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## Conflict and Mechanisms of Psychological Protection

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**Abstract:** Conflict is an integral quality inherent in any personality, which determines the characteristics of the subject's relationship to the environment, a system of certain properties, components that make up the personality's conflict, manifested in the choice of appropriate methods for resolving conflicts and conflict situations.

**Keywords:** defense mechanisms, conflictness, emotional component.

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In the study of conflict arises the primary task of its systematic study, analysis of both the internal connections of its components and their components, and their relationship with other personality traits.

According to the model of a multidimensional functional analysis of personality traits by A. I. Krupnov, any personality trait is an alloy of individual (dynamic, emotional and regulatory components - due to the characteristics of temperament and the type of nervous system) and personal (motivational, cognitive and productive variables - are determined by social factors of development ) characteristics that are

Functionally related to each other. As a result, any personal property does not look like an atomic, but a complex systemic formation.

Each component in the structure of conflict contains two variables, conditionally divided into harmonic and aharmonic. Harmonic variables are characterized by strength, stability, a variety of aspirations - ergicity, sthenicity, internality, sociocentricity, meaningfulness, objectivity. Aharmonicones are manifested in instability, weakness, abandonment of one's intentions - aergic, asthenic, externality, self-centeredness, awareness, subjectivity.

This approach allows us to systematically consider the components of conflict identified by various authors: emotional, cognitive, motivational, volitional (A. Ya. Antsupov, A. I. Shipilov, G. A. Shevchuk, A. S. Shevchuk, O. V. Nakonechnaya) ; motivational, cognitive, activity (K. S. Lisetsky); locus of control, emotional component (O. V. Kuzema) [9, p. 81].

E. Van de Flirt and O. Janssen, on the basis of their experiments, found that standard conflict behavior includes a complex of different types of behavior, the components of which can overlap or line up in a certain sequence. The presence of structural links between the components of conflict behavior, confirmed empirically, "allows us to assert that conflict behavioral models are a complex set of

interdependent components" [2, p. sixteen].

Most researchers emphasize the importance of the emotional component in the structure of conflict. The selection of the emotional component is due to the involvement of emotions in the conflict itself [3, p. 64].

Theorists note that conflicts are determined by the state of emotional relations between people (J. Moreno); arise as a result of the need to release aggressive impulses - (L. Koser); human aggressiveness in response to frustrating factors - (D. Dollard, L. Berkowitz, N. Miller); associated with affective manifestations of a person - (K. Levin) [4, p. 15].

The content of the concept of conflict is revealed through the emotional component - A. Ya. Antsupov and A. I. Shipilov define social conflict as a way of developing contradictions, which consists in counteracting the subjects of the conflict and is accompanied by their negative emotions towards each other [8, p. 176].

A. Ya. Antsupov, A. I. Shipilov, L. A. Petrovskaya, M. M. Lebedeva, drew attention to the influence of emotions in the perception of the situation as a conflict. N. V. Grishina, B. I. Khasan, L. A. Petrovskaya note an increase in emotional stress at the stage of conflict escalation. Among the conditions and factors for resolving conflicts, the following stand out: awareness of emotions - M. M. Kashapov; control and management of emotions - S. M. Emelyanov; N. A. Karimova; reduction and suppression of negative emotions - A. Ya. Antsupov; A. I. Shapiro, M. M. Kashapov, V. I. Kurbatov; self-control of emotions - S. M. Emelyanov.

The theoretical analysis of the views of researchers - Yu. V. Skvortsova, M. V. Bashkin, M. Yu. Khudaeva, L. A. Petrovskaya, A. B. Nemkova, E. M. the component manifests itself in the culture of self-regulation, in the ability to self-control and manage one's emotional-volitional state in pre-conflict and conflict situations, the ability to manage one's own emotions, the ability and readiness for empathy, the ability of the individual to consciously mobilize forces, initiative, adaptive mobility and the ability to overcome numerous social -psychological barriers that arise in conflict situations.

Thus, the emotional component is an important component of conflict. This aspect is significant for conflict situations, personal causes of conflicts, in conflict resolution and regulation technologies. In the psychological component of the conflict, emotions play a significant role. D. G. Scott calls them the main reason for the transition of a conflict situation into a conflict.

R. Plutchik and co-authors expressed the opinion that there is a fairly pronounced relationship between the quality of the emotional state and the mechanisms of psychological defense, and that each type of personality is characterized by its own type of defense [11, p. 236].

At various times, many authors were engaged in the study of the mechanisms of psychological defense, mainly, these were theoretical attempts to reveal certain features of this phenomenon. The bulk of information on psychological defense is contained in such areas as the psychoanalytic concept of personality (Z. Freud, A. Freud, K. Jung, A. Adler, O. Rank, F. Alexander) and humanistic psychology (K. Jaspers, J. -P. Sartre, P. Riker, E. Fromm, K. Horney, G. Sullivan, E. Erickson).

The theory of Robert Plutchik, which explains the genesis and functioning of psychological defenses, is provided with a powerful diagnostic toolkit - the Life Style Index questionnaire. Proposing an original theoretical model of defense, R. Plutchik repeatedly emphasized that it is conceptually based on the general psycho evolutionary theory of emotions developed by him and described in a number of books and scientific articles. Fundamental postulates of psycho evolutionary theory: emotions are communication and survival mechanisms based on evolutionary adaptation; emotions have a genetic basis; emotions are hypothetical constructions based on the obvious phenomena of various classes; emotions are chains of events with stabilizing feedbacks that create some type of behavioral homeostasis; relationships between emotions can be represented as a three-dimensional structural model; emotions are related to a number of derived conceptual domains.

R. Plutchik distinguishes emotions according to the degree of similarity and intensity and notes their polarity. In addition, he argues that the areas of personality traits and diagnoses are closely related to the area of emotions.

R. Plutchik offers 5 postulates of the theoretical defense model:

Postulate 1. Specific defenses are formed to cope with specific emotions.

Postulate 2. There are eight basic defense mechanisms that develop to cope with the eight basic emotions.

Postulate 3. Eight basic defense mechanisms have the properties of similarity and polarity.

Postulate 4. Certain types of personality diagnoses are based on characteristic defensive styles.

Postulate 5. An individual can use any combination of defense mechanisms [5, p. 20].

T. I. Krasko emphasizes that “individual repertoires of defense mechanisms” as the personality develops are transformed into individual “experiencing styles” of psychotraumatic factors. These styles, to varying degrees, contribute to or hinder the preservation of the psychological well-being of the individual [7, p. 235].

E. Hilgard considers psychological defense mechanisms as frequently repeated methods of “helping oneself in conflicts with frustrations” that have two goals: maintaining self-esteem and protecting oneself from excessive fear.

L. A. Kitaev-Smyk notes that attempts to control emotions are made mostly unconsciously. Consequently, people with increased control over negative emotions and people with reduced or normal control will express them differently in a conflict situation. Between the emotion itself and its external expression there is a direct connection. In a conflict, this does not help to defuse the situation, but, on the contrary, causes an increase in emotional activity, hindering the constructive resolution of the conflict [6, p. 304].

Emotions accompanying the conflict indicate the psychological discomfort of the individual, from which the individual tries to get rid of, psychological defense mechanisms are used [1, p. 220].

Thus, on the basis of the presented analysis, we can speak of a theoretical confirmation of the existence of a connection between the personality's conflict and the psychological defense mechanisms used by the person.

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