

## PSYCHOLOGICAL FEATURES OF PROTECTING YOUTH FROM SOCIAL MANIPULATIVE INFLUENCES

Kosimova Sarvinoz Bakhtiyorovna <sup>1</sup>

<sup>1</sup> Phd, Bukhara State University. Department of Psychology.

---

### ARTICLE INFO

### ABSTRACT:

---

#### ARTICLE HISTORY:

Received:05.02.2025

Revised: 06.02.2025

Accepted:07.02.2025

---

#### KEYWORDS:

psychological safety,  
tolerance, solidarity,  
self-control ability,  
independence,  
manipulative influences.

*This article provides information about methods of ensuring the psychological security of information in a person on a global scale, the impact of manipulative threats on the psyche, consciousness, behavior of young people, research aimed at identifying determinants of personality in order to ensure the safety of student youth in an informed society by forming an analysis system of information and psychological processes in disputes, Also, various problems observed in the life of students, by identifying socio-psychological changes, make it possible to identify the effects that make up the features of manipulation, and the impact of such manipulative threats on the general psychological state of students, Information pressure, attacks aimed at purposefully changing the views and beliefs of their behavior, worldview, socio-political consciousness, it is said about empirical research on the introduction of methods of prevention of actions aimed at ensuring the non-adequate perception of information by students.*

**INTRODUCTION.** In the world, in the current period, priority is placed on the issue of ensuring the national interests of each state, each nation, in this regard, first of all, preserving their culture, age-old values and traditions, as well as manipulative threats of youth, the main methods of early detection of its negative effects, especially monitoring psychological changes in student youth and analyzing In the UNESCO general declaration on diversity of cultures "... it is emphasized that culture is considered as the sum of spiritual-material, intellectual-emotional signs relating to society or social groups in the world, that people need to include their way of life, their cohabitation skills, their value system,

traditions and beliefs, respect for each culture, tolerance and solidarity is a guarantee of international peace and security." Therefore, the issue of researching socio-psychological methods of protecting students from manipulative influences is becoming more relevant. At the global level, research is being carried out aimed at identifying determinants of personality in order to ensure the safety of student youth in an informed society, ensure the psychological safety of information in students through methods of ensuring the psychological safety of information in a person, the impact of manipulative threats on the psyche, consciousness, behavior of young people, the formation In accordance with this, various problems observed in the life of students make it possible to identify the effects that make up the features of manipulation by identifying socio-psychological changes, and the impact of such manipulative threats on the general psychological state of students, Information pressure, attacks aimed at purposefully changing the views and beliefs of their behavior, worldview, socio-political consciousness, particular attention is paid to empirical research on the introduction of methods of prevention of actions aimed at ensuring inadequate perception of information by students.

The concepts that are now called information attacks have a rather subtle appearance, and increasingly its level of risk is increasing even more. In ancient times, the information attack was in the form of large-scale military Wars, Legends, false propaganda. While in these types of attacks enemies have declared open war on each other, in present-day attacks external enemies are taking their toll on humans in a virtual, i.e. invisible form. Hackers, cybercriminals are examples of this. Manipulation is the use of others in their own interests, influencing them through their management. Excessive manipulation is the trick of tricksters, scammers and liars who do not respect moral principles, cheat and take advantage of the weakness and disbelief of others. Manipulation (Latin manipulus-hand movement) :

- 1) Hand exercise manual movement, including focus demonstration, which relies on manual skill;
- 2) achieving a mercenary goal through machination, deception, extortion, fraud;
- 3) communicative effect that leads to the activation of certain motivational states (emotions, attitudes, stereotypes) in a person. This effect can motivate a person to any behavior. Some experts say that manipulation is considered one of the types of psychological influence and is used in order to achieve a unilateral achievement by indirectly encouraging a person to carry out certain behaviors. A dangerous aspect of manipulation is that it is internal parochialism, a violation of personality integrity, which causes it to succumb to external influence. American psychologist R.Chaldini distinguishes

several types of manipulation: for example, asking for help; the influence of the seller, advertising on the buyer; political propaganda; raising children, etc. He believes that fundraisers for various funds; Street traders; businessmen; businessmen; sales agents; advertising workers also make extensive use of manipulation [1]. The influence and consequences of manipulation are especially evident in the activities of false religious organizations, fanatical groups. In this, first of all, affecting the minds of people, their behavior (control of individual physical life, formation of subordination), the information they receive is to hide or distort the real state, prohibit critical information, forcibly instill thinking (the idea of organization, divide events in reality into "good" and "bad" from the point of view of this idea, , the use of fear hiss) through control, those who perform any task or task, subject to a certain idea and ideology, deprived of their self are formed. E. Dotsenko believes that "manipulative psychology" manipulates is a psychological effect that skillfully doing so leads to the latent excitement of another person's intentions, which do not correspond to their true desires.

In addition cited the necessary theoretical sources about the following signs of manipulative influence.

- 1) general feature-psychological effect;
- 2) the attitude of the manipulator to another as an object, medium (or barrier) to achieve their goals;
- 3) desire for victory to one side;
- 4) the latent nature of the effect (both the effect itself and its direction);
- 5) the presence or creation of an exposure target;
- 6) skill and dexterity in the implementation of manipulative effects (with respect to successful manipulations) [2].

At the moment, the attitude of young people towards perceived materials, the ability to analyze them and see the consequences are also one of the important factors in the formation of a person. The internet and foreign media, one-sided and distorted information from different radio stations have a strong destructive propaganda character and require developed critical thinking, analytical skills from respondents. Therefore, as noted above, the formation of competencies and skills in each individual, capable of informational literacy, purposeful perception of information, understanding the mechanisms of manipulative influence, being able to defend their point of view, is one of the main issues on the current.

**Object of the study:** It is important to comprehensively reveal the goals and objectives of the research work, to approach the essence of scientific work on the basis of empirical data, of course. In line with the goals and objectives set, relying on theoretical analysis, the organization of research and the choice of methods is one of the main works. Therefore, we got acquainted with a number of research works for organizing the study and choosing methodologies in accordance with it. As a research area and object of the problem, 100 students studying at Bukhara State University and Karshi state universities were involved. In psychology, the study of personality occupies one of the central places. The work on this problem has delivered a huge number of special methods and practical results analysis to the science of psychology. However " in the following years, the theoretical form of personality began to be seen. This allowed many psychological concepts to be expressed as a result of the multidisciplinary techniques used in Directed Research on the problems of personality formation"[3].

It is known that in the study of personality, three more accents are emphasized: the collection of information, the analysis of personality structure and the analysis of experimental data. Information about the individual is "L", "Q", and "T" data collected on the basis of three sources. "L" ("Lite record data") - data is obtained by recording the exact behavior of a person in his daily life. It is mainly recommended to start the problem with " L " data in preliminary studies. In addition, with the help of " L " data, the validity of the results obtained using other methods is determined. " Q " data (Questionnaire data) is the study of identity using questionnaires and other techniques. The same "Q" data is central to the study. The "T" data(objective test data) are the data of objective tests that control the state of the experiment. We used these three sources ("L", "Q" and "T" data) in our work.

**Methods:** We used Yanov-Bulman's methodology "the base belief scale and its suitability for the purpose of the study "during our research. This survey aims to identify the underlying beliefs of an individual within cognitive concepts. According to him, one of the sensations inherent in a normal person is calmness, free from any danger. According to the American psychologist Yanov-Bulman, base beliefs consist of 3 categories and are the core of our subjective world. This scale, developed by Yanov-Bulman for diagnostic purposes of the base belief scale, consists of 8 categories:

- 1) attitude to understanding the world.
- 2) confidence in the goodness of people.
- 3) confidence in the righteousness of life.
- 4) the manageability of life is trust.

- 5) to know what is happening by chance as a principle of distribution.
- 6) to put the dignity of one's "I" high.
- 7) level of self-control.
- 8) luck level.

The 8 scales are followed by the above 4 meditations. The content of each scale is determined by the arithmetic mean. Confirmation points are measured according to the "+"S marked by the tester. The above 3 generalizations of the primary approved categories are evaluated according to the direction:

- 1. It is found using the arithmetic value between positive relationships to the environment and the world (BW and BP) (the beauty of life and the goodness of humans);
- 2. The attitude to the perception of life, to the fairness of events is determined using the arithmetic mean between J (Justice of life), c (control of life) and reversible R (chance).
- 3. Personality values, attitude towards luck SW (value of "I"), SC (self-control) and L (luck).

This survey also helps to assess the value system of groups of students with varying degrees of trauma, as well as their views against manipulative influences. It can also be used in individual activities. If, on some scale, the results record a very low figure, then this should definitely be taken into account when helping the respondent. The normal indicator on all scales is slightly higher than the average, that is, not less than 3.5 points. Studies show that a positive attitude towards life, surrounding people and oneself can greatly help maintain a mental balance in one norm and improve lifestyle, or, conversely, poor and low attitude towards these processes, deviations in behavior caused by imbalance in the personality psyche, increased negative vices in the individual on the basis of insecurity, disbelief.

Secondary data processing The indicators of the questionnaire of base beliefs, taken on the example of students studying in the system of continuing education, are revised and included in specially defined tables based on the requirements of a special correlation analysis.

- 1. The results of the correlation link between the available empirical data and the validity of the data, the reliability value is revised using specially accepted statistical criteria. The results are presented in accordance with the requirements of the SPSS program.
- 2. Relying on the mathematical-statistical results of the collected large-scale data, General Laws corresponding to the purpose of the study are determined, and on this basis, appropriate empirical conclusions are drawn. So, methods aimed at studying psychological

factors that serve to ensure the harmony of the formation of immunity against psychological types of protection, base beliefs, psychological characteristics and manipulative influences, based on the above, today allow students to study, research and draw scientific and practical conclusions corresponding to the purpose of research.

During our study, we also tried to analyze students in three cases, namely, age, gender, area cross section, based on the purpose of the study, methods aimed at determining the levels of immune formation against manipulative influences. The results obtained and their analysis: an analysis of whether or not changes in the behavior of students occurred after we conducted a correctional program is presented in Table 1:

**Regression indicators of the manifestation of the mechanism of psychological protection on gender differences (n=100)**

**Table 1:**

	<b>Gender</b>	<b>N</b>	<b>Middle level</b>	<b>Standard deviation</b>	<b>T</b>	<b>Confidence level</b>
Regression	Girls	50	6,5633	2,29454	3,61	,005
	Boys	50	6,0235	2,42114		

We received the following response to cases during the study whether there are differences in the psychological defense mechanisms of boys and girls. We observed differences in confidence levels in the mechanism of regression psychological protection ( $t=3.61$ ;  $p>0.005$ ). The tendency to the mechanism of psychological protection of regression is higher in girls than in boys. In the mechanism of psychological protection, States of regression are associated with the perception of states of adaptation in an unconscious state. Emotional states in girls showed regressive character. It has been noted that girls have a high degree of acquisition of emotional states and use of emotional states, as they exit with an increase in the degree of regression if they encounter a certain problem, for example with the manifestation of characteristics characteristic of young children. In boys, however, it has been revealed that these conditions are lower than in girls, meaning that they do not resort to regression.

The Enlightenment in protecting students from various manipulative influences is the correct formation of a culture of communicating certain knowledge to young people, working with information in them. Psychological education in the field of information is a

practical activity in protecting young people from the flow of various foreign information, improving psychological knowledge and skills against the flow of negative information. Current practice shows that humans trust the internet as a source of information and often turn to the World Wide Web. Therefore, the most anticipated thing in science is the study of youth psychology in different forms through online psychological resources. At a time when the world is developing rapidly, special attention should be paid to the following tools in order to create immunity to manipulative influences in students, to ensure informational and psychological safety:

- changing the existing forms and methods in the process of the activities of information resources, adapting them to the norms of our national traditions and today;
- the use of all psychological tools against the threat of information;
- to increase the influence of local media on the minds of young people internationally.
- application of novel psychological, sociological and legal approaches to the coverage of facts and events taking place in domestic and foreign policy;

In general, as humanity strives to ensure its own safety, it is impossible to leave the sphere of the virtual information system unattended in the near future.

Gender differences in confidence levels were also observed in the mechanism of psychological protection of student reactive education ( $t=1.96$ ;  $p>0.05$ ).

**Indicators of the manifestation of the mechanism of psychological protection of reactive education by gender differences (n=100)**

**Table 2:**

	<b>Gender</b>	<b>N</b>	<b>Middle level</b>	<b>Standard deviation</b>	<b>T</b>	<b>Confidence level</b>
Reactive education	Girls	50	6,6245	1,66947	1,96	,050
	Boys	50	6,4137	1,72563		

In this protective mechanism, we can also observe that high rates are recorded in girls compared to boys. This mechanism itself is carried out in two stages. The first unwanted states are squeezed out and then negated, for example enhanced protection may be associated with negation States. In girls, these conditions seem more recent than in boys. When the data were analyzed it was known that psychological protection in girls would be higher than in boys, which may be mainly due to higher control over girls. When analyzing

the results of boys and girls, no differences in confidence levels were observed in others, that is, psychological protection, base beliefs, threat awareness cases were shown to be indistinguishable by gender, which means that both boys and girls would react equally to these thoughts.

**Conclusion:** In the process of various manipulative influences found in students in the era of globalization, such qualities as conscious planning of activities of an individual, conscious organization of his activities, awareness of his position in social relations are important. Judging by the studies studied and analyzed, the scientific-practical study of the protection of students from manipulative influences gives a good result in the fact that it is a social necessity, instilling national characteristics in the minds of students, teaching their nation and their own people to view their historical values with faith by forming and developing a culture of information consumption in them.

#### References:

1. Кара-Мурза С.Г. Манипуляция сознанием: 2-е изд., испр. – М.: Эксмо, 2003.
2. Келлерман, Барбара Идущие за лидером / Барбара Келлерман. - М.: Аквамариновая Книга, 2009. - 384 с.
3. Митрохина Е.Ю. Некоторые проблемы социальной информации и ее влияния на общество // Информационный сборник «Безопасность». №3-4, март-апрель, 1997.- С.129-133.
4. Опарин Д.А. Информационно-психологические угрозы безопасности России // Вестник аналитики. 2001.-№4.-С.95-113.
5. Шостром Э. Анти-Карнеги, или человек-манипулятор. – Минск: Полифакт, 1992.
6. Шиллер Г. Манипуляторы сознанием. – М., 1980.
7. S.B.Qosimova “O’smirlik davridagi o’quvchilarda ijtimoiy intellekt muammosining psixologik xususiyatlari” "Oriental Art and Culture" Scientific-Methodical Journal - Volume 2 Issue 4 / December 2021.554-559 p
8. S.B.Qosimova “Emotional understanding of individuals the role of emotions” ResearchJet Journal of Analysis and Inventions ISSN: 2776-0960 Volume 3, Issue 1 Jan., 2022.12-18 p
9. S.B.Qosimova “Talabalarni manipulyatsion ta’sirlardan himoya qilishning o’ziga xos ijtimoiy-psixologik xususiyatlari” "Oriental Art and Culture" Scientific-Methodical Journal - Volume 2 Issue 2 / June 2022.438-442 p.
10. S.B.Qosimova “The role of the manipulation mechanism in the socialization of the student’s personality” Ta’lim va innovatsion tadqiqotlar 2023 №6. 319-321