

## MANIFESTATION OF DEFENSE MECHANISMS IN THE INDIVIDUAL CHARACTERISTICS OF YOUTH

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**Abstract:** *This study explores the formation process of psychological defense mechanisms based on the individual characteristics of youth. It is well known that defense mechanisms play a crucial role in ensuring psychological stability, coping with stress, and resisting external pressures. The research analyzed the influence of such individual factors as temperament, character, emotional stability, volitional qualities, and levels of extraversion–introversion on the development of defense mechanisms.*

*The findings indicate that healthy defense mechanisms are mainly associated with positive individual traits, social support, and an appropriate educational environment. Conversely, unfavorable conditions or unstable individual characteristics may lead to the maladaptive formation of defense mechanisms. Therefore, when working with young people, it is essential to take their individual characteristics into account, improve psychological services, and raise psychological awareness. The results of this study contribute to strengthening youth's mental health, facilitating their successful adaptation to social life, and fostering their holistic personal development.*

**Keywords:** *youth, individual characteristics, psychological defense mechanisms, stress, temperament, emotional stability, social support.*

In the context of modern social life, issues of youth's mental health and personal development are becoming increasingly relevant. The younger generation matures under various social, cultural, and psychological influences, often encountering stressful situations. In coping with stress and maintaining psychological balance, defense mechanisms play a significant role. They serve as psychological tools that protect the individual's inner world from external threats and pressures.

This thesis is devoted to analyzing how the individual characteristics of youth — such as temperament, character, volitional traits, emotional stability, extraversion, and introversion — affect the formation and manifestation of psychological defense mechanisms.

### 1. Theoretical Foundations of Psychological Defense Mechanisms

The concept of psychological defense was first introduced into scientific literature by Z. Freud, who described the mechanisms that protect the individual from psychological trauma through processes arising in the unconscious. Later, scholars such as A. Freud, C. Jung, and E. Erikson further developed this concept. Psychological defense mechanisms are not conscious but occur largely at the unconscious level. They mitigate internal conflicts, reduce stress, and preserve the integrity of the self.

Defense mechanisms are divided into two types:

Constructive (positive) mechanisms: rationalization, compensation, sublimation, etc.

Destructive (negative) mechanisms: denial, regression, projection, aggression, etc

### 2. Youth's Individual Characteristics and Defense Mechanisms

The ways in which young people employ psychological defense mechanisms are directly related to their individual characteristics.

Temperament: Sanguine and extraverted youth tend to overcome difficulties through social interactions.

Melancholic and introverted youth, on the other hand, are more inclined to rely on internal reflection and self-analysis as forms of defense.

Character and volitional traits:

Young people with strong decision-making skills tend to use positive mechanisms in stressful situations.

Those with weak volitional qualities are more likely to resort to denial or regression.

Emotional stability:

A stable emotional state ensures healthy psychological defense.

Young people prone to irritability are more inclined to use destructive mechanisms.

### 3. The Role of Socio-Psychological Factors

The development of defense mechanisms in youth is influenced not only by individual characteristics but also by socio-psychological factors:

Family environment: When warmth and support are present, defense mechanisms develop in a healthy way.

Educational environment: Support from teachers and psychologists helps protect young people from stress.

Peer groups and social interaction: Youth in positive environments tend to develop constructive defense mechanisms.

### 4. Research Findings and Observations

Psychological observations show that:

Socially active and self-confident youth are more likely to use rationalization and compensation.

Young people with low self-esteem tend to employ denial, projection, and regression.

It has been observed that girls rely more on emotional defense mechanisms, while boys are more inclined toward aggressive and active defense methods.

### 5. Practical Recommendation

Strengthen psychological services in educational institutions.

Conduct preventive training sessions tailored to the individual characteristics of youth.

Educate parents in psychological culture.

Promote healthy coping strategies for stress among youth.

### Conclusion

The individual characteristics of youth are a decisive factor in the formation of psychological defense mechanisms. Developing these mechanisms correctly strengthens mental health, fosters personal growth, and ensures successful adaptation to social life.

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