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INFORMATION THREAT AND THE PSYCHOLOGICAL PROTECTION OF SELF

Annotation: the article considers the issue of information psychological security of a person in the conditions of informatization of society. Studied modern information technology, their impact on the psyche and consciousness of people. The problems of ensuring informational psychological security are analyzed.

Keywords: technology, innovation, information, threat, security, psyche, personality.

Аннотация: в статье рассмотрен вопрос информационно психологической безопасности личности в условиях информатизации общества. Изучены современные информационные технологии, их воздействия на психику и сознание людей. Анализируются проблемы обеспечения информационно психологической безопасности.

Ключевые слова: технология, инновация, информация, угроза, безопасность, психика, личность.

Today's information attacks and various information can be used in various ways, both in our country and in other countries, in the context of negative or

positive impacts of centuries-old values, traditions, forms of beliefs, and methods of education. After all, it is one of the most urgent issues for the emerging world of young people, who are fluent in the world, and who are on the verge of becoming "addicted to the Internet" to protect themselves against the effects of psychological and psychological harm.

American political scientist Patrick Buchenen's book "Smert Zapada" has come to the world, and it is noteworthy that, at the very beginning of a large book, the author describes events related to the fate of nations and peoples, and the "fate" of the West. and analyzes of crises on marriage, birth and natural growth of the population. With regret, he acknowledges that Europe is unable to withstand the "American" culture and is now embedded in it. In Bukenen's opinion, in an industrialized and high-tech society, the egoistic aspirations of people to get rich, to have a rich life, have led to a severe crisis in their relationship to real values, including marriage. He considers this as the basis of hegemonic psychology and explicitly acknowledges that its consequences cause a range of social problems in society. The meaning of hedonism is that the motives of the individual and his or her behavior are prioritized only by enjoyment, satisfaction, and the desire to be free from their own internal emotional distress.

True, it is not the fault of man's desire for a prosperous life, but such an abundance may not be against humanity. The author's concern and concern is that such changes in consciousness are reflected in the negative attitude of European peoples to the most important and essential values. For example, one in every three children born today in Europe is born out of wedlock, the birth rate is declining, women are generally reluctant to leave a healthy offspring, and they have enough money to raise up children. In general, most women in the West are increasingly distant from the idea of getting married and having a decent offspring.

Scientists are wondering whether the increase in government benefits for childbirth, the increase in child welfare benefits, the introduction of special benefits for mothers or the increase in the number of children will encourage women to build a healthy family and raise healthy children. The logic of this

is that modern Europeans, rather than such privileges, have to rise to prominence and pursue their own interests.

Recognition of the independent Uzbekistan by the international community, broad political and foreign economic activity of our state, the restoration of spiritual values and opportunities of the Uzbek people, its recognition as a full-fledged nation in the family of other nations provided a great opportunity. The ever-expanding international links provide a good basis for a deeper understanding of world culture and the use of universal values, which in turn helps the Uzbek people develop their talents in a variety of fields, including their entrepreneurial and proficiency skills, rapid learning of several foreign languages and computer technologies. , to travel abroad, to establish contacts with them, to study at world-class universities. As a result, the traditions of national hospitality and generosity have been further developed.

Psychological protection - it helps to protect the person from various negative effects, eliminating psychological discomfort. In these situations, a person usually behaves differently in interpersonal relationships. Psychologists usually include the following safeguards:

- attempt not to express feelings;
- denial, ie open denial of inappropriate information, non-inclusion;
- projection - the tendency to seek out the causes of the external situation by transferring one's feelings and perceptions to external objects;
- Identification - identifying oneself with information, rejecting or criticizing the values through self-determination;
- regression - the organization of psychological protection or acquittal by returning to certain events that had taken place earlier in life, for example in their youth, by regaining their good and positive memories and by their behavior;
- loneliness - the avoidance of the society, the desire to not disclose its changes to others, when the activity of the individual becomes passive;
- rationalization - to create protective instincts through reflection and reasoning;

- Conversion is the use of unexpected methods to remove barriers or barriers to communication, such as humorous exchanging of alarming information.

In conclusion, it is important to pay attention to some aspects of managing one's self-defense in the case of information attacks. First and foremost, the need for independent thinking is emphasized for everyone. Anyone who has an independent mind will be able to understand the good or bad information about himself and respond adequately to it, and to employ protective mechanisms.

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