

FRUSTRATION AS THE BASIS OF THE FORMATION OF INFERIORITY COMPLEX

Today psychological preparation of athletes for the competition is important that this helps to avoid the inferiority complex which was formed during the personality development processes by overcoming the frustration state.

Scientists have their own ideas about complexes and their origin. In particular, the founder of analytical psychology K. Jung distinguishes complexes in the level of personal consciousness of the psyche. Personal unconsciousness consists of experiences that were later forgotten or suppressed. They get on the conscious state in certain circumstances.

In the individual unconscious, a person is grouped into *complexes* as a result of preserving their own experiences. The complex is the center of emotions, memories, perceptions and desires organized on a particular topic and influences individual behavior.

According to A. Adler's definition, the inferiority complex is caused by an inferiority feeling. The inferiority feeling is associated with deficiencies in the body, that is, physical disabilities.

A person with disabilities in his weakness through the effort of a hard work opportunity, despite the wide range reflects a high level. In the process, his personal qualities are formed. Well-known Stephen Hawking, for example, is paralyzed when he is 20, and he has lost his ability to speak after failing surgery. But despite his failures, Hawking becomes a renowned physicist and astrophysicist, earning his Nobel Prize for his theory of black holes.

The pursuit of the disabled person experiencing the inferiority feeling main function is to provide motivation for it. If this function fails, that is, the feeling of inadequacy cannot be overcome, this perception reaches the inferiority complex. Disabled people with inferiority complex internal tension, depression, stress, less motivation, negative thoughts about themselves, to feel the support and impossible to surmount the problems of daily life activities, a feeling of constant doubts and difficulties in accessing it.

Complexes may or may not be conscious. Complexes that are not controlled by consciousness impede cognitive functioning. Some complexes may be harmful and some may be useful. For example, if the complex of perfection or aspiration focuses on the individual to develop special abili-

ties, the psychological trauma in the person's experience will result in an inferiority complex.

The physical disabilities encompass the internal destructive potential. Limited life activity and uncertainty about the future cause depression and the end of mental energy. Some blame the others, some blame the outside world, some adapt to the situation and the frustration, while others try to influence and change the situation. When disability primarily causes frustration with activity, a person may experience emotional separation due to their loneliness.

Human beings try to carry out their activities in a planned manner. If his plan fails, the person will be in a state of frustration. Frustration is an emotional state caused by difficulties that one can encounter in the pursuit of a goal, which cannot be overcome objectively, or subjectively. The state of frustration that occurs when a person fails or fails to meet a strong need is accompanied by strong emotions such as anger, hatred, guilt, sadness, and anxiety.

High levels of frustration can lead to the loss of human activities. This is due to the failure of needs and desires, and is accompanied by various negative experiences. Frustration affects the formation of the inferiority complex.

K. Horney, who has taken a new approach to psychoanalysis, sees innate anxiety as the basis of human essence. All human effort is to move anxiety. This process is the main motivation for human movement. Horney described this process as the main feeling of anxiety that determines human movement. The main concern is security.

She believes that childhood needs for security will prevail. A child's sense of security and lack of fear determines his or her development as a normal person. The safety of the child depends entirely on the parents' attitude. The main aspect of parents' insecurity is the lack of warmth and affection for the child. Parents can take various actions that can undermine their child's security and increase their hostility.

And children can sense the pure love of their parents. False representations and unrelenting affection cannot easily deceive a child. The child experiences a hostile feeling caused by such relationships, and the child develops feelings of frustration, fear of parents, a need for pure love, and guilt. A person tries to find different ways to overcome feelings of inadequacy and resort to various forms of compensation.

Adler talks about the possibility of creating a hyper compensation and distinguishes the following three basic forms of compensation:

1. Successful compensation of feelings of inadequacy as a result of the pursuit of progress with social interests.

2. High compensation means unilateral adaptation to life as a result of the development of a particular feature or ability.

3. Disease departure - in this case the person will not be able to get rid of feelings of insecurity; it cannot compensate itself and can create disease symptoms to justify its own failure.

For people with deficiencies in body development, the use of high compensation is a positive thing. As a result of the creation of high compensation, people with disabilities or those who are physically weak will start to take decisive actions and achieve high levels of social life. In particular, as a result of creating all conditions for athletes with disabilities to achieve their abilities, they are achieving high results at the Paralympics and Para Asian Games and giving their young people a special impetus to their goals.

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