



FEATURES OF INTERNAL CONFLICT AND PROTECTIVE MECHANISMS IN MEDICAL STUDENTS

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ABSTRACT

The article examines the problem of the relationship between psychological defense mechanisms and internal conflict in students. The study of factors influencing internal conflicts in students, the analysis of psychological defense mechanisms affecting the personal and professional development of students is considered very relevant.

KEYWORDS: internal conflict, defense mechanisms, emotional tension, stress.

INTRODUCTION

Students, as a special age and social group, are most susceptible to destructive external influences. As the analysis of psychological research has shown, the problem of developing psychological mechanisms that optimize the interaction of a student's personality with the social environment in changing conditions currently remains outside the field of view of scientists.

The study of internal conflicts and defense mechanisms in medical students is a pressing issue today. This is due to a number of reasons: in the process of dealing with stress and internal conflicts, defense mechanisms such as repression, denial, intellectualization, and others are formed. The study of these mechanisms helps to determine the level of students' adaptability and direct psychological assistance in the right direction. Professional suitability: the psychological stability of medical specialists directly affects their professional activities. The study of internal conflicts and mechanisms for managing them during the student period allows you to form the qualities necessary for successful professional work in the future.

The psychological state and mental stability of medical students depend on many factors. These students strive to achieve a high level of knowledge and skills, but such physical and mental stress can lead to internal personal and academic conflicts. Specific features of internal conflict and defense mechanisms are more often observed in medical students, since they learn to responsibly evaluate not only their own knowledge, but also human life and health. Internal conflict is a psychological state in which opposing feelings, desires, goals or values clash in a person's consciousness. Causes: Contradiction between desires and possibilities. Inconsistency between values and behavior. Pressure from society or the environment. Confrontation between instincts ("Id"), the conscious ("Ego") and moral standards ("Super-Ego"). Examples: Desire for success, but fear of failure. Desire to be honest, but need to deceive. Consequences of internal conflicts: Emotional tension, stress. Difficulty making decisions. Possible development of anxiety or depression. Defense mechanisms are unconscious strategies that a person uses to

reduce internal tension and protect themselves from stress or trauma. Causes of internal conflicts: Conflicting desires or goals Conflict occurs when a person is forced to choose between two opposing desires or goals. Example: A student wants to succeed in his studies, but also wants to spend more time with friends. Contradiction between values and behavior.

Internal conflict occurs when a person's actions contradict their values or beliefs. Example: An honest person is forced to commit a dishonest act. Discrepancy between expectations and capabilities Conflict occurs when a person understands that their capabilities are insufficient to achieve what they want. Example: A person strives for high goals, but they do not have enough resources or experience. Social pressure internal conflict occurs when society's expectations do not coincide with personal desires. Example: Parents expect a student to get only excellent grades, while his interests are directed towards other areas. Contradiction between good and evil

According to the psychoanalytic theory of Sigmund Freud, internal conflict can arise due to the confrontation between the "Id" (instincts), "Ego" (conscious "I") and "Super-Ego" (moral norms). Example: A person wants to do something pleasant, but understands that it violates social norms. Difficulties in adapting to new conditions. A conflict may arise if a person finds it difficult to adapt to life changes (new job, educational institution, moving). Example: A student finds it difficult to get used to the university environment after school.

Conclusion: Internal conflicts are a natural part of life, and they can be an opportunity for self-knowledge and personal growth. The main thing is not to avoid them, but to look for ways to understand and resolve them. Internal conflicts and defense mechanisms are important elements of a person's mental life. Understanding and recognizing them helps to cope with difficulties, develop personality and find inner harmony. The problem of training future doctors is undoubtedly of interest at present, characterized by a difficult situation in terms of public health. The presence and possibility of forming certain features of the motivational-personal sphere is a necessary condition for the formation of a professional personality.

An intrapersonal conflict is an intrapersonal contradiction perceived and emotionally experienced by a person as a significant psychological problem for him/her, requiring resolution and causing internal work of consciousness aimed at overcoming it. Long-term intrapersonal conflicts threaten the effectiveness of activities and can inhibit personal development. Frequent intrapersonal conflicts lead to loss of self-confidence, an inferiority complex, and a loss of the meaning of life. Acute intrapersonal conflicts lead to the destruction of interpersonal relationships, professional activity, and are the cause of irritability, anxiety, and aggressiveness. Expansion of self-knowledge and professional development occurs due to the concept of intrapersonal contradictions. Identification of the features of intrapersonal conflicts in the work of a doctor contributes to understanding the professional and personal development of a future physician at the stage of professional training.

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