
The Essence, Content, and Correlation of Optimization Protection of Vital Activity and Psychological Protection

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Abstract: The destructive impact of the war on the psyche of the military men and civilian population of Ukraine actualizes the issue of scientific research on optimization protection of vital activity as well as psychological protection. The methodological basis for determining the essence, content, and correlation of optimization protection of vital activity and psychological protection are philosophical provisions on the human psyche, achievements of a systematic approach in psychology and physiology, and modern empirical theories of consciousness. The internal expression and result of adaptation are optimization automatisms that belong to personal experience and are formed and function at the level of the personal unconscious of the unconscious sphere of the psyche. The following generations inherit the acquired protective properties through their coding and preservation in the human genotype. Optimization archetypes that function at the level of the collective unconscious of the psyche's unconscious sphere carry out releasing and application of information about the protective properties encoded in the organism's genotype. Optimization automatisms and optimization archetypes are key components of all types of optimization protection of vital activity, which were determined by the main factors of ensuring human existence: physical, chemical, biological, physiological, social, volitional, and psychological. Human social existence is constantly influenced by both the protective and destructive effects of the surrounding reality. Its protective effect, reflected on the rational and sensual levels of the psyche, is denoted by the category of transformational psychological protection. The components of transformational psychological protection, according to the forms of existence of consciousness, are defined as rational, sensual, and basic (eidetic) psychological protections. It is proved that indicators of rational psychological protection are identical to the studied level of morale; indicators of sensual psychological protection are identical to the studied level of moral and psychological state; and indicators of basic (eidetic) psychological protection are identical to the studied level of the human factor of military formations. Methodical recommendations (guidelines) were proposed for their research. The destructive effect of the surrounding reality, via a complex algorithm of neuropsychophysiological processes, causes negative experiences. The protection of consciousness from their traumatic consequences is due to the optimization psychological protection. Its components are determined according to the spheres of the psyche as conscious, unconscious, and superconscious psychological protection. Types of psychological protection, determined under the protective and destructive effects of the surrounding reality and philosophical understanding of the psyche, form a system of psychological protection.

Keywords: Adaptation, Optimization Automatisms, Human Genotype, Optimization Archetypes, Transformational Psychological Protection, Optimization Psychological Protection

1. Introduction

The problem of mental health protection has become extremely acute since the beginning of Russia's full-scale war against Ukraine. Factors such as participation in hostilities, being under permanent missile and artillery shelling, and bomb strikes, increase our citizens' vulnerability to

psychosocial stress, and contribute to the spread of such mental disorders as depression, anxiety, post-stress disorders, etc.

According to experts, 40-50 % of Ukraine's population will require psychological assistance in the future. In particular population groups, the number of such people will reach 1.8 million among military people and veterans; about 7 million

among older people, and about 4 million among children and adolescents. The projected need for mental health assistance in primary healthcare is 27 million appeals. At the same time, about 3-4 million Ukrainians will have a certain mental health disorder of moderate or severe form [1].

The successful solution to this problem actualizes the need for further scientific research into the functions, phenomena, mechanisms, and processes regarding the formation and implementation of the protective properties of the body and the priority role of the environment in providing the psychological protection of military and civilian population to effectively overcome the consequences of war.

2. Analysis of Research and Publications

The concept of psychological protection was launched in the works of S. Freud. Within the framework of psychoanalytic theory, such scientists as V. M. Banshchikov, V. F. Basin, V. D. Vyd, V. M. Volovyk, R. A. Zachepytskyi, V. E. Rozhnov, I. V. Tonkonohyi, and V. A. Tashlykov became his associates in explaining the nature of psychological protection.

In the works of Fritz Perls, Serge Ginger, John B. Enright, and N. Kalina, psychological protection is investigated within the psychotherapeutic approach.

V. S. Rotenberg, analyzing Freud's approaches, reveals psychological protection from the standpoint of human physiology.

Within the framework of the psychological approach, the phenomenon of psychological protection is considered by T. S. Yatsenko, M. I. Varii, O. V. Vynoslavska, and V. L. Zlyvkov.

The common features of psychoanalytic, psychotherapeutic, psychophysiological and psychological approaches to the description of psychological protection are the following:

1. psychological protection is explained only as a set of involuntary processes that protect the human consciousness from the negative effects of mental processes and formations peculiar to this person;
2. the role of objective reality (surrounding reality) in the process of functioning of psychological protection is not determined;
3. the consequences of psychological protection are reduced to mental health problems (neuroses, hypochondria), violation of the rationality, consistency of the subject's behavior, etc;
4. conscious human activity and external influence are considered not within the framework of psychological protection genesis, but as a set of techniques and actions on overcoming the negative consequences of psychological protection;
5. these approaches mostly involve only the diagnostics of psychological qualities. The use of conscious personal or external activities as ways and methods of psychological protection aimed at preventing negative mental states and mental processes is hardly considered;

Psychological protection is also investigated within the philosophical approach.

The peculiarities of this approach to the description of psychological protection are that it:

1. adds personal conscious and external subjective and objective components of psychological protection to the internal unconscious components of psychological protection;
2. determines the important (main) role of objective reality (surrounding reality) in the process of psychological protection functioning;
3. pays special attention not to the consequences of psychological protection, which are reduced to violation of the rationality and consistency of the subject's behavior, but to the real prevention, reduction and elimination of unpleasant experiences;
4. considers conscious human activity and external influence not within the framework of overcoming the negative consequences of psychological protection, but within the genesis of psychological protection;
5. emphasizes the use of conscious personal and external activities as ways and methods of psychological protection to prevent negative experiences and improve mental processes;
6. along with the diagnostics of psychological qualities, justifies the need for psychological support, improvement of social security, etc. [2].

The monograph of O. M. Kokun outlines the theoretical, methodological, and practical foundations of psychophysiological support of activity, which are based on the optimization of human adaptive capabilities [3].

The article by H. Nikitenko presents the results of the approbation of the author's program of social and psychological training on the optimization of psychological readiness of mobilized persons for military service [4].

In her article, O. O. Schlonska analyzes the concept of adaptation from the point of view of a systematic approach and highlights the range of issues related to the study of human mental adaptation [5].

The work of O. A. Blinov investigates the organizational approaches of specialists from the leading countries regarding psychological protection from the effects of fight stress [6].

The study of A. Litvin reveals the features of psychological protection of the personality of rescuers of Ukraine [7].

The work of O. M. Smirnova provides and structures the goals of state regulation of psychological protection in the field of civil protection [8].

All the abovementioned and other publications indicate that optimization protection of vital activity and psychological protection are considered only within the framework of individual processes of organism's functioning and problems of social existence, without taking into account their integrative unity. Therefore, there is an urgent need for a comprehensive approach to the study of their essence, content, and interaction.

3. The Aim of the Article

To reveal the essence, content, and correlation of

optimization protection of vital activity and psychological protection.

4. Presentation of the Main Material

Since its appearance on Earth, a human permanently lives and acts in the face of potential dangers. Finding effective ways of preventing and protecting against them is an important area of scientific research. However, the analysis of scientific works shows that the vast majority of them are focused on the study of external factors of life support. At the same time, due attention is not paid to the study of internal factors. Whereas, the knowledge of these factors will have a positive impact on the search for effective ways to overcome the consequences of the war.

4.1. Research Methodology

The methodological basis for the study and description of the functions, mechanisms, phenomena, and processes of vital activity protection and psychological protection are:

1. philosophical provisions on the spheres of the psyche (conscious, unconscious, and superconscious) and forms of existence of consciousness (rational, sensual, and eidetic);
2. achievements of a systematic approach in psychology and psychophysiology: the concept of systematic approach of B. F. Lomov; the theory of functional systems of P. K. Anokhin [9];
3. modern empirical theories of consciousness: global workspace theory of Bernard J. Baars; neurobiological theory of Francis Crick and Christof Koch; reentrant dynamic core theory of Giulio Tononi and Gerald Edelman; Rodolfo Llinás' theory of thalamocortical connections; Victor A. F. Lamme theory of recurrent processing, and others [10].

4.2. Optimization Protection of Vital Activity

4.2.1. Optimization Automatism

The process of the body's adjustment to the changed conditions of existence is called adaptation. Basically, adaptation is the function of the body. However, such a function is impossible without the presence of structures which would fix, store, and accumulate the acquired protective properties. It seems appropriate to include *optimization automatism* in such structures.

Optimization automatism are formed in the control system of the body's physiology programs for launching and reproducing protective properties acquired as a result of adaptation processes. Optimization automatism function at the level of the personal unconscious of the unconscious psyche's sphere (opened by S. Freud) and belong to the personal experience of a person.

Optimization automatism can be classified under the method of formation and the conditions of their activity. According to the method of formation, optimization automatism can be divided into *involuntary* and *voluntary*

(arbitrary).

Involuntary optimization automatism are psychophysiological formations (programs), unconsciously formed at the level of the personal unconscious of the psyche's unconscious sphere, in the regulatory system of the body's physiology, aimed at preventing, reducing, and (or) removing the negative consequences of interaction with the surrounding reality.

Voluntary optimization automatism are psychophysiological formations (programs), consciously formed at the level of the personal unconscious of the psyche's unconscious sphere, in the regulatory system of the body's physiology, aimed at preventing, reducing, and (or) removing the negative consequences of interaction with the surrounding reality.

Voluntary optimization automatism are divided into personal and external (outside).

Personal optimization automatism are voluntary optimization automatism formed by the individual.

External (outside) optimization automatism are voluntary optimization automatism formed under the influence of other persons (environment).

According to conditions of activity, optimization automatism are classified as situational, everyday, and complex ones.

Situational optimization automatism are psychophysiological formations which provide prevention (easing, elimination) of unpleasant experiences caused by stress factors in extraordinary (extreme) living conditions.

Everyday optimization automatism are psychophysiological formations which provide prevention (easing, elimination) of unpleasant experiences caused by stress factors in usual (habitual) living conditions.

Complex optimization automatism are psychophysiological formations that provide prevention (easing, elimination) of unpleasant experiences caused by stress factors in usual and extreme conditions of life.

In the process of evolutionary development, optimization automatism have acquired significant characteristics (features), which are proposed to be denoted as *optimization properties*.

Optimization properties are the evolutionary abilities of psychophysiological formations to undergo functional changes under the influence of permanent adaptation processes to enhance the protective properties of the body.

Optimization automatism have acquired such properties as accumulation, grouping, unification, integration, and heredity.

Optimization accumulation is the ability of optimization automatism to accumulate (concentrate) protective properties.

Optimization grouping is the ability of optimization automatism to combine into complicated protective structures to neutralize the long-term complex exposure to stress factors.

Optimization unification is the ability of formed optimization groups to neutralize the negative effect of closely related stress factors in different living conditions.

Optimization integration is the ability to form (improve) optimization automatisms of one type with the participation of optimization automatisms of other types.

Optimization heredity is the ability of optimization automatisms to preserve protective properties and reproduce them in the next generations.

However, it is worth paying attention to the circumstances that optimization automatisms can also have negative consequences for human life, in case they are formed as a result of adaptation processes caused by the *stereotype of traumatic substitution*. Such psychophysiological entities (formations) are proposed to be denoted as *traumatic optimization automatisms*.

Traumatic optimization automatisms are programs formed in the control system of the body's physiology for launching and reproducing protective properties acquired as a result of adaptation processes, regarding the perception of negative interaction with the surrounding reality as useful (beneficial).

The stereotype of traumatic substitution is a false perception of negative information as useful or not harmful to a person, which is caused by involuntary adjustment of the program of optimizing internal functions and criteria for assessing the state of the internal and external environment (in the control system of the body's physiology), due to prolonged exposure to various threats and unpleasant experiences [11].

4.2.2. Optimization Archetypes

When a certain level of accumulation is reached, information about the acquired protective properties can be encoded at the level of the organism's genotype through the creation of new ones or additions to existing ones. (A genotype is a set of genes of a particular organism.) The function of releasing the encoded information about protective properties and its application is performed by *optimization archetypes*.

Optimization archetypes are spontaneously formed in the control system of the body's physiology programs of decoding and spontaneous application, through the involvement of neuropsychophysiological components and body processes, of the encoded in the genotype information about the protective properties acquired by predecessors. At the same time, it can be assumed that one of the types of decoded information is likely to be instincts, as a set of innate reflexes.

Optimization archetypes function in the form of *hybrid phantoms* in the unconscious sphere of the psyche at the level of the collective unconscious (discovered by Carl Jung).

Hybrid phantoms are the information that lies in the collective unconscious of the unconscious sphere of the psyche, which is possibly determined by the human genotype and the cosmic information and content field, and is a reflection of previous generations' experience [12].

According to their functional purpose, optimization archetypes are divided into system and security ones.

System optimization archetypes are psychophysiological entities formed as a result of adaptation and evolutionary processes aimed at involuntary (spontaneously) ensuring the stable functioning of body systems and processes in various

conditions of vital activity. System optimization archetypes are neuropsychophysiological formations of permanent action.

Security optimization archetypes are psychophysiological entities formed as a result of adaptation and evolutionary processes aimed at involuntary prevention, weakening, or elimination of the negative consequences of changes in the internal state and the external environment. Security optimization archetypes are activated spontaneously after receiving a signal about the discrepancy between social existence and human interests and (or) about a harmful change in one's internal state.

It is worth noting that optimization archetypes can also have a destructive impact on human life. This occurs when optimization archetypes decode and apply information about the acquired protective properties accumulated in optimization automatisms formed by adaptation processes caused by the stereotype of traumatic substitution. Such optimization archetypes are proposed to be denoted as *traumatic optimization archetypes*.

Traumatic optimization archetypes are neuropsychophysiological formations (programs) that decode and spontaneously apply encoded in the body's genotype information about the protective properties acquired by predecessors and formed by the perception of negative factors as beneficial. This can refer not only to mental phenomena but also to physiological processes, etc. All of the above gives grounds to assume that inherited bad habits, and even diseases, are the result of the accumulation, storage, decoding, and application of information conditioned by the stereotype of traumatic substitution.

4.2.3. Types of Optimization Protection of Vital Activity

Optimization automatisms and optimization archetypes are key components of all types of *optimization protection of vital activity*.

Optimization protection of vital activity is a set of involuntary body processes and conscious activity of the individual to overcome the negative consequences of changes in the internal and external environment.

Types of optimization protection of vital activity are determined by the main factors of human life protection. It is advisable to include the following factors: physical, chemical, biological, physiological, social, volitional, and psychological.

Hence, the *types of optimization protection of vital activity* are as follows:

1. optimization physical protection;
2. optimization chemical protection;
3. optimization biological protection;
4. optimization physiological protection;
5. optimization social protection;
6. optimization volitional protection;
7. optimization psychological protection.

Optimization physical protection is a set of physical processes at different levels of the body's organization for providing the stable work of organs and systems under the

influence of external factors and environment.

Optimization chemical protection is a set of permanent chemical processes for assimilation, splitting, and transformation of biogenic elements in the body that ensure the existence of a person, one's physical and mental health recovery, and full interaction with the environment under normal or changed conditions.

Optimization biological protection is a permanent mechanism of preserving acquired protective properties, and of changing certain qualities based on genetic mutation and natural selection, which provides the existence, survival, and evolution of a person in unfavorable conditions.

Optimization physiological protection is a multifunctional set of physiological processes for identifying and removing negative changes in the constancy of the body's internal environment, disorders in the functioning of organs and life support systems or interactions with the environment, which have arisen under the influence of external and internal traumatic influences.

Optimization social protection is the process of assimilation and reproduction of social experience in the main spheres of social existence, for the realization of one's own interests and ensuring the existence of personality in threatening conditions of life.

Optimization volitional protection is a voluntary (arbitrary) creation of an incentive to actions, mastering one's own motivational processes, consciously managing one's actions, and overcoming difficulties and obstacles to achieve maximum correspondence of social life to personal interests.

Optimization psychological protection is a set of involuntary mental processes, conscious ways of mental activity, and practical actions of a person aimed at increasing the conformity of social life to one's interests, which result in the reduction or complete elimination of unpleasant experiences.

4.2.4. System and Law of Optimization Protection of Vital Activity

The above types of optimization protection of vital activity, interacting with the environment and between themselves, make up a single whole — a *system of optimization protection of vital activity*.

The system of optimization protection of vital activity is a set of functions, mechanisms, phenomena, and processes within the main areas of providing stable functioning of the body, preventing, reducing, and removing the negative consequences of interaction with the surrounding reality and changes in the internal state.

The above-mentioned provisions give grounds to assert that the optimization protection of vital activity is a universal and unchangeable phenomenon of securing human existence. The verbal expression (generalization) of the connection between all components of this phenomenon is the *law of optimization protection*.

The law of optimization protection of vital activity is the permanent movement of all functions, mechanisms, phenomena, and processes of the human body to stable work,

based on internal mechanisms of evolution and recovery, in correspondence with the changed conditions at the physical, chemical, biological, physiological, social, volitional, and mental levels.

4.3. Psychological Protection (Philosophical Approach)

4.3.1. Transformational Psychological Protection

For a holistic understanding of the essence and content of psychological protection, it is necessary to take into account the fact that human existence is exposed to both the protective and destructive effects of the surrounding reality. Its protective effect is determined by the correspondence of social existence to the interests of a person. This correspondence, determined at the rational level of the psyche, is transformed into positive experiences through complex mechanisms of transportation and neuropsychophysiological processes at the sensual level of the psyche. The protective effect of the surrounding reality, which determines positive experiences, is proposed to be defined by the category of *transformational psychological protection*.

Transformational psychological protection is an integral unity of the comprehensive provision of human vital activity by the surrounding reality, reflected on the rational and sensual levels of the psyche, within the framework of compliance of social existence with one's interests, which (unity) determines positive experiences and influences the inner force that encourages activity.

The forms of existence of consciousness, namely: rational, sensual, and eidetic, determine the components (subtypes) of transformational psychological protection. Accordingly, transformational psychological protection includes rational psychological protection, sensual psychological protection, and basic (eidetic) psychological protection. Definitions of these categories were given in previous studies [14].

It was also proved that the indicator of rational psychological protection is identical to the studied level of morale, which characterizes rational qualities; the indicator of sensual psychological protection is identical to the studied level of moral and psychological state, which characterizes sensual qualities; the indicator of basic psychological protection is identical to the studied level of the human factor, which characterizes eidetic qualities [14]. For their research, it is advisable to use Methodological Recommendations (Guidelines) for Assessing the Morale [15], the Moral and Psychological State [16], and the Human Factor of Military Formations [17].

4.3.2. Optimization Psychological Protection

The destructive impact of objective reality on human vital activity causes negative experiences. Prevention, weakening, and elimination of their negative consequences is achieved through the maximal approach of social existence or its perception to the individual's interests. The set of involuntary processes and conscious actions aimed at achieving this goal is designated as *optimization psychological protection*.

The definition of the essence of optimization psychological protection, as one of the types of optimization protection of

vital activity, is given above. Optimization psychological protection, as well as transformational psychological protection, is an important type of psychological protection (philosophical approach).

The content components (subtypes) of optimization psychological protection are classified according to philosophical definitions of the spheres of the psyche, namely: consciousness, unconscious, and superconscious. Accordingly, optimization psychological protection includes conscious psychological protection, unconscious psychological protection, and superconscious psychological protection. Definitions of these categories are given in previous studies [13].

4.3.3. The Essence of Psychological Protection and of System of Psychological Protection

Given all the above, it can be stated that within the *philosophical approach* of describing psychological protection, there exist two types of psychological protection, namely: transformational psychological protection (in relation to the protective effect of objective reality) and optimization psychological protection (in relation to the destructive effect of objective reality).

Thus, *psychological protection* is a set of transformational and optimization phenomena, mechanisms, and processes concerning the protective and destructive effects of objective reality, within the framework of compliance of social existence with the interests of the individual, regarding the protection of consciousness from the negative impact of interaction with the surrounding reality, prevention, reduction, and elimination of unpleasant experiences.

Types of psychological protection, defined according to the protective and destructive influence of the environment and philosophical understanding of the psyche, form a *system of psychological protection*.

The system of psychological protection is a set of involuntary processes and conscious activities aimed at transforming the protective effect of the environment and optimizing its destructive impact, which encourages actions, causes positive experiences, and weakens or neutralizes the effect of traumatic information.

4.4. Correlation of Optimization Protection of Vital Activity and Psychological Protection

Thus, it can be summarized that the correlation between optimization protection of vital activity and psychological protection consists of the following:

1. optimization protection of vital activity includes such a type of psychological protection as optimization psychological protection. Within these frameworks, their logical volumes (scopes) coincide;
2. psychological protection, in addition to optimization psychological protection, also includes transformational psychological protection. Within these frameworks, their logical volumes (scopes) do not coincide. However, transformational psychological protection is likely to be one of the types of *transformational protection of vital activity*. This assumption could serve as a topic for a

separate scientific study;

3. as proved by previous studies [11-14], in the genesis of psychological protection, and thus in the transformation and optimization processes, all types of optimization protection of vital activity are involved to a certain extent;
4. therefore, optimization protection of vital activity and psychological protection function within the framework of dialectical unity.

4.5. Further Research Prospects

Further studies of this topic would be advisable to focus on other types of optimization protection, namely: physical, chemical, biological, physiological, social, and volitional.

5. Conclusion

1. The methodological bases for determining the essence and content of optimization protection of vital activity and psychological protection are philosophical provisions on the human psyche, the achievements of a systematic approach in psychology and physiology, and modern empirical theories of consciousness.
2. The types of optimization protection of vital activity are optimization physical, chemical, biological, physiological, social, volitional, and psychological protection.
3. The key components of all types of optimization protection of vital activity are optimization automatisms and optimization archetypes, which function at the level of the personal and collective unconscious of the unconscious psyche's sphere.
4. Optimization automatisms can be classified as involuntary and voluntary regarding the method they are formed, and as situational, everyday, and complex regarding the conditions of their activity.
5. In the process of evolutionary development, optimization automatisms have acquired significant characteristics (features), which are proposed to be denoted as optimization properties. Optimization automatisms have acquired such properties as accumulation, grouping, unification, integration, and heredity.
6. Optimization automatisms can also have negative consequences for human life if they are formed due to adaptation processes caused by the stereotype of traumatic substitution. Such psychophysiological formations are proposed to be denoted as traumatic optimization automatisms.
7. Optimization archetypes perform the function of releasing information about protective properties encoded in genotype, and its application. These archetypes are divided into system and security ones according to their functional purposes. At the same time, it can be assumed that one of the types of decoded information is likely to be instincts, as a set of innate reflexes.
8. Optimization archetypes can also have a devastating impact on human life if they decode and apply

information about the acquired protective properties accumulated in optimization automatism, which were formed by adaptation processes caused by the stereotype of traumatic substitution. Such optimization archetypes are proposed to be denoted as traumatic optimization archetypes. All of the above gives grounds to assume that inherited bad habits, and even diseases, are the result of the accumulation, storage, decoding, and application of information caused by the stereotype of traumatic substitution.

9. Optimization protection of vital activity is a universal and unchangeable phenomenon of securing human existence. Verbal expression (generalization) of the connection between all components of this phenomenon is the law of optimization protection of vital activity.
10. Types of psychological protection, according to the protective and destructive impact of the surrounding reality on human life, are defined as transformational psychological protection and optimization psychological protection.
11. The components of transformational psychological protection, according to forms of existence of consciousness (rational, sensual, and eidetic), are defined as rational, sensual, and basic (eidetic) psychological protection.
12. The components of optimization psychological protection, according to spheres of the psyche (conscious, unconscious, and superconscious), are defined as conscious, unconscious, and superconscious psychological protection.
13. The study of the correlation between optimization protection of vital activity and psychological protection testifies to their dialectical unity concerning most content components and functioning.
14. Overcoming the negative consequences of the war, mentioned in the introduction, requires a comprehensive approach, with consideration of all components of optimization protection of vital activity and psychological protection.

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Conflicts of Interest

The author declares no conflicts of interest.

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