

Human Psychological Security In Terms Of National Security

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Abstract:

Background. Personal security is essential to human psychological comfort. Only a psychologically steady person can adequately assess the situation (especially critical or extreme), timely make adequate, balanced decisions and take rational actions to preserve security on national basis.

Objective. The purpose of our research was to analyze the personal security problems, its provision in the complex, multi-level system of national security.

Results. As a result of the analysis of domestic and foreign researches in the field of personal and state security, the components of the concept of "security" and their interrelations were identified. It was established that the psychological security of an individual is a dynamic state of internal balance of the subject, his attitude to the world around him and to people within the framework of the balance of influence of the external and internal world, his social activity and fulfillment. Its structure includes the attitude of the subject to himself and to society, life satisfaction and social activity.

The presence of psychological security affects the preservation of a person's integrity, his self-development, and the realization of his values and goals. As a result of the study, the criteria of psychological safety were determined, which include: adequate functional human activity (physical, psychological, mental), as well as personal growth and personal development of a person.

Only a consolidated, sure of itself and future, proactive and responsible team of healthy, first of all psychologically, performers can ensure national security. Psychological health is a complex aggregate of personal factors that is laid down in childhood and develops throughout life. The mental health of a person and the possibility of its development are the basis of modern models of psychological safety. A psychologically healthy society is able to provide security for both the state and the younger generation.

Keywords: security, individual, state, protection, psychological health.

Introduction

Personality is a multi-component, complex mobile system with many variables. Human security issues in the historical aspect played and play a leading role, given the constant human struggle with dangers that are becoming more and more day by day. And security is a complex, multi-scale, multi-faceted and multi-level system in the life support process (Ezhevskaya, 2008; Kirsanov, 2020). Taking into account the fact that the development of economy, according to political elites, is possible only in stable, safe conditions, then the issues of ensuring security of a particular individual are the basis not only for health, both mental and physiological, but also for the nation welfare.

Security -is a property of the system, it is provided by stability, tolerance, potential for survival and the ability to evade, defend or eliminate the threat (Chirkina et al., 2015; Ghiselli,

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2020). It is quite natural that at present the desire to find new approaches to solving security problem prevails in the academic circles of most countries of the world. And this desire is logical, given the conceptual shift of the security concept from national (with an emphasis on state military protection) to more comprehensive principles where personal security is a special critical item. It emphasizes the need to ensure the peace and well-being of the country's citizens (Baluyev, 2004).

Most researchers consider human security as the system of human protection measures from various threats, as well as the resource of governing dangers alerting and preventing them. Security is the steadiness, the state of protection against threats that can negatively affect the system structural and functional integrity (Mugulov, 2003).

In our time, priorities and accents of the human security concept come to the fore. The scientific environment and experts in this field are faced with the problems in developing a new view of the raised issue, the need to allocate security, as the concept, into the independent, functionally significant unit to deeper and more extensively study and estimate of this concept (Roshchin, Sosnin, 1995; Grachev, 2019).

Particular attention should be given to psychological security: the ability of a person to express himself, offer challenging ideas, without fear of negative consequences associated with self-concept and public position. Psychological security can be considered as an integrative characteristic of a person-subject reflecting the degree of satisfaction of the human basic needs (group of people) in safety, psychological well-being, creating a sense of confidence and stability (Khazhuev, 2017). This is a complex of human cognitive, emotional-volitional and characterological features, his orientation and world view. The structure of psychological security supposes the subject's attitude to himself; his attitude to society; life satisfaction; social activity. All this creates a space of person protection against threats. Unfortunately, today there are good reasons to say about serious failures in the system of ensuring the national psychological health and, as a consequence, destructing national security. The reasons of such situation can be, first of all, the development and prosperity of social diseases of -drug addiction, alcoholism, gambling addiction, religious and totalitarian addictions, as well as spreading depression and suicide. Paradoxically, according to the data of scientific community, human getting into a difficult life or extreme situation in the presence of "social diseases" increases significantly (Baeva, 2016).

According to Theodore Roosevelt (1858-1919), human upbringing without forming his morality leads to the origin of threats to society.

The purpose of our research was to study the problems of the security concept, the influence of personal security on the nation-wide, state component of protectability of both an individual and society as a whole.

Methods

Analysis of domestic and foreign publications was carried out in solving the scientific problem posed by us. The study of the world experience in the research of problems of ensuring personal and national security made it possible to detail the problem, identify the components of the "security" concept and determine interrelations of the concept which is at first view obvious but in reality so complex.

Results and discussion

“Security” can be described as something aimed at preserving the system and ensuring its normal functioning. According to Baeva I. A., security is the ambiguous concept and has different interpretation. From the qualitative concept (the quality of a certain system), which can determine the possibility of self-preservation and the ability to it, to the guarantees system. They are able to provide constant development, protection from threats. At the same time, it should be taken into account that threats cannot be considered only as the external but also as the internal impact factor (Baeva, 2018).

Traditionally, the focused security perception of both an individual and society as a whole prevails in the minds of citizens. Security is perceived as human (society) protection, mainly against physical threats and basically against military ones. This determines the priority of interests of the state system: its institutions. At the same time, interests and needs of an individual are forced onto the back burner, at best (Baeva, 2016; Schultz, Schultz, 2020). But some researchers perceive the security concept primarily from the first person. Thus, F. K. Mugulov highlights the following socio-conceptual components of security:

- security - goal (coincides with the goal of social development);
- security - norm (security is a social value integrated into personal and mass consciousness);
- security - state (makes an opportunity to assess its real level evaluating the developed qualitative criteria of the system (society) under study) (Mugulov, 2003).

Consideration should be separately given to the problem of personal and national security in extreme situations due to their frequent unpredictability, multi-dimensionality and constant presence. It should be clarified that wars, earthquakes and tsunamis, man-made disasters and terrorist acts, crashes on land, water or in air, disorders (military and political), as well as being (living) in disaster areas and in the immediate vicinity of potentially dangerous objects (nuclear power plants) can be considered extreme. The study of these situations is problematic, especially considering that it is possible to distinguish personal extreme situations as well. These are chronic fears (from children to adults), and circumstances that contribute to and precede thoughts and actions aimed at committing suicide and situations associated with any kind of violence. This may be a physical injury, the result of which is the restriction of human physical abilities. This category can include situations in which an individual is homeless (Baeva, 2016; Schultz, Schultz, 2020; Rojas et al., 2019; Maxwell et al., 2020).

Prerogative of individual security and psychological health is extremely important in the context of ensuring national security. This fact is confirmed by including individual's psychological security in the category of social security (Kolesnikova, 2001). Human psychological protectability in combination with external security factors implies the creation of not only internal individual comfortable conditions but also conditions for competent and responsible performance of duties and tasks assigned to a person as a functional and production unit (Kolesnikova, 2001; North, 2020). This is possible if there is personal and collective experience, the ability and readiness to recognize, anticipate and avoid dangers, as well as motivation to ensure the preservation of own vital activity and security (Maxwell et al., 2020; Kolesnikova, 2001; North, 2020). This provides not only adequate assessment of a situation and reflection of reality but also allows you to design and recreate constructive regulation of behavior to preserve the integrity and stability of a

person (group of people) as separate, individual and unique psychological systems (Solomin et al., 2008).

L. M. Kostina refers to the psychological security indicators of a person at any age (from childhood to adult): individual's stability in the environment including the traumatic period, which implies: resistance to external and internal impacts; experience of security (insecurity); efficiency of activity. At the same time, stability of the individual in the environment is ensured:

- ability to control himself and manage own behavior and own emotions;
- self-confidence, adequate self-esteem;
- orientation of an individual to achieve the goal;
- ability to establish interpersonal relations.

Resistance to external and internal impacts on a person can be formed through the development of the following personal parameters and goals:

- self-satisfaction, self-assertiveness;
- expressiveness, cheerfulness, emotionality, inclination to empathy;
- setting life goals and sense of control over it;
- narrative of rules and norms of behavior
- development of communication skills, sociability;
- positive experience in solving problems.

In this case, security is manifested as an individual's experience of mental states (positive or negative), a manifestation (absence) of inconvenience and anxiety (Kostina, 2013).

In the modern conditions of rapid changes, enormous speed of change in political, economic, and social style of life, the continued possibility of spiritual and moral development, that is, ensuring psychological individual security becomes both an urgent problem and task. Solution of this problem is provided by two functions, "tools" of the psyche – active adaptation and adaptation to the world around us. These functions are the most effective means of obtaining a person's strength and power over a situation that help to maintain stability in extreme, stressful or crisis situations (Baeva, 2016; Akan et al., 2020).

It is important to bear in mind that the formation of both the personality and its psychological health are laid by parents. The formation of adequate and stable "I" of a child allows not only to socialize and adapt but also to acquire immunity to stress factors and lability of nervous system. This allows you to acquire the ability to protect yourself from negative external influences. At the same time, the "individual's spiritual formation" remains important, which ensures the formation of full and comprehensive mental development (Bochaev, 2015; Dubrovina, 2015). Accordingly, already in the first years of a child's life, we do not just care about the health and safety of a small person, but we lay the foundation for his success and adequacy, which means that we form national security of society and, consequently, the state.

T. R. Clark (Doctor of Social Sciences) in his book "The Four Stages of Psychological Security" argues that human psychological security is ensured by eliminating fear in

interpersonal communication and fostering respect not only for the interlocutor but also for his personal boundaries (Clark, 2020).

Here again, international studies show that psychological security contributes to the growth of competence, responsibility for decisions made, independence and communication interaction of experiment participants. Then again, psychological security is considered not only as a personal factor of freedom and security but also as a group phenomenon. It plays the role of moderator, contributes to the formation of effective interaction of the team (group) Motivated performers (group) find solutions to complex tasks easier, perform the tasks assigned to them better, express ideas more freely, are not afraid of condemnation from higher managers. This is ensured, first of all, by self-confidence and by the fact that solving the problem is the feasible task and can be the collective task (Amy, Zhike, 2014; Edmondson, 2002).

Modernity dictates its own terms. In our dynamic world, national security has become dependent on information ethics and personal information security. There are many threats in the information field today, both personal and national: information tension (crises, epidemics, conflicts, terrorist acts), cyber attacks, cyber fraud, hacker attacks. At the same time, the person (personality) as the basis of the social system becomes especially vulnerable since information and psychological pressure affects personally and can relate to ideology, culture, be focused on replacing values and world view, accordingly, there is danger of radical transformation of society and creation of internal danger of national scale (Khrokolov, Sokolova, 2018; Rybnikov, Melnitskaya, 2008).

But ensuring information security is the complex process, often dependent on the state but bordering on personal boundaries and freedoms. Therefore, the issue of ensuring information security, both personal and national, is the complex, contradictory but critically necessary issue.

Information attacks secretly manipulate the opinion of respondents with the help of information and psychological influence, form socio-psychological movements, can form instability, unrest, anxiety of individual segments of the population or society as a whole. This technique can be used in political, economic and competitive struggle, in conducting so-called information and hybrid wars. Thus, the understanding of threats to individual's information and psychological security, mechanisms of their action and possibilities of psychological protection becomes not only a theoretical problem but also the urgent need for the practice of countering and eliminating threats (Grachev, 2019; Bäck et al., 2019).

Conclusion

Thus, psychological security of a person is the state of dynamic own internal balance, the subject's relations to the world and other people, his social activity and fulfillment, the balance between the external and internal world influence. This allows a person to maintain the integrity, to self-develop, to implement his own goals and values. Psychologically healthy and emotionally integrated society is able to provide security for both the younger generation and the state as a whole. This is primarily ensured by the psychological integrity and health of a person and the nation as a whole. The psychological security criteria are human adequate functional activity (physical, psychological, mental), personal growth and human personal development. The basis of modern psychological security models is individual's psychological health and the possibility of its development.

Limitations

No restrictions

Ethics Statement

The study obtained ethics approval

Informed Consent from the Participants' Legal Guardians (if the participants were minors)

Not required

Author Contribution

For example: A.B. and B.C. conceived of the idea. A.B. developed the theory and performed the computations. C.D. and D.E. verified the analytical methods. B.C. encouraged A.B. to investigate [a specific aspect] and supervised the findings of this work. All authors discussed the results and contributed to the final manuscript.

Conflict of Interest

The author declare no conflict of interest.

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