

## PSYCHOLOGICAL MECHANISMS OF UNDERSTANDING HUMAN NATURE IN PSYCHOANALYSIS

Boronova Hilola Akramjonovna

Teacher of the Department of Applied Psychology of the  
Kokan State Pedagogical Institute

### ABSTRACT

Counseling is an interpersonal process. In the process of consultation, an environment of trust is created between the consultant and the client for the psychologist and the client to understand each other and for the client to change and grow. In any consultation, there are four variables that determine the change of the client: the psychologist, the client, the environment in which the consultation is held, and the theoretical orientation of the consulting psychologist. Most approaches to counseling fall into one of four theoretical categories: psychoanalytic, affective, cognitive, and behavioral. The article talks about the methodological foundations of the psychoanalytic approach.

**Keywords:** Id motives, instincts, Id, Ego, Super-ego, defense mechanisms, projection, repression, reactive structures, rationalization, identification.

### INTRODUCTION

The first ideas of the psychoanalytical approach were proposed by the famous psychiatrist Z. Freud. Z. Freud's ideas also influenced the views of famous psychologists Alfred Adler, Carl Jung, Albert Ellis, Rollo May and Fritz Perls. K. Rogers, B. F. Skinner, Otto Rank, and some other psychologists worked in a completely opposite direction to Freud's views. The third ones, Anna Freud, Erik Erikson, Harry Stack Sullivan, Karen Horney and Heinz Koguts, formed their views based on Freud's views. Every psychologist-consultant must know psychoanalysis. As a student, Freud became interested in Josef Breuer's method of catharsis. Breyer worked with his clients' emotions that had been repressed for years and eased their painful experiences. This method also involved the use of hypnosis. But Freud began to use this method in a special way. When the client begins to block verbal material, he puts his hand on the client's forehead to reassure the client that he can recall events and thoughts that have long been forgotten. Freud called this method the method of free associations.

He used this method to research the subconscious of his clients. The data obtained in this way were interpreted and analyzed. Psychoanalysis appeared in this way. Freud began to emphasize the importance of the unconscious in understanding the personality. In Freud's theory, the importance was focused on sexual inclinations, and this situation led many researchers to distance themselves from it.

An understanding of Freud's theory is essential to understanding the various approaches used in counseling. Ego Id and Super-ego correct human desires and wishes. Ego is the second system that develops after the Id and before the Super-ego. Initially the Ego keeps the Id from getting out of control. Ego is also called the executive of consciousness. After it is fully developed, its function is to keep the desires of the Id and Super-ego under control and help the person interact normally with the surrounding environment. The ego operates according to the reality principle.

Reality is what exists. Also, the Ego receives energy for activity from the Id (the whole energy source), finds ways to achieve certain goals, and keeps the individual in harmony with the surrounding environment. Ego thinking is known as a secondary process.

This process is nothing more than rational thinking manifested in one or another situation. A strong Ego is necessary for the healthy functioning of a person. The super-ego, unlike the id, is the moral part of the mind that operates according to ideal visions. The super-ego is the result of the parent's moral upbringing of the child, and it strives for the individual to achieve perfection. So, the Super-ego works according to the moral principle. Through a mechanism known as the Ideal Ego, it rewards those who do as their parents say and follow social rules. For example, children whose parents taught them to value order feel better when the room is clean. On the other hand, those who do the opposite of what they are taught are punished by the guilt-producing part of the Super-ego called conscience.

When the Super-ego is given control, it keeps the individual within very strict moral limits. Because its goal is perfection. When faced with conflicting situations, the super-ego can limit people's activities or stop them from moving at all.

**Defense mechanisms in psychoanalysis** Defense mechanisms protect a person from excessive anxiety by adapting to situations or by changing or denying events. Anna Freud and other ego-psychologists reworked Freud's interesting ideas and presented valid arguments in defense of defense mechanisms. The main defense mechanisms are: Expulsion. Expulsion is the main defense mechanism. Everything is built on it. When this mechanism is used, the Ego involuntarily expels from the mind any unpleasant or painful thoughts, feelings, memories or impulses. The ego must expend its energy in preventing the denied areas from entering consciousness. Sometimes repressed thoughts appear in dreams or verbal expressions.

**Projection.** With the help of projection, a person notices unpleasant feelings or characteristics in another person. Projection is an attempt to deny that these feelings and characteristics are characteristic of a person. For example, instead of saying that she is angry with the boss, a woman can say that the boss is angry with me.

**Reactive structures.** With the help of this mechanism, thoughts, feelings or inclinations that cause anxiety are suppressed and their opposites appear. For example, the host of a holiday party may give too much attention to an unannounced guest. Often, the reactive structure can be determined by the intensity of the manifestation of the opposite emotion.

**Take a seat.** Occupying space directs energy from one object to an alternative goal that is safe to occupy. For example, a person may yell at his dog when he comes home after a hard day's work.

**Regress.** In the case of regression, the individual returns to an earlier stage of development. For example, a child at the age of sexual maturity may wet his seat under the influence of psychological trauma and stress. In general, all people tend to regress under enough pressure or stress.

**Rationalization.** Rationalization means to explain the undesirable or inappropriate behavior of a person as logical and acceptable. For example, a client may say, "I did it because everyone else did it."

**Denial.** When using the denial mechanism, a person does not recognize the existence of an unpleasant or traumatic event or situation. Denial protects people from having to face painful experiences. For example, a husband and wife may deny that there are problems in their marriage even though they realize that their relationship is deteriorating. Denial can help a person cope with certain situations at first, but when used all the time, it ends up being destructive.

**Identification.** In identification, a person adopts the qualities of another person. Identification removes any fear of dealing with another person and gives new behavioral skills. For example, a child may identify with a fearful parent. Identity, unlike other defense mechanisms, helps a person to solve his problems. According to Freud, human nature is manifested by the conflict between consciousness and unconsciousness. A mature human personality is formed during the psychosexual stages of childhood. If a person has experienced traumatic events at a young age and has gone through certain psychosexual stages of development without solving the problems inherent in him, then he will have to go through this unresolved stage throughout his life.

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