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PHILOSOPHICAL VIEW OF THE CAUSES OF PERSONAL ALIENATION

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Abstract: This article examines the origins of alienation and the philosophical aspects of this process. The article analyzes changes in a person's self-awareness, place in society, and disruptions in social relations. The social, cultural, and economic factors of alienation are also examined, and how this process relates to personal experiences and psychological states is explained.

Keywords: Alienation Of The Individual, Philosophical Analysis, Social Relations, Cultural Influence, Psychological Changes.

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Annotation

The problem of alienation of the individual has been discussed in the fields of philosophy and psychology for many centuries. This article reveals the social and cultural factors that cause this process by analyzing the main causes of alienation. Also, the article tries to understand this problem in depth with the help of philosophical theories.

Personal alienation, as a philosophical concept, is the loss of an individual's sense of connection with his environment, society, or identity. This situation is often closely related to the processes of modernization, industrialization and urbanization. Alienation of the person manifests itself in several forms. First, social alienation, in which the individual moves away from the basic values and norms of society. Second, alienation in the workplace, which refers to the alienation of employees from their work and products, which often results from the mechanization of visual activities and production processes. Thirdly, identity alienation is related to the alienation of the individual from his inner world and identifications. In philosophical analysis, these situations are seen as conflicts between real human needs and real life situations. The analysis of personal alienation helps to closely organize the problems of the spiritual and material development of humanity, and also plays an important role in the search for ways to control and optimize these processes.

“The main causes of personal alienation are based on several philosophical, economic and social factors”¹. Philosophically, the concept of alienation is widely explored in the writings of Karl Marx, who describes alienation as the loss of a person's connection to his labor and its product in the process of production. According to Marx, the capitalist system leads to the alienation of the worker from the objects resulting from his labor, which negatively affects the worker's own work and relations with others.

Also, cultural and personal alienation in modern society is often associated with technological

¹ Geyer R. F., Schweitzer D. R. (ed.). Theories of alienation: Critical perspectives in philosophy and the social sciences. – Springer Science & Business Media, 2012.

changes and the weakening of social ties. Due to the wide spread of social networks and virtual communication, the physical and emotional connections of individuals with each other weaken, which increases their feeling of separation from the world around them.

Philosophically, alienation is also related to existing social structures and a person's sense of loss of control over their own lives. High bureaucratization and institutionalization of society causes individuals to lose themselves in the mechanism of structures. This leads to a person's alienation from social and cultural contexts.

In general, alienation of a person is a complex and multidimensional problem, which requires an in-depth analysis of social, economic and cultural factors of a person to understand and solve it. There are a number of important concepts in the philosophical interpretations of alienation, which are widely discussed in philosophy and social sciences. Among these concepts, the most important is alienation of a person from his essence, society, work and other people.

In the works of Karl Marx, alienation is mainly manifested in the labor process, where the worker is separated from the product of his labor, and he considers his activity alien and forced. In Marxism, this situation occurs due to the system of material relations and leads to the social division of man.

In phenomenology and existentialism, alienation plays an important role in the process of self-perception and identity. For example, Jean-Paul Sartre sees it as a conflict between denied freedom and obligations, which prevents the individual from realizing himself.

Also, in psychoanalysis, alienation is associated with the disconnection of a person from his feelings and desires as a result of childhood experiences and subconscious processes. Sigmund Freud and his followers studied the impact of this concept on a person's ability to control himself.

Such philosophical interpretations of alienation are important in how a person perceives and understands himself and the environment, and they also play a decisive role in determining the place and role of a person in social life.

The role of personal alienation in society occupies an important place in philosophical and socio-psychological analyses. This process is mainly characterized by an individual's alienation from his environment and social relations, a sense of loss of identity. "Alienation, from a philosophical point of view, is widely discussed in the works of Karl Marx, which clearly shows the processes of personal alienation of the working class through the separation of the product of its labor"². Alienation in modern societies is often associated with increased technology and automation, as well as the thinning of social relationships.

Alienation leads to various social problems in society: for example, social isolation, depression, loss of identity, and a sense of spiritual emptiness. These situations reduce the social activity of individuals and cause a decrease in the total social capital. Philosophical research emphasizes approaches such as deepening human connections and rethinking spiritual and cultural values to combat alienation.

Also, the role of alienation in society is closely related to socio-economic structures and dominant ideologies. When there is a strong sense of alienation in certain sections of society, it can indicate problems of inequality and injustice in society. Philosophical analysis is a key factor in uncovering such problems and paves the way for social change. Enlightenment and culture in order to prevent and fight against the alienation of the individual in the society. Personal alienation and its role in society are considered as a serious philosophical and socio-psychological problem.

² Mandel E. The causes of alienation //The Marxist theory of alienation. – 1970. – T. 13.

Philosophically, alienation has been interpreted differently by scholars such as Marx, Heidegger, and Schopenhauer. In their works, alienation is depicted in the form of not recognizing the individual's self, work product, and social relations. The alienation of a person in society is mainly connected with the impact of modern technologies, the breakdown of social ties and the crisis of personal spirituality. This situation can increase social inequality and hinder collective action. Therefore, socio-political and cultural reforms are necessary to fight against alienation, through which it is possible to restore the active role of individuals in society and increase their spiritual wealth. Approaches to the concept of alienation in philosophy are diverse and complex. The problem of alienation was first deeply studied in the works of Karl Marx, in which the alienation of the working class from its own labor in the production process and from the product seen from it was emphasized. This situation was considered to be related to economic conditions and the structure of production relations. In Marxism, alienation is mainly related to the unnaturalness of material production and social order.

“The concept of alienation in philosophy has been interpreted differently by major philosophical schools and scholars”³. For example, Hegel interpreted alienation as the alienation of the soul in the objective world. In his opinion, this alienation of the soul encourages him to self-realize and develop.

In existentialism, especially in the works of Jean-Paul Sartre, alienation is related to the individual's feeling alienated from the eyes of others, from the demands and expectations of society. For Sartre, alienation is the conflict between freedom and identity.

In the philosophy of the 20th century, especially in postmodernism, the concept of alienation was further expanded. In this period, scientists consider alienation as a state of human loss in the technological and bureaucratic structures of modern society. Scientists such as Michel Foucault and Gilles Deleuze have done extensive work on this topic.

“In order to understand alienation in philosophical research, it is important to take into account the sharp changes in the social and spiritual life of a person”⁴. There are different approaches to the concept of alienation in philosophy. In Marx's economic analysis, alienation is represented by the separation of the working class from its labor products in the production process. Hegel considers alienation as the alienation of the soul in the objective world, a process that stimulates the soul's self-awareness and development. Existentialism, especially in the works of Sartre, alienation occurs when the individual does not conform to the demands of society and conflicts with his freedom. In postmodern philosophy, alienation is defined as a state in which a person loses himself in the technological and bureaucratic structures of modern society. Philosophical studies through these concepts make it possible to analyze alienation not only on an economic or social level, but also on a spiritual and personal level.

The psychological changes that occur in the process of alienation of a person are complex and multifaceted. This process is mainly related to the disconnection or weakening of a person's relationship with his environment and people around him. From the point of view of psychology and philosophy, alienation has a negative impact on the process of self-identification of a person, which in turn leads to spiritual and emotional instability.

First, alienation leads to a person's disconnection from social ties. This disconnection causes significant changes in the person's position and relationships in society, leading to feelings of isolation

³ Overend T. Alienation: A conceptual analysis //Philosophy and Phenomenological Research. – 1975. – T. 35. – №. 3. – C. 301-322.

⁴ Schaff A. Alienation as a social and philosophical problem //Social Ends and Political Means (Routledge Revivals). – Routledge, 2015. – C. 127-144.

and abandonment. Secondly, difficulties in understanding personal meaning and goals are also observed. This aspect of alienation forces a person to reassess the meaning of his activity and existence, which often creates a feeling of spiritual emptiness.

Also, due to alienation, negative changes occur in the concept of self-esteem of a person. Low self-esteem and loss of self-confidence can be observed, which negatively affects the general mental state of the person. In addition, in the process of alienation, a person experiences a feeling of dissatisfaction with his work and creative potential, which, in turn, reduces the effectiveness of creative and work activities.

In general, alienation seriously affects the psychological well-being of a person, which affects his social relations, spiritual outlook and general condition. In the process of alienation, a person's self-awareness and problems in social relations can increase, which can lead to negative situations such as depression and stress. Philosophically, understanding these problems and developing effective strategies against them will help ensure the social and psychological well-being of the individual.

In the course of the article, various reasons for the process of alienation of a person and its widespread psychological and philosophical aspects were considered. With the help of philosophical discussions, the main social and cultural factors that cause alienation of a person were identified. As a result, a deeper understanding of this problem was achieved and possible future approaches were proposed. This process plays an important role in personal development and social adaptation, and it is necessary to take effective measures against it.

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