

## The Use of Psychological Protection in the Situation of Early Motherhood

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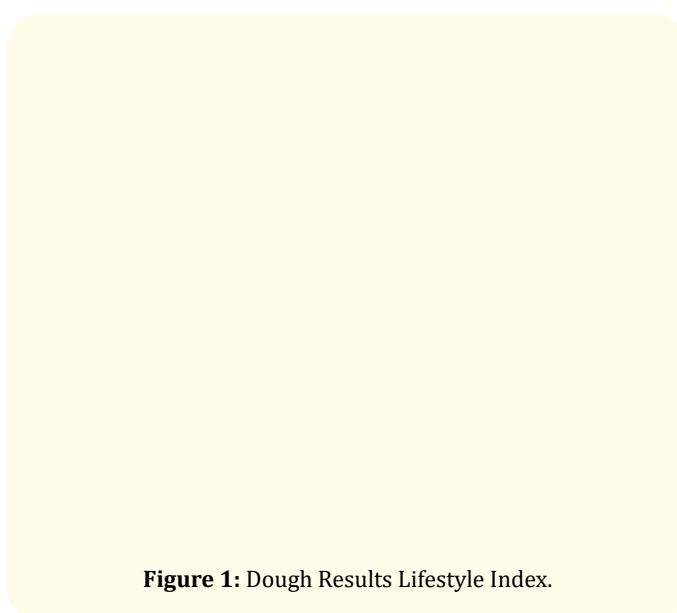
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Psychological protection is used by a person to overcome the consequences of stressful situations. The use of psychological protection has a positive effect in the short term, but their use in the expressed version indicates the presence of conflicts in the value sphere or the insufficient level of its development. The paper presents data on the use of psychological protection by underage pregnant women and girls who gave birth. The control group consisted of girls studying in senior classes of secondary school and with no previous history of pregnancy. It is established that underage pregnant women and girls who gave birth use the maximum possible number of protections in their expressed version. Significant differences were found between such protections as displacement (0.012), negation (0.002), projection (0.005), hypercompensation (0.000), rationalization (0.000). The use of psychological defenses in this case is caused by unfavorable social factors and insufficient level of formation of the maternal Self-concept. In addition, it is important to make a positive reproductive choice (this fact is the basis for the development of protection through rationalization) and to conduct psychological work with young mothers (studied from the experimental group observed in the crisis center). The psychological work was aimed at stabilizing the mental state, which was achieved by the most effective means in the short term, since the full formation of the value basis of motherhood in this case is impossible due to the immaturity of psychophysiological processes, a large number of adverse social factors and lack of time [1-9].

Nevertheless, the use of protection is necessary and has a positive effect, as it leads to the stabilization of the mental state



**Figure 1:** Dough Results Lifestyle Index.

of young mothers, which reduces the likelihood of adverse effects. Reducing the severity of psychological protection is recommended after delivery through the consistent development of the value sphere of personality and the formation of Self-concept.

Displacement	59.72	87.88	0.012 *
Regression	60.09	77.75	0.051
Replacement	83.72	83.00	0.109
Denial	73.91	93.75	0.002 *

Projection	50.09	88.00	0.005 *
Compensation	60.45	76.13	0.051
Hypercompensation	41.45	91.25	0.000 *
Rationalization	37.09	90.63	0.000 *

**Table 1:** Middle values and level of significance of differences identified by the Plotcher-Kellerman-Conte Plutcher, according to the control and experimental groups Lifestyle Index.

The name of the scale average value of the control group the average value in the experimental group, The level of significance of differences P =

\*Zero Hypothesis Rejected (significant differences exist).

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