INTRODUCTION

The human personality is very complex and multifaceted. K.V. Makarova notes that “the study of the human personality between different sciences does not exclude their close, one might say organic and interconnection, since the personality is a complex but holistic formation” (DAVYDOV, 1996). “Each person is a specific personality, which is characterized by a particular attitude towards people, phenomena, objects and specific behavior in different life situations” (DAVYDOV, 1996, p. 544).

To highlight the essential characteristics of the personality-oriented approach, we define the concept of “personality”, which is the subject of study in such sciences as psychology, sociology, philosophy and pedagogy. Each of these sciences has its own interpretations of the concept of “personality”, which indicates, first of all, the versatility of this concept.

Personality is most often defined as “a person in the aggregate of his social and acquired qualities. This means that personality traits do not include those characteristics of a person that are genotypically or physiologically determined, do not depend in any way on life in society. Aizman (2014) writes that “the concept of “personality” usually includes such properties that are more or less stable and testify to the individuality of a person, defining his actions that are significant for people”.

In general, the concept of personality is used to denote the characteristics, qualities and states of the individual, due to his objective activity and communication with other people. According to Efimova (2015), personality traits are in no way reduced to its individual characteristics. They include the general, the particular and the singular. The more the universal is presented in the individual refraction, the more significant is the personality.

Bogomolov (2005) notes that the essential characteristics of a person are manifested, firstly, in the system of relations with other individuals in the conditions of certain social relations, in which the person acts as a subject of his own life activity, a subject of objective activity and a subject of self-awareness, and, secondly, in the constant creative activity of the subject. Therefore, the development of personality is primarily associated with the development of its subjectivity.

The typologies of E. Kramer and W. Sheldon are widely known in psychology. But, as V.I. Slobodchikov and E.I. Isaev say, “by themselves, physique features do not determine the development of a person’s mental qualities” (ILYIN, 2001). Individual characteristics include the constitution (morphology, anatomy) of the body.

According to Efimova (2015), “the limitations of the trait theory are obvious: first, the set of traits depends on the quality of the source material; second, the totality of factors is not limited to sixteen, in some studies their number reached two hundred. In humanistic psychology, a person is described based on real life experience in terms of the meaning of life, values and life goals. Individual-typological characteristics of a person are based on a variety of behavior, bodily constitution and temperament.
THEORETICAL FRAMEWORK

The problem of personality and its structure became relevant for Russian psychology in the 1960s. S.L. Rubinstein interpreted personality as “the highest mental authority that regulates and determines the interaction of a person with the world” (KALINA, 2015). Among the individual psychological characteristics of the personality, he singled out 4 main components: character, orientation (system of dominant motives), abilities and self-awareness. The understanding of direction as a “set of conscious life aspirations and ways of expressing them” was very far from the ideological constructs of “egoistic” and “collectivist” orientation, which subsequently prevailed in Soviet psychology.

A number of Russian scientists have proposed structural-aggregate descriptions of the personality, highlighting and analyzing its main (from their point of view) components. So, Kemerov (2011) considered temperament, orientation (interests, needs and ideals) and abilities (emotional, volitional and intellectual properties) as such. Korzhova (2011) divided personality into four substructures:

- biologically determined substructure (somatic reactions and processes, temperament);
- substructure of the features of the forms of reflection (cognitive processes);
- substructure of experience (knowledge, skills, abilities, memories, experiences, impressions, etc.);
- socially conditioned substructure (orientation, moral and ethical qualities, relations).

Krupnov (1992) understood personality as a social individual. In constant interaction with society, a person transforms his individual properties into social and personal ones. "Personality is an individual as a subject of activity and social relations, the creative nature of which stimulates the development of self-awareness and experiences of one's own I, which constitute the core of the individual personality. In the structure of the latter, an interindividual subsystem is distinguished (a social community and/or a group in which a person is included, these are related relations, functions and roles) and an intraindividual (hierarchically subordinate mental states and properties, sensory and mnemic processes, motivation, attitudes)."

The variety of ideas about the structure and functions of the personality naturally follows from the complex and multifaceted systemic nature of this phenomenon. Various psychologists emphasize different aspects of human activity and life and, as a result, construct various theories of elements and structures that implement these manifestations. As a general tendency, it is worth emphasizing the increasing desire for a holistic, integrative description of personality structures. It is no longer customary to single out individual elements and limit themselves to isolating their inherent features, as it was at the beginning of the XX century (LOBASKOVA, 2017). The human personality as a single and integral entity is considered systemogenetically (in the process of development), and its functioning is interpreted considering the diversity of social and cultural contexts that make up the background of human being in the world.

G. Eysenck constructed a classification of characters with different stability of the nervous system (MAKAROVA, 2011). As a result of further research using factor analysis, G. Eysenck came to the formulation of a three-factor theory of personality. Thus, typological characteristics of a person are understood as psychological characteristics (phenomena) of a person, reflecting his individuality, uniqueness and difference from other personalities.

Psychological defense mechanisms are concept, classifications and functions. Defense mechanisms are “psychological strategies that are unconsciously used to protect a person from anxiety arising from unacceptable thoughts or feelings” (PORTNOVA, 2014). Defense mechanisms were first described in 1874 by Sigmund Freud, who defined the strategies we use to protect ourselves from suffering (PORTNOVA, 2014). At that time, defense mechanisms were reserved for describing and explaining the abnormal behavior expressed by psychotic patients.
Further development in foreign psychology within the framework of psychoanalytic theory and the study of the mechanisms of psychological defense was carried out in various directions. Stepanov (2005) believed that the emergence of psychological defenses in a child occurs as a result of parental behavior when they deprive the child of warmth and attention. The defenses are non-constructive, neurotic in nature and represent an attempt to overcome the feeling of basal anxiety.

Rubinstein (2007) shifts the emphasis to the presence of hypocrisy, humiliation and physical punishment in the family, as a result of which the child develops obsessive states, a desire to dominate others, which, in fact, are protection from feelings of helplessness and fear of humiliation.

E. Fromm (2011) distinguishes among family factors fear and uncertainty in parental love, combined with suppression of hostility and upbringing, in which the father or mother offers the child love and care only on condition of submission. Slobodchikov (2013) notes that the defensive behavior of infants is neurotic attempts to respond to certain patterns of behavior of the mother in relation to the child. The mother’s attention and timely response to the baby’s needs are key to building healthy attachments.

A. Freud (2013) gives a particularly clear description of how defense works, including special attention to the use of psychological defense mechanisms. Based on the analysis of the works of Z. Freud, A. Freud identified ten mechanisms of psychological defense. Many theorists point out directly or indirectly that there is a pattern associated with the development of defense mechanisms.

Thus, in psychoanalytic theory, psychological defense mechanisms are designed to play with the unconscious in order to manipulate, deny or distort reality in order to protect anxiety and unacceptable impulses from feelings and maintain their own scheme. Healthy people usually use different remedies throughout their lives. The ego’s defense mechanism becomes pathological only when its constant use leads to maladaptive behavior, so that it negatively affects a person’s physical or mental health. In the course of the development of the psychoanalytic concept, the list of defenses was significantly expanded. To date, over 60 different defense mechanisms have been described in the special psychological literature (NEMOV, 2015).

In Gestalt therapy, neurotic processes aimed at interrupting contact with the external environment are called defense mechanisms. Here psychological defenses are called interruptions of contact, since at the moment of manifestation of protection, a person loses contact with his feelings and needs and with another person.

F. Perls described four neurotic defense mechanisms that impede personal growth: confluence (fusion); retroflection; projection and introjection. According to F. Perls, “an immature personality resorts to protection in a situation of threat to the integrity of the boundaries of the organism. A healthy reaction is the desire of a person to come into contact with a source of danger” (KALININA, 2013). Interruption protects a person from meeting his feelings and needs, with his wounded self. Protection cannot be unequivocally called something negative. According to Gestalt psychologists, in fact, they help a person to survive in a difficult situation with minimal energy costs (UDOVA, 2014).

T. Shibutani, a representative of the interactionist approach, believes that “the methods of protecting one’s” “are a product of the past experience of the individual and serve to maintain the stability of the I-concept, status and role in interpersonal interactions. Therefore, T. Shibutani linked the understanding of defense mechanisms with the processes of perception and symbolization (UDOVA, 2014).

An analysis of foreign sources allows concluding that the mechanisms of psychological defense are mechanisms that mediate a person’s response to emotional conflicts and external stressors. Some defense mechanisms (projection, splitting, acting out) are almost always maladaptive. Others (suppression, denial) can be either maladaptive or adaptive, depending on their severity, their inflexibility and the context in which they occur (AIZMAN, 2014).
Russian works of the 1950s-1970s reveals, that the term “defense” was carefully excluded or replaced by the terms “psychological barrier”, “defensive manifestations of personality”, “defensive reaction”, “semantic barrier”, etc.

As it was noted, in particular, the author believes that “the defense mechanism reduces the intensity of the frustrated dominant motivation”, however, “defense mechanisms function in such a way that a person’s reconciliation with reality occurs due to the constant distortion of perceived and evaluated information” (OSIPOVA, 2019). Consequently, the mechanisms of psychological defense make it possible to concentrate forces for real overcoming the difficulties that have arisen.

Osipova (2019) believes that “the system of defenses is normative if in different life situations a person uses psychological defenses that are adequate to the situation”. She correlates defenses with accentuations, which corresponds to N. McWilliams’ approach to correlating defenses with neurotic types. In various frustrating situations, various mechanisms of psychological defense are used. Consequently, the majority of Russian psychologists consider psychological defense as a system of personality stabilization and the use of various mechanisms of psychological defense contributes to the creation of conditions for social adaptation.

According to the work of Granovskaya and Nikolskaya, one of the ways by which the “problem is solved” in critical situations accompanied by “riots” is the functioning of defense mechanisms (KALINA, 2015). In other words, specific mechanisms of psychological defense characterize specific periods of development. For example, older adolescence is characterized by defenses that include projection and uncertainty. Defense by denial is more common in younger adolescents, but at the same time it is often used by older adolescents. The characteristic features of adolescence are specific developmental conflicts caused by the developmental tasks of this stage, which, together with impulsivity as the main characteristic of behavior in adolescence, also introduce changes in the mechanisms of psychological defense. It is at this age that isolation from parents and preference for reference groups falls (KALININA, 2013).

Bogomolov (2005) noted that the change in the stages of age development from primary school to adolescence causes a change in the role of unconscious adaptive mental processes in personality development, therefore, protective mechanisms perform a stabilizing function. Adequate psychological protection presupposes proportionality to the tasks facing the individual at a particular age stage. According to Bogomolov (2005), the adolescent crisis is accompanied by an intensification of defense mechanisms, but this tension is not able to ensure its resolution but is intended to provide only the stabilization of the emotional sphere.

Thus, the works of foreign psychologists reveal, that psychological defense mechanisms are mechanisms that mediate a person’s response to emotional conflicts and external stressors. A similar idea is presented in the works of Russian authors, who understand by protective mechanisms automatic psychological processes that protect a person from anxiety and from awareness of internal or external dangers or stressors. People are often unaware of these processes when they are running. Defense mechanisms mediate a person’s response to emotional conflicts, as well as to internal and external stressors (LOBASKOVA, 2017).

**METHODOLOGY**

**Main stages and research methods**

In order to study the relation between the typological characteristics of the personality and the mechanisms of psychological defense, a study was carried out, consisting of three stages.

The first stage involved the selection of techniques followed by diagnostics. In order to study the typological characteristics of the personality, the “Individual-typological questionnaire” (ITO) (L.N. Sobchik) and the “Personality questionnaire Eysenck Personality Inventory (EPI)” (G. Eysenck) were used. To study the mechanisms of psychological defenses, the methodology “Diagnostics of the typologies of psychological defense” was used (R. Plutchik adapted by L.I. Wasserman, O.F. Eryshev, E.B. Klubova, etc.).

At the second stage, the study of the peculiarities of the relation between the typological characteristics of the personality and the mechanisms of psychological defense was carried out...
using the r-Spearman criterion. At the third stage, the data obtained were interpreted and conclusions were formulated. The sample size was 50 people of 20-30 years old, 38 of which were women and 12 were men.

**Description of research methods**
The technique developed by L.N. Sobchik, despite its brevity, is very informative. With the help of ITQ, it is easy to determine the typological characteristics of the individual and the leading traits of his character.

**Description of the method**
The stimulus material contains 91 simple statements, after reading which the subject must express his agreement or disagreement with him.

**Processing and interpretation of results**
Registered indicators: false; aggravation; extraversion; spontaneity; aggressiveness; rigidity; introversion; sensitivity; anxiety; lability. Each scale is counted according to the key. Interpretation is in direct proportion to the number of significant responses on 8 scales.

**Psychometric characteristics**
ITQ questionnaire is based on the author’s considerable experience in the development and interpretation of data from the Russian version of Minnesota Multiphasic Personality Inventory (MMPI) test.

**Personality questionnaire EPI**
EPI, created in 1963 and aimed at identifying introversion-extraversion and neuroticism (affective stability-instability). These two personality characteristics are presented in the form of orthogonal axes and a circle, in the sectors of which four personality types are distinguished: extraverted unstable, extraverted stable, introverted stable and introverted unstable. The technique is intended for the study of introversion-extraversion and neuroticism in adults.

**Description of the method**
The subjects are asked to answer 57 questions and put (+) if the answer is “Yes” and (-) if the answer is “No” in the answer sheet corresponding to the question. Before testing, subjects are instructed to imagine typical situations and give an answer without much hesitation.

**Processing and interpretation of results**
The analysis of the results is carried out according to three criteria: extraversion-introversion, neuroticism and sincerity. Answers that match the key are worth 1 point. The score is calculated according to the scores of the indicator scale:

for extraversion:
- 12-18 points - moderate extraversion;
- 19-24 points - significant extraversion;

for introversion:
- 1-7 points - significant introversion;
- 8-11 points - moderate introversion;

scale of neuroticism:
- 0-10 points - high emotional stability;
- 11-12 points - average emotional stability;
- 15-18 points - high emotional instability;
- 19-24 points - very high emotional instability.
In the circle of G. Eysenck, the corresponding type of temperament was determined: choleric, sanguine, phlegmatic and melancholic.

**Psychometric characteristics**
The reliability coefficients of the retest EPI for the extra-introversion factor are 0.82-0.85, for the neuroticism factor it is 0.81- 0.84, the reliability by the splitting method is 0.74 - 0.91. Methodology "Diagnostics of the typologies of psychological defense" by Kellerman-Plutchik.

Plutchik Kellerman questionnaire was developed by R. Plutchik in collaboration with G. Kellerman in 1979. The technique is used to diagnose various mechanisms of psychological defense. Russian-language adaptation was made by L.I. Wasserman with colleagues at Saint Petersburg Bekhterev Psychoneurological Research Institute.

**Description of the method**
The methodology consists of 97 questions. The subject should mark those statements that correspond to his behavior or state.

**Processing and interpretation of results**
The form for registering responses is a lattice in which the verticals correspond to the numbers of statements, and the horizontal to the scale correspond to the measured defense mechanisms. The calculation of the results is carried out according to the answer sheet, which is at the same time the key. At the same time, only positive answers are calculated on each scale, which are "raw" scores, which can later be compared with the average indicators for the standardization sample or converted into percentile indicators.

The interpretation of the data obtained is carried out in accordance with the definitions of the studied types of psychological defense mechanisms: denial; crowding out; regression; compensation; projection; substitution; intellectualization; reactive education.

**Psychometric characteristics**
The methodology was adapted by L.I. Wasserman, O.F. Erysheva, E.B. Klubovoy and others at Saint Petersburg Bekhterev Psychoneurological Research Institute. Standardization was carried out in various studies with different groups of subjects: comparative study of the structure and severity of multiple personality disorder in 100 patients with neuroses and 100 healthy people of different nationalities: Kabardians and Russians living in the territory of Kabardino-Balkaria; in 106 patients with recurrent form of ulcer, among them there are the mechanisms of psychological defense; in 98 women with rheumatoid arthritis and in the group of healthy women (100 people); group of 110 men with stage 2 of alcoholism, etc. Validity was demonstrated in the form of significant correlations with the TOBOL method. The reliability (reproducibility) of the results of applying the methodology "Diagnostics of the typologies of psychological defense" according to the preliminary results of retesting in healthy subjects reaches 79%.

To determine the relation between the typological characteristics of the personality and the mechanisms of psychological defense, the Spearman correlation coefficient was used, calculated in the program "Statistica 12.0".

**RESULTS AND DISCUSSION**
Analysis of the research results demonstrates that according to the results of diagnostics using "Individual-typological questionnaire", various data were obtained. The average profile of the results according to the "Individual-typological questionnaire" is shown in the Figure 1.
The most pronounced indicator in the study group was the indicator of "extraversion" (M = 8 points), which indicates that the subjects turned to the world of really existing objects and values, openness and desire to expand the circle of contacts and sociability.

The least pronounced indicators were recorded on the "aggravation" scale (M = 1 point), which indicates the absence of a desire to emphasize the existing problems and the complexity of one’s own character. Further, the study was carried out using the "Personality questionnaire EPI". The averaged profile is shown in the Figure 2.

The results obtained according to the "Personality questionnaire EPI" (G. Eysenck) indicate moderate extraversion (M = 12.8 points) and average emotional stability (M = 13.1 points).

Further, the study of the mechanisms of psychological defense was carried out using the methodology "Diagnostics of the typologies of psychological defense" by Kellerman-Plutchik. The results of the study of the mechanisms of psychological defense are presented in the Table 1 and in the Figure 3.
As a result of the data obtained according to the methodology “Diagnostics of the typologies of psychological defense”, it can be concluded that in the studied group such a mechanism of psychological defense as "projection" (M = 9 points) is most pronounced. The subjects are characterized by a defensive projection, attributing negative qualities to others, including their own, for self-acceptance against this background. With the predominance of this psychological defense mechanism, negative, socially unapproved shade of the feelings and properties experienced, for example, aggressiveness is often attributed to others in order to justify their own aggressiveness or ill will, which manifests itself as if for protective purposes.

The least pronounced mechanism of psychological defense as "reactive education" (M = 2.0 points). This indicates that the subjects do not prevent the expression of thoughts, feelings or actions that are unpleasant or unacceptable to them by exaggerating the development of opposite aspirations. Thus, in the sample under study, the subjects, through projection, as a mechanism of psychological defense, localize unconscious and unacceptable feelings and thoughts outside, they are attributed to other people and thus become, as it were, secondary.

**Correlation analysis results**

To identify the relation between the typological characteristics of the personality and the mechanisms of psychological defense, a correlation analysis was carried out using the Spearman’s correlation coefficient, since the data were measured on a scale of order and have associated ranks of less than 10%. The calculation was carried out in the program. Significant relations between typological personality traits and mechanisms of psychological defense are presented in Table 1. Correlation analysis was carried out using Spearman’s correlation coefficient (Table 1).

**Table 1.** Significant relations between typological personality traits and mechanisms of psychological defense (Spearman’s criterion)

| Related variables                      | R    | p    |
|----------------------------------------|------|------|
| Extraversion, Jet Education            | 0.32 | 0.02 |
| Spontaneity, Regression                 | -0.34| 0.01 |
| Sensitivity, Regression                 | 0.28 | 0.04 |
| Aggravation, Denial                    | 0.31 | 0.02 |
| Spontaneity, Denial                    | 0.38 | 0.00 |
| Aggressiveness, Denial                 | 0.74 | 0.00 |
| Aggressiveness, Substitution            | 0.33 | 0.01 |
| Extraversion (EPI Method), Denial      | -0.33| 0.01 |

**Source:** Search data.

Based on the calculation results, 8 significant correlations were identified. As a result of the application of the correlation analysis, reliable relations were found between the typological characteristics of the personality and the mechanisms of psychological defense.

Obtained positive statistically significant relations between extraversion and reactive education (R = 0.32 at p = 0.02). This indicates that the more the subjects are turned into the

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**Figure 3.** Average profile of psychological defense mechanisms according to the methodology “Diagnostics of psychological defense typologies” (Plutchik)

Source: Search data.
world of really existing objects, the more often they use the expression of unpleasant thoughts or actions through the exaggerated development of opposite aspirations.

The obtained positive significant relations between sensitivity and regression with a statistically significant relation (R = 0.28 at p = 0.04) demonstrate that with the severity of this typological property, there is a high level of application of regression as a mechanism of psychological defense. This indicates that the higher the impressionability and the tendency to reflection, the more often the subjects try to avoid anxiety by moving to earlier stages of libido development.

There was also one negative statistically significant relation between spontaneity and regression (R = -0.34 at p = 0.01), indicating that the higher the spontaneity indices, the less often such a mechanism of psychological defense as regression is used. Consequently, the more often ill-considered expressions and actions are manifested, the less often the subjects seek to avoid anxiety by moving to earlier stages of libido development.

A negative statistically significant correlation was also noted between the manifestation of extraversion (EPI method) and denial (R = -0.33 at p = 0.01). Consequently, the higher in the temperamental characteristics of the manifestation of extraversion, the less often the subjects deny some frustrating, alarming circumstances. Statistically significant positive relations were recorded between such a mechanism of psychological defense as denial and such typological features as “aggravation” (R = 0.31 at p = 0.02), “spontaneity” (R = 0.38 at p = 0.00) and “aggressiveness” (R = 0.74 at p = 0.00). Consequently, the higher the desire to emphasize the existing problems and the complexity of one’s own character, ill-considered statements and actions, stubbornness and self-will in defending their interests, the more often the subjects deny some frustrating, alarming circumstances.

There is also another positive statistically significant relation between aggressiveness and such a mechanism of psychological defense as substitution (R = 0.33 at p = 0.01). Consequently, the higher the desire to defend their interests, the more often the subjects replace the solution of subjectively more complex problems with relatively simpler ones and more accessible in the current situations. Thus, the study and calculations made it possible to confirm the hypothesis put forward. The conducted empirical research on the "Individual-typological questionnaire" showed that the most pronounced indicator in the study group was the indicator of "extraversion", which indicates that the subjects turned to the world of really existing objects and values, openness, desire to expand circle of contacts and sociability. The least pronounced indicators were recorded on the "aggravation" scale, which indicates that there is no desire to emphasize the existing problems and the complexity of one's own character.

The results obtained according to the "Personality questionnaire EPI" indicate moderate extraversion and average emotional stability. Analysis of the research results using the methodology “Diagnostics of the typologies of psychological defense” showed that such a mechanism of psychological defense as “projection” prevails in the studied group. Consequently, in the sample under study, through projection, as a mechanism of psychological defense, unconscious and unacceptable feelings and thoughts for them are localized outside, attributed to other people and thus become, as it were, secondary.

**CONCLUSIONS**

As a result of the application of the correlation analysis, reliable relations were found between the typological characteristics of the personality and the mechanisms of psychological defense. Obtained positive statistically significant relations between extraversion and reactive education. This indicates that the more the subjects are turned into the world of really existing objects, the more often they use the expression of unpleasant thoughts or actions through the exaggerated development of opposite aspirations. The obtained positive significant relations between sensitivity and regression with a statistically significant relation demonstrate that with the severity of this typological property, there is a high level of application of regression as a mechanism of psychological defense. This indicates that the higher the impressionability, the tendency to reflection, the more often the subjects try to avoid anxiety by moving to earlier stages of libido development.
Also, one negative statistically significant relation between spontaneity and regression was recorded, indicating that the higher the indicators of spontaneity, the less often such a mechanism of psychological defense as regression is used. Consequently, the more often ill-considered expressions and actions are manifested, the less often the subjects seek to avoid anxiety by moving to earlier stages of libido development. A negative statistically significant correlation was also noted between the manifestation of extraversion (EPI method) and denial. Consequently, the higher in the temperamental characteristics of the manifestation of extraversion, the less often the subjects deny some frustrating, alarming circumstances.

Statistically significant positive relations were recorded between such a mechanism of psychological defense as denial and such typological features as “aggravation”, “spontaneity” and “aggressiveness. Consequently, the higher the desire to emphasize the existing problems and the complexity of one’s own character, ill-considered statements and actions, stubbornness and self-will in defending their interests, the more often the subjects deny some frustrating, alarming circumstances. There is also another positive statistically significant relation between aggressiveness and such a mechanism of psychological defense as substitution. Consequently, the higher the desire to defend their interests, the more often the subjects replace the solution of subjectively more complex problems with relatively simpler ones and more accessible in the current situations. Thus, the study and calculations showed that there is a relation between the typological characteristics of the personality and the mechanisms of psychological defense.

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**Relations between typological personality traits and mechanisms of psychological defense**

**Resumo**

O objeto de pesquisa são os traços tipológicos de personalidade. O assunto da pesquisa é a relação do temperamento e o mecanismo de defesa psicológica. O objetivo da pesquisa é revelar a relação entre as características tipológicas da personalidade e os mecanismos de defesa psicológica. A hipótese da pesquisa é a suposição de que existe uma relação entre as características tipológicas da personalidade e os mecanismos de defesa psicológica. O significado prático do trabalho reside no fato de que os resultados obtidos podem se tornar a base para o desenvolvimento de um programa de correção ou otimização dos mecanismos de defesa psicológica com base nas características tipológicas do indivíduo.

**Abstract**

Research object is the typological personality traits. Subject of research is the relation of temperament and the mechanism of psychological defense. Purpose of the research is to reveal the relation between the typological characteristics of the personality and the mechanisms of psychological defense. The hypothesis of the research is the assumption that there is a relation between the typological characteristics of the personality and the mechanisms of psychological defense. The practical significance of the work lies in the fact that the results obtained can become the basis for the development of a program for the correction or optimization of psychological defense mechanisms based on the typological characteristics of the individual.

**Keywords**: Psychology. Psychological defense. Methodology. Research.

**Palavras-chave**: Psicologia. Defesa psicológica. Metodologia. Pesquisa.

**Resumen**

El objeto de investigación son los rasgos tipológicos de personalidad. El tema de investigación es la relación de temperamento y el mecanismo de defensa psicológica. El objetivo de la investigación es revelar la relación entre las características tipológicas de la personalidad y los mecanismos de defensa psicológica. La trascendencia práctica del trabajo radica en que los resultados obtenidos pueden constituir la base para el desarrollo de un programa de corrección u optimización de los mecanismos de defensa psicológica en función de las características tipológicas del individuo.

**Palabras-clave**: Psicología. Defensa psicológica. Metodología. Investigación.

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