speaks, you should not speak"
Identification	Comparing oneself with another person or group possessing exemplary behavior to simplify one's life orientation
Conversion	Maintaining one's self-esteem by treating unpleasant situations humorously and interpreting criticism as a joke

Through the presentation of these psychological defense mechanisms, the author scientifically examines how individuals protect themselves from environmental influences and aggression within behavioral forms.

Modern developments in psychological science also demonstrate that applied psychology cannot be separated from human social activity and social nature. Therefore, the proper management of human factors and social processes requires the development of psychological services for society. The practical problems of human psychology can only be

solved through cooperation between disciplines such as economics, law, ethics, ethnography, history, sociology, and others.

Based on the above considerations, it can be concluded that psychological protection in casual situations occupies a special place among the various forms of protection characteristic of human nature. Biological protection is associated with satisfying the needs of an individual as a biological organism, whereas social protection refers to the protection of individuals by the state and society through legal regulations

and normative frameworks.

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