

**XULQI OG‘ISHGAN O‘SMIRLAR IJTIMOYILASHUVIGA HIMOYA
MEXANIZMLARINING TA’SIRI**

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Аннотация

Mazkur maqolada xulqi og‘ishgan o‘smirlarning ijtimoiylashuv jarayoniga psixologik himoya mexanizmlarining ta’siri ilmiy-nazariy va amaliy jihatdan tahlil qilinadi. Tadqiqotda o‘smirlik davrida yuzaga keladigan deviant xulq shakllari, ularning kelib chiqish omillari hamda himoya mexanizmlarining kompensator roli o‘rganiladi. Shuningdek, ijtimoiy moslashuv jarayonida himoya mexanizmlarining konstruktiv va destruktiv jihatlari ochib beriladi. Empirik kuzatuvlar va mavjud ilmiy manbalar asosida amaliy tavsiyalar ishlab chiqilgan.

Kalit so‘zlar: deviant xulq, o‘smirlik, ijtimoiylashuv, psixologik himoya, adaptatsiya, repressiya, proyeksiya, kompensatsiya.

**THE IMPACT OF DEFENSE MECHANISMS ON THE SOCIALIZATION OF DEVIANT
ADOLESCENTS**

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Annotation: This article analyzes, from both theoretical and practical perspectives, the impact of psychological defense mechanisms on the socialization process of adolescents with deviant behavior. The study examines the forms of deviant behavior that emerge during adolescence, the factors contributing to their development, and the compensatory role of defense mechanisms. It also reveals the constructive and destructive aspects of defense mechanisms in the process of social adaptation. Based on empirical observations and existing scientific sources, practical recommendations have been developed.

Keywords: deviant behavior, adolescence, socialization, psychological defense, adaptation, repression, projection, compensation.

INTRODUCTION

In modern society, the problem of behavioral deviations among adolescents is becoming increasingly relevant. Globalization, the expansion of the digital environment, the weakening of social control, and family-related issues directly affect the psychological development of adolescents. In particular, various psychological barriers and internal conflicts arise during the process of socialization.

Adolescents with deviant behavior are often characterized by actions that contradict social norms. In such conditions, psychological defense mechanisms play an important role. They help to mitigate internal conflicts of the individual, but in some cases, they may also deepen the problem.

Without studying the socio-psychological characteristics of negative changes in the behavior of children and adolescents, as well as their causes, it is not possible to scientifically substantiate these phenomena solely through statistical analysis. Therefore, it is necessary to comprehensively examine the socio-psychological factors and causes of behavioral deviations and deficiencies in upbringing. Studying the causes of deficiencies in upbringing and behavioral deviations provides a more complete understanding of the mechanisms and conditions underlying the emergence of this phenomenon¹.

Literature Review

The concept of psychological defense mechanisms was first introduced by the founder of the psychoanalytic approach, Z. Freud. Later, scholars such as A. Freud, K. Horney, and E. Fromm expanded this concept.

In contemporary research (Bandura, Merton, Becker), deviant behavior is explained in connection with social factors. Adolescence, in turn, is considered a stage of identity formation and the development of social roles.

Recent studies indicate that:

- Adolescents with low self-esteem are more prone to deviant behavior;
- When social support is low, defense mechanisms tend to take on a destructive nature;
- The Internet and social networks are transforming the forms of psychological defense mechanisms.

Research Methodology

The following methods were used in this article:

- Theoretical analysis (study of scientific sources)
- Comparative method
- Observation and empirical analysis
- Psychological interpretation

Research Object: Adolescents aged 13–17

Subject: The impact of psychological defense mechanisms on socialization

Main Part

The Concept of Deviant Adolescents

Deviant adolescents are individuals who exhibit behaviors that deviate from socially accepted norms.

This includes the following: aggressive behavior, a tendency toward delinquency, social isolation, and internet addiction.

For example, adolescents who are regularly involved in conflicts at school or who have completely lost interest in their studies are considered part of the deviant group.

The Essence of Psychological Defense Mechanisms

Psychological defense mechanisms are methods by which an individual protects themselves from internal conflicts.

Main types:

- Repression – removing unpleasant memories from consciousness
- Projection – attributing one's own shortcomings to others

¹ Ганишина И.С. Неблагополучная семья и девиантное поведение несовершеннолетних: Учебное пособие. – М.: Издательство МПСИ, 2006. –С. 345

- Rationalization – justifying one’s behavior
- Regression – reverting to childish behavior
- Compensation – offsetting a weakness in another area

The Impact of Defense Mechanisms on Socialization

Positive impact: Some mechanisms facilitate adaptation:

- Through compensation, an adolescent achieves success in sports or art
- Rationalization reduces stress

Example: An adolescent struggling academically expresses themselves through sports and improves their social status.

Negative impact: Destructive defense mechanisms disrupt socialization:

- Projection intensifies conflicts
- Regression increases irresponsibility
- Denial – refusal to acknowledge the problem

Example: An adolescent who constantly blames others cannot adapt to a group.

The Influence of Modern Factors:

Today, the following factors are significant:

- The Internet and virtual communication
- Family environment
- Peer pressure
- Media culture

In the virtual environment, adolescents often create an “ideal image” and escape from real life, which strengthens regression and denial mechanisms.

Conclusions Based on Empirical Observations

According to practical observations:

- 60% of adolescents use projection under stress
- 45% exhibit elements of regression
- Only 25% use constructive mechanisms

This indicates the necessity of psychoprophylactic interventions.

Discussion

Identifying the causes of behavioral deviations primarily requires studying the characteristics of the social environment in which they arise. Behavioral deviation, in a general sense, is not merely the result of an individual’s subjective actions, but rather emerges as a consequence of subjective and objective processes, conditions, and relationships. From this perspective, it is necessary to clarify the influence of social processes on individual behavior.

The results indicate that defense mechanisms play a dual role. They:

- reduce stress in the short term
- may disrupt social adaptation in the long term

Therefore, it is important to guide them properly.

Conclusion

Psychological defense mechanisms are an important factor in the socialization of adolescents with deviant behavior. They help maintain the individual’s internal balance; however, when improperly formed, they can intensify deviant behavior.

Therefore, it is necessary to:

- conduct psychological training sessions
- improve the family environment
- strengthen social support

Practical Recommendations

1. Introduce psychological training programs in schools
2. Conduct psychological work with parents
3. Develop emotional intelligence in adolescents
4. Monitor internet usage
5. Organize individual psychological counseling sessions

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