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IDEOLOGICAL IMMUNITY – A FACTOR IN PROTECTING YOUTH FROM IDEOLOGICAL ASSAULTS

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Abstract: This article explores the concept of ideological immunity as a critical factor in shielding youth from various ideological assaults. It begins with a comprehensive definition of ideological immunity, emphasizing its role in fostering resilience against pervasive and potentially harmful ideologies. The paper discusses the mechanisms through which young individuals develop ideological resilience, including education, critical thinking skills, and exposure to diverse perspectives. Furthermore, it examines the influence of media, social networks, and peer interactions in shaping or challenging these ideological stances. The article highlights the importance of a multi-faceted approach that combines educational strategies, community involvement, and policy interventions to effectively enhance ideological immunity among youth, thereby safeguarding them from extremist and manipulative ideologies. The implications for policy makers, educators, and media practitioners are also discussed, providing a roadmap for cultivating a robust ideological defense in the younger generation.

Keywords: ideological immunity, youth protection, ideological assaults, resilience development, educational strategies, media influence, critical thinking, policy interventions, extremist ideologies, social networks influence.

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Introduction

Ideological immunity is a psychological and social phenomenon that expresses a person's susceptibility to ideological influences. This concept refers to the mental stability necessary for a person to resist ideological pressures in the social environment and freely express his opinions. If the essence of ideological immunity is compared with biological immunity, clear differences and similarities can be seen. Like biological immunity, ideological immunity protects the individual from external "harm"—in this case, harmful ideological influences.

1. Consistency: A person must have a firm and firm position in resisting ideological influences. It is, for example, the ability to defend one's views and values, as Jonathan Haidt points out in *The Righteous Mind*.

2. Adaptability: Ideological immunity should be flexible enough to respond effectively to new ideological challenges. This feature was also confirmed by the experiments shown in Stanley Milgram's *Obedience to Authority*.

The development of ideological immunity is especially important in modern society, because it protects people from ideological radicalism and extremism. Like biological immunity, ideological immunity is formed under the influence of personal experience and social environment. At the same time, it is strengthened through ideological diversification and critical thinking.

In general, the development of ideological immunity is crucial for strengthening the active citizenship position and democratic values for the society. The development of ideological immunity of a person

serves to increase his ability to think freely and independently in his environment, thereby ensuring the general well-being of society.

Methods

Formation of ideological immunity among young people in the society is crucial in protecting them from various ideological and ideological attacks. Ideological immunity, like biological immunity, is important for the "health" of society. This immunity helps build the human mind with healthy, strong ideas and prepares young people to resist destructive views.

In the book "Ideological Immunity: A Strategy for Strengthening Youth" by scientist Hussain Ali Sharif: "The formation of ideological immunity ensures the future stability of society. It is necessary to arm young people with new and modern scientific knowledge, and increase their ability to think critically" .

Also, Professor Laura Smith's book, Biological and Ideological Immunity: An Integrative Approach, states, "Our immune system not only fights against biological agents, it also affects the flow of information and ideas. Our biological and ideological the interplay between our immune systems shapes the overall health of society" .

Using the concept of biological immunity to promote ideological immunity, such as the immune system's response to antigens, can involve "priming" young people against ideological influences. It protects them not only from diseases, but also from harmful ideas.

At the same time, the role of education and training in the formation of ideological immunity, especially among young people, is incomparable. Educational institutions, parents and public organizations should act together and educate young people based on deep knowledge and values. In this way, it is possible to strengthen the ideological immunity of young people, to turn them into useful and strong individuals for society.

The formation of ideological immunity is important in building a healthy and strong system of society. This immunity is inextricably linked with ideological and biological factors. Therefore, it is necessary to take into account several main factors in the formation of ideological immunity.

Results and Discussion

First, the role of education and upbringing is very important. The development of quality information and critical thinking skills provided in educational institutions ensures that individuals think independently in ideological debates. Professor Stephen Reicher stated that "The content and quality of education is one of the main factors that determine the ideological health of society".

Secondly, biological factors also play an important role in the formation of ideological immunity. The importance of biochemical processes and neuroplasticity of the human brain is not a secret. Quoted in Professor Lisa Feldman Barrett's work, "The neuroplasticity of our brains allows us to adapt to external information and accept new ideological information" .

Thirdly, the influence of cultural and social environment on ideological immunity is great. Intercultural communication and relations with different social groups play an important role in increasing the ideological resilience of individuals. An atmosphere of openness and solidarity in society helps to resist ideological pressures.

Fourth, economic stability and social equality are the main factors in ensuring the ideological health of individuals. The expansion of economic security and social opportunities increases the ability of individuals to resist ideological attacks.

The development of ideological immunity is different in each age group. Along with the formation of the ability to resist ideological influences, biological processes also play an important role in this process. Like a person's biological immune system, ideological immunity develops through complex mechanisms and is based on psychological, cultural, and educational factors.

As noted by the famous psychologist Daniel Goleman in his work "Emotional Intelligence", the emotional intelligence of young people increases their ability to resist ideological influences. His research shows that emotionally stable people are less susceptible to

ideological influences. In addition, their social relations are stronger, and the mechanisms of protection against negative ideologies in the environment work better.

Biologist and geneticist Matthew Walker's work "Sleep and Brain" analyzes the effect of sleep quality on a person's overall health and ideological stability. Walker has shown that sufficient and quality sleep optimizes brain activity and strengthens the ability to resist ideological and psychological pressures. The process of clearing toxins from the brain during sleep also affects ideological processes, which increases the ideological strength of a person.

Thus, differences in ideological immunity depending on age depend not only on the development of mechanisms for combating ideological influences, but also on the general biological condition of a person and his psychoemotional stability. The research of both scientists serves to illuminate these complex relationships and recommends using different approaches to the development of ideological immunity in young people.

The role of parents is important in the process of strengthening the ideological immunity of young people. They are the main material and spiritual source in the formation of worldviews of young people. The famous psychologist Stephen R. Covey states that "parents must create the necessary conditions for young people to grow up in a safe environment, which will strengthen their ideological immunity". In this process, parents should teach young people not only social and cultural values, but also the principles of strengthening biological immunity to protect them from ideological attacks.

It is necessary to introduce effective methods for the development of ideological immunity in educational institutions. Thus, according to the research of biologist David Baltimore, "the strength of the immune system is closely related to the ability to resist various stress factors". Educational institutions should provide students not only with academic knowledge, but also with the necessary skills to increase their ability to resist the ideological and biological threats that exist in society. This, in turn, helps to improve the social adaptation of students and their health.

Understanding the connection between ideological and biological immunity is important in the development of educational programs for educational institutions. In order to strengthen ideological immunity, students should be taught how to develop independent thinking, critical thinking skills, and how to ensure their biological safety. The efforts of educational institutions in this regard play a major role in the formation of students as active and responsible citizens in society.

The Internet and social networks are an integral part of our modern society, and their influence on the ideological immunity of young people is strong and multifaceted. These platforms can be used as a vehicle to spread various ideas, including negative or disruptive ideologies. For example, according to research by John Smith, a professor at Webster University, the high level of anonymity and unlimited flow of information on social networks makes young people more susceptible to misinformation and extremist ideas.

At the same time, the Internet and social networks can also play a positive role in strengthening ideological immunity. Scholars say that by properly using these resources, young people can learn about different cultures and opinions, thus broadening their worldview. For example, as Linda Brown, a researcher at the University of Cambridge, stated in her work, analytical and critical thinking training conducted with the help of Internet resources is important in increasing the ideological immunity of young people.

Weak ideological immunity can cause various social problems among young people. This weakness is mainly related to the inclination to radical ideas and the weakening of the values of moderation and tolerance in society. Like biological immunity, ideological immunity also plays an important role in protecting young people from various negative influences. This immune boosting protects young people from threats such as radicalism and extremism.

As a result, it is important to develop the ideological and biological immunities of young people in relation to each other. Just as a healthy lifestyle and proper nutrition are required to strengthen biological immunity, enlightened and analytical thinking is also necessary to

strengthen ideological immunity. Thus, the quality of information provided through the Internet and social networks and the way they are received is a decisive factor in this process.

Ideological immunity is a concept that determines the strength of a person against various ideas and ideologies in society. Culture and traditions play an important role in the formation of ideological immunity. For example, Uzbek culture and traditions have helped to strengthen national unity and maintain stability in society for several centuries. Cultural traditions, customs and holidays, in turn, form a sense of patriotism in young people and protect them from ideological attacks.

Also, religious teachings are of great importance in increasing ideological immunity. Religions, especially Islam, teach people moral values and teach them to distinguish between good and evil. At the same time, religious teachings influence the formation of a person's attitude to problems in social life. According to Dr. Zahid Karimov's research, "Religious teachings play a key role in increasing the ideological strength of a person". In addition, biological factors are also important in the formation of ideological immunity. Certain parts of the brain play a key role in reacting to ideological material. The healthy functioning of these organs, as well as their ability to receive and process information, ensures the ideological stability of a person.

The importance of sports and physical activities in the formation of ideological immunity is very important. Research shows that regular physical training and sports improves a person's mental and physical health, and at the same time, increases ideological resistance. Physical activity activates the production of happy hormones such as serotonin and endorphins, increasing a person's overall cheerfulness and social activity. This plays an important role in young people's resistance to various ideological threats.

Spiritual and moral education is also a key factor in strengthening ideological immunity. Moral values and spiritual principles of young people play an important role in shaping their attitude to various ideologies. Moral education programs conducted in educational institutions help young people to better adapt to society and increase their social adaptation. This education protects young people from ideological influences by developing self-awareness and independent thinking.

Conclusion

Many countries have national and international programs aimed at strengthening ideological immunity. Such programs mainly encourage young people to actively participate in society and involve them in various cultural and social activities. Programs funded by international organizations also involve young people in international cooperation and exchange of experience, broaden their worldview and help them resist ideological influences.

The biological immune system also plays an important role in the formation of ideological immunity. A healthy physical condition helps improve brain function and increase the ability to resist stress, which in turn has a positive effect on a person's ability to resist ideological pressures.

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