

The Issue of Psychological Protection and Personal Development

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Abstract: In this article, the role of psychological protection as an important factor in personal development is scientifically and theoretically based.

Keywords: Spiritual-ideological protection, psychological service, treatment, individual approach, attitude, lifestyle, social institution, etc.

We see that the problem of psychological service is hidden in a certain sense in the content of studies aimed at determining the methodology, principles and tasks of psychology. After all, the main criteria of all social psychological principles created to date are the unity of the person and activity, the development of consciousness in the activity, behavior, individual approach, attitude, lifestyle, social institution, objective and subjective reflection of existence, community, social satisfaction, social behavior the practical role and perspective of such people in society cannot be fully imagined without the application of psychological services. Especially today, scientists approach social psychological phenomena based on human development and values (M.G. Andreeva, Yu.M. Zabrodin, D. Carnegie, I.S. Kohn, G.B. Koralev, B.D. Parigin, E.V. Shorokhova) to provide a psychological approach that serves to ensure the harmony of personality and activity (Abulkhanova-Slavskaya, J. Bruner, L.S. Vygotsky, M.G. Davletshin, U. James, A.G. Kovalev, A.N. Leontev, A.V. Petrovsky, S.L. Rubinshtein, V.A. Tokareva, D.I. Feldishtein, E. Fromm) of the problem calls for more serious thinking and reflection about the methodology of psychological service.

It is impossible to separate the practical psychology of a person, related to the traditions of the development of today's psychological science, from his social activity and social nature in society. From this point of view, the process of correct and effective management of human factors and its social processes in society requires the inevitability of providing psychological services to society and its members. However, the practical problems of human psychology should be solved as a result of strong cooperation of economics, law, ethics, ethnography, history, sociology and all such sciences.

Based on the above, it can be said that in general, the psychological service process in extreme situations stands out among other protections characteristic of a person's nature. For example, biological protection means actions related to meeting the needs of a person as an individual or a biological being, while social protection means protection of a person by the state and society based on certain normative documents. The process of economic protection is determined by measures, laws and official documents aimed at determining the level of financial security of a person. In many literatures, there are also encouraging comments on the process of spiritual-ideological protection. Special attention is paid to strengthening the national faith in young people and not allowing a spiritual vacuum. The psychological service of a person in extreme situations is determined and evaluated by the specific psychological capabilities that serve to ensure his activity and activity as a person. The general directions of the methodology of psychological service in the interpretation of scientific literature can be explained as follows: the researches of representatives of Western social psychology can be explained as follows: W. Wundt's large (ten-volume) work entitled "Psychology of

Peoples", published in 1900, served to ¹highlight the directions of social psychology, the complex study of human spirituality, culture and ideology. revealed his sides. The theory of "social instincts of behavior" written in 1908 by the famous English psychologist William McDougall in "Introduction to Social Psychology" served as the first basis for elucidating the problem of ensuring the harmony of human instincts and activities, as opposed to Freudianism. Consequently, scientists such as E. Fromm, J. Sullivan, V. Shutts, G. Sheparde, and V. Bayon laid the foundation for the creation of the theory of group psychology. In this case, the first demonstration of the ways of improving the psychological climate related to interpersonal relations in the group through various social psychological trainings can serve as a certain level of empirical information for determining social psychological service tasks in work teams.

Theories within the framework of cognitivism, which are being created in developed countries, serve to justify the methodology of psychological services in extreme situations. For example, L. Festinger's theory of cognitive dissonance (based on the conscious change of a person's behavior or attitude towards the object of activity), T. Newcom's cooperative communicative theory (based on the formation of positive relationships with others and the common object of activity), Ch. Osgood and P. Tanenbaum theory of "congruence" (aimed at evaluating an object based on human cognitive structure), G. Allport, A. The researches of scientists such as Maslow, K. Rogers are among them.

We think that in interpreting the methodology of psychological service in extreme situations, it is necessary to pay special attention to the role and perspective of certain studies dedicated to understanding the emotional state of a person and analyzing and developing the process of social responsibility from the responsibility of his work. For example, F. Herzberg and his followers studied the mechanisms of emotogenic differences in the organization of work. According to the result of this research, if in the organization of labor activity, attention is paid to measures aimed at creativity, independence, self-knowledge, development, emotional experiences that positively affect the productivity of the individual's activity, and on the contrary, if a work environment consisting of only technical processes is created, emotional experiences that negatively affect the activity of the individual is observed. In fact, as long as positive emotional experiences are not formed in relation to the performance of the activity, both the product of the activity and the satisfaction of a person from his activity in the social sense will be at an extremely low level.

In extreme situations, the psychological service process should show its effect right here, that is, the art of being able to raise the process of social satisfaction from the activity to a certain level.

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