



## Socio-Psychological Analysis Of Anxiety In The Era Of Globalization

**Tokhir Kurbonov**

Candidate of Philosophical Sciences, Associate Professor  
Karshi State University

**Summary:** Psychoanalytic approach. One of the first who made an attempt to explain the nature of anxiety was S. Freud. According to Freud's teachings, certain experiences that have taken place in a person's life: actions, impulses, thoughts or memories that are excruciatingly painful or generate severe anxiety are repressed from consciousness, and those forces that led to the repression of what happened from memory are mobilized, preventing their restoration in consciousness

**Keywords:** Psychoanalytic approach

Psychoanalytic approach. One of the first who made an attempt to explain the nature of anxiety was S. Freud. According to Freud's teachings, certain experiences that have taken place in a person's life: actions, impulses, thoughts or memories that are excruciatingly painful or generate severe anxiety are repressed from consciousness, and those forces that led to the repression of what happened from memory are mobilized, preventing their restoration in consciousness [1].

There is a physiological mechanism at work here that is close to the mechanism of "protective" inhibition, when inhibition when overexcited, it protects the cortex from excessive overexcitation, and that is why sharp affective experiences, painful and unacceptable for the subject, are actively inhibited, "repressed" from consciousness, and forgotten by the subject [2].

When repressed ideas threaten to escape to the conscious level, they can again cause anxiety, and are therefore suppressed again. As a result, a person experiences an endless subconscious conflict. At the heart of repression, strong anxiety is of decisive importance [3]. Anxiety is an emotional state that is similar to we experience when we are exposed to a threat from the outside is a function of the "Ego", and its purpose is to warn a person about an impending threat that must be met or avoided. Anxiety allows the individual to react in threatening situations in an adaptive way [4].

Crowding out can be considered as a primary, initial defense mechanism that saves a person from the painful experience of anxiety. But quite often repressed thoughts and impulses cannot be kept at a subconscious level, and along with them the anxiety that is associated with them breaks through. As a result, various additional protective mechanisms begin to operate, the function of which is to strengthen the "dam" that holds back prohibited impulses.

Among them are substitution, rationalization, reactive formation, projection, regression, sublimation. and isolation (intellectualization) [4]. Repression depends on the presence of a threat to the ego (the main threat to self-esteem), rather than on mere unpleasantness or threat. Further



# The Peerian Journal

Open Access | Peer Reviewed

Volume 30, May, 2024

ISSN (E): 2788-0303

Website: [www.peerianjournal.com](http://www.peerianjournal.com)

Email: [editor@peerianjournal.com](mailto:editor@peerianjournal.com)

research has shown: when the cause of repression (the threat to the “Ego”) disappears, the repressed content returns to consciousness.

If the threat is eliminated, then it becomes safe for the repressed material to return to the level of awareness [4]. It should be recognized that at present there is no strong empirical support for Freud's assertion that people use repression to deal with threatening or unpleasant experiences (Ibid.), and therefore, to test the connection between repression and anxiety, to reveal the complex nature of anxiety and its origin within the framework psychoanalytic approach is not possible.

A. Adler, in his individual theory of personality, considered anxiety as a symptom of neurosis, and the latter was understood quite broadly - as a diagnostically ambiguous term covering numerous behavioral disorders. “Neurosis is the natural, logical development of an individual who is relatively inactive, egocentrically striving for superiority and therefore has a delay in the development of social interest, which we constantly observe in the most passive, pampered lifestyles” [7. P. 192].

K. Horney, unlike Freud, did not believe that anxiety is a necessary component in the human psyche. In the sociocultural theory of personality that she develops, the etiology of anxiety lies in the lack of a sense of security in interpersonal relationships. Everything that in relationships with parents destroys the child's sense of security leads to basal anxiety, which means that the origin of neurotic behavior should be sought in the disturbed relationship between the child and parent. If a child feels love and self-acceptance, he feels safe and is likely to develop normally. If a child does not feel safe, then he develops hostility towards his parents, and this hostility, eventually transformed into basic anxiety, will be directed at everyone (Ibid.).

Horney draws a comparison between fear and anxiety. Fear is a reaction proportional to the actual danger, while anxiety is an incommensurate reaction to an imagined danger. Fear and anxiety are adequate reactions to an imaginary danger, but in the case of fear, the danger is obvious, objective, and in the case of anxiety it is hidden, subjective. The intensity of anxiety is proportional to the meaning that a given situation has for a given person. What is anxiety? Modern psychology indicates that among the mental states that are the subject of scientific research, much attention is paid to the term “anxiety”, sometimes “anxiousness”, which translated into Russian means “worry”, “anxiety” [5].

It is noted that the term itself comes from the Latin term “angusto”, which means “narrowness”, “narrowing”.

In a state of anxiety, tension and excitement are blocked, which is expressed primarily in the quality of a person's breathing. Breathing becomes shallow and frequent. In addition, other symptoms of anxiety include restlessness and increased heart rate. The quality of anxiety depends on what kind of arousal is blocked.

The theory of differentiated emotions states that the phenomenon of anxiety is complex and consists of the dominant emotion of fear, the interaction of fear with one or more other fundamental emotions - fear, anger, guilt, shame and interest. Anxiety includes need states and biochemical factors. It is possible to distinguish forms of anxiety depending on the combination of affects included in it. The anxiety syndrome may vary among individuals, for example, fear - guilt or fear - shame - guilt, fear - suffering, fear - anger, fear - suffering - anger, but the dominant emotion is fear [6].



# The Peerian Journal

Open Access | Peer Reviewed

Volume 30, May, 2024

ISSN (E): 2788-0303

Website: [www.peerianjournal.com](http://www.peerianjournal.com)

Email: [editor@peerianjournal.com](mailto:editor@peerianjournal.com)

American psychologists usually emphasize in BT the anticipation of the possibility of trouble and thereby the fear that it might happen.

When characterizing BT as an emotional state, one should take into account both the characteristics of situations that provoke this state, as well as its external and internal manifestations, including experiences that can significantly influence behavior. Fear in the form of apprehension can occupy a significant place in some BT states, but fear and BT should not be considered synonymous, since there are BT states in which fear is absent or insignificant. Unlike the term “worry,” the term “anxiety” emphasizes the component of fear, which makes it possible to classify the latter as a unique form of fear. BT is a mental state caused by possible or unpleasant situations, surprise, changes in activity, delay of pleasant, desirable things and expressed in specific experiences: fears, worries, disturbance of peace, etc. [8].

In general, there is debate about the relationship between anxiety and fear in modern psychology [4]. Some authors point out that they should be clearly distinguished [4]). Others, such as Rachman (1991), find this distinction unnecessary and view the concepts as equivalent (Rachman, 1991, cited in [7]). Also in psychology there are attempts to reveal the concept of anxiety through the concept of fear, to connect these formations. Anxiety is a less defined and expressed fear. There is an opinion that anxiety is an indefinite fear [18]. A clear distinction between fear and anxiety is based on the criterion introduced into psychiatry by K. Jaspers. In accordance with this criterion, anxiety is felt without connection with any stimulus (“free-floating anxiety”) [9, P. 118], while fear correlates with a certain stimulus and object. This approach is the most common [10]. There are both psychometric and physiological data showing both similarities, or rather a connection, and a significant difference between these variables [7]. As D.A. Gray points out, referring to physiological data, fear involves loading a protective mechanism, and anxiety involves preparing to load a protective mechanism [7]). According to the author, “anxiety” is an amalgam of fear and frustration. This is a certain human emotion (it is generated by the model “behavior inhibition system – STP1”), a state that arises in response to a threat (stimuli associated with punishment, reward) or uncertainty (novelty) [11, pp. 27-29]. It is noted that there are differences between anxiety and fear, not identity [4]). Anxiety is an emotional reaction, considered as “non-objective”, because the conditions that generate it are unknown. The peculiarity of anxiety is that the intensity of the emotional reaction to a stressful situation is disproportionately higher than the magnitude of the objective danger. In the case of fear, the intensity of the emotional reaction is proportional to the magnitude of the danger causing it [11].

Fear is a reaction to a certain danger, then how anxiety is diffuse, nonspecific, and non-objective.

The concepts of fear and anxiety refer to emotional reactions or states that are caused by various processes. If there are often no objective reasons for the occurrence of anxiety, then fear is a person's reaction to a specific situation dangerous to his health and prestige. When alarmed, a person does not take any protective actions, he just worries. Fear is associated with the manifestation of various defensive reactions [11].

So, anxiety can be rightfully considered as a psychological formation due to many reasons. The most important aspect of studying anxiety is its connection with productivity and health.



### List of Literature:

1. Alexander F. Psychosomatic medicine. Moscow: Institute of General Humanitarian Research, 2004. 336 p.
2. Arakelov G.G., Lysenko N.E., Schott E.K. Psychophysiological method of anxiety assessment // Psychol. Journal 1997. Vol. 18, No. 2. pp. 102-113.
3. Astapov V. M. A functional approach to the study of anxiety // Applied Psychology. 1999. No. 1. pp. 41-47.
4. Astapov V.M. A functional approach to the study of the state of anxiety // Anxiety and anxiety. St. Petersburg: Peter, 2001. pp. 156-165.
5. Berezin F.B. Mental and psychophysiological adaptation of man. L.: Nauka, 1988. 270 p.
6. Borozdina L.V., Zaluchenova E.A. An increase in the anxiety index with a discrepancy in the levels of self-esteem and claims // The question of psychology. 1993. No. 4. pp. 104-113.
7. Borozdina L.V., Pukinska O.V., Shchedrova L.V. Verification of the "triad of risk" on the material of primary arterial hypertension // Vestn. Moscow. Univ. Ser. 14. Psychology. 2002. pp. 3-24.
8. Bylkina N.D. The ratio of self-esteem and the level of claims in normal and psychosomatic pathology based on the material of peptic ulcer of the 12th duodenum): dis. ... cand. Psychological sciences. Moscow: Publishing House of Moscow. un-ta, 1995.
9. Bylkina N.D. The development of foreign psychosomatic theories (analytical review) // Psychology. Journal, 1997. Vol. 18, No. 2. pp.149-158.
10. Veiten U., Lloyd M. Stress and its effects / General psychology. Texts / edited by V.V. Petukhov. M.: UMK.
11. Авазов, К. Х. (2017). Место и роль политического лидера в условиях глобализации: проблемы и решения формирования угрозоустойчивого общества. *Актуальные проблемы современной науки*, (5), 209-212.
12. Авазов, К. Х. Духовно-нравственные основы формирования угрозоустойчивого общества. *ҚарДУ хабарлари*, 4(42), 104-107.
13. Komil, A. (2022). Modern factors of society stability. *American Journal of Research in Humanities and Social Sciences*, 7, 13-23.
14. Hollievich, A. K. (2019). Efficiency Factors of Political Power. *Scholars Journal of Physics, Mathematics and Statistics*, 6(4), 91-94.
15. Ugli, S. S. A. (2020). Philosophical and moral significance of IBN'S work" Al-adab Al-kabir". *Asian Journal of Multidimensional Research (AJMR)*, 9(2), 261-264.
16. Saidov, S. (2023). THE SIGNIFICANCE OF MUNJIK TERMIZI HERITAGE IN THE DEVELOPMENT OF ISLAMIC SCIENCES. *Oriental renaissance: Innovative, educational, natural and social sciences*, 3(5), 5-8.
17. Saidov, S. (2023). "TARIXI GARDIZIY" ASARINING TARIXIY QIYMATI. *Oriental renaissance: Innovative, educational, natural and social sciences*, 3(2), 842-847.
18. Ergashevich, R. A. (2024). THE IDEA OF LIBERALISM IN THE HISTORY OF SOCIOPOLITICAL THOUGHTS.
19. Ergashevich, R. A. (2022). Socio-philosophical significance of the concept of national state sovereignty. *Asian Journal of Research in Social Sciences and Humanities*, 12(3), 49-51.



# The Peerian Journal

Open Access | Peer Reviewed

Volume 30, May, 2024

ISSN (E): 2788-0303

Website: [www.peerianjournal.com](http://www.peerianjournal.com)

Email: [editor@peerianjournal.com](mailto:editor@peerianjournal.com)