

## CONSTRUCTIVE REFLECTION OF THE PSYCHOLOGY OF SOCIETIES THAT REPRODUCE TOTALITARIAN REGIMES

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The topic of constructive reflection of psychology of societies that reproduce the totalitarian regimes we propose [1-4] because we think that the Russia's war against Ukraine is an attack by a totalitarianism on the human civilization in general. It's very important to understand the totalitarianism uses technologies to create an alternative reality and uses all instruments for turning the state into the terrorist machine for own people. We assert that the totalitarianism is the socio-psychological pathology that needs treatment. The first and obvious sign of this pathology was the silent acceptance of Russians mothers the deaths of their sons in Ukraine in 2014, while for many people in the world it is impossible to accept death.

The hypothesis was that there are certain characteristics of society that reproduce the totalitarianism. Even the event of death of the leader will remove the dictator from the system of society, totalitarianism do not end. New modern form of totalitarianism developed using digital technology in propaganda machine.

The goal of our research was to identify the psychological basis of totalitarianism which leads to military terrorism and its public support. The task of our research was to create a tool to measure support or instead rejection of the totalitarianism. It's very difficult to avoid mistakes, first of all because we all are on the bord of post-totalitarian society. But scientific sources give us to create a full pool of political and politological characteristics of the totalitarianism.

We have a problem of definition of politological sense of the totalitarianism as single phenomenon because psychological characteristics are very closely for totalitarianism, authoritarianism, fascism, dictatorship, rushism, Putinism etc. We proposed to use a synthetic working term FAT (fascism, authoritarianism, totalitarianism) for developing of psychological schema.

Some of the politic and politological characteristics are in discursive fragments:

The role of representative bodies of central government and self-government has been nullified... violent suppression of the opposition

...rulers distract people by gaining the support of society, elevating the idea of the need for national revival into a virtual religion. ... encourage the growth of cults

... maintaining the nation in a constant state of readiness for war. Creating a culture of "military citizenship"

rushism is based on the concept of creating and spreading Russian world in as large an area as possible, at the same time seeking economic cooperation with the West...

...tools for the spread of the Russian world are: church war, cyber war, information war, economic war, legal war and cultural war

... "Special mission of civilization" of the Russians

... ideological opponents (ideologues of communism, chauvinists and anti-communists) unite for economic and political blackmail of states on the territory of the former empire

... intolerance to elements of culture of other nations ...

... rejection (non-perception) of Western civilization, oppose it a kind of Russian (Eurasian) civilization

We reframing them into psychological discourse in relevant terms and meanings:

*Parameters by which the equivalents (relevant meanings) will be considered:* a) the state of society – of the person relations, b) agency vs the receptivity of the persons, c) media as a system of society and medialiteracy of the persons.

FAT Schema:

I. Terror (emotions)

FEAR Atmosphere of fear / experience of fear / media fear / condition of the victim, lack of resistance, normalization of violence

FORCES Feelings of oppression / acceptance of coercion / exercise of coercion / coercion as the patriotism of totalitarianism

CRUELTY feelings / realization / glorification of cruelty / cruelty as patriotism of totalitarianism

II. LIES (cognitions)

MEDIA. Alternative reality (fact) / medianoncriticism / knowledge about manipulations / sense of influence of technologies / Enthusiasm - sharing the picture of the world

DUALISM. doublethink, doublediscourse (Bilingualism) / breaking the mechanism of meta-value (value regulation - regulation by the values) / Intolerance of uncertainty

III. PSEUDOETHICS (war)

EVIL. Justification of evil / motive of lesser evil / substitution of ethics (ethics: guidelines; values)

READINESS FOR WAR, THE IMAGE OF THE ENEMY. Dehumanization / Tolerance to war crimes / Tolerance to criminal orders / The notion about the glory of the weapons of the people (geopolitical instruments of influence) / isolation of internal - external "enemies"

IRRESPONSIBILITY. Shifting the Locus of Control / delegation of responsibility to management / leader / lack of guilt / impunity

IV. IMBALANCE

OVER-IDEA = HIGHER EXPEDIENCY advisability (threat, revival) and SACRIFICE / Devaluation, frustration and the desire for satisfaction / Envy (as a form of frustration) / Renunciation of civil needs and rights in favor of higher expediency / The notion about mobilization, repression - restrictions

for the sake of a higher goal / Refusal to overcome the disproportion "financial luxury - poverty" in favor of higher expediency / Stagnation of the common good / Representation about lifestyle

COLLECTIVE NARCISSISM Inflated (exaggerated) significance / special civilizational mission of the "people" / The idea about yourself as an older Brother to the fraternal people (social dominance)

UNIFICATION Sense of unification / The need to control the unification of the environment (surrounding) / Prejudice / Intolerance of otherness / The need for totality (integrity) - a primitive ersatz of integrity / The action of unification as patriotism of totalitarianism

#### V. DEPRIVATION OF SUBJECTIVITY

SUPPRESSION OF SUBJECTIVITY : суспільства, груп та індивідів / скутість політичної дії / масові організації як інструмент безпеки і кар'єри

of society, groups and individuals / stiffness immovability of political action / mass organizations as a tool of security and career

UNLIBERTY LACK OF LOVE FOR FREEDOM The primacy of the state over the value of individual freedom (acceptance - opposition - rejection)

SYSTEM OF CONCEPTS (IDEAS ) about the availability / restrictions / repertoire / resources of economic, political, legal, cultural, educational, religious freedoms, rights and needs:

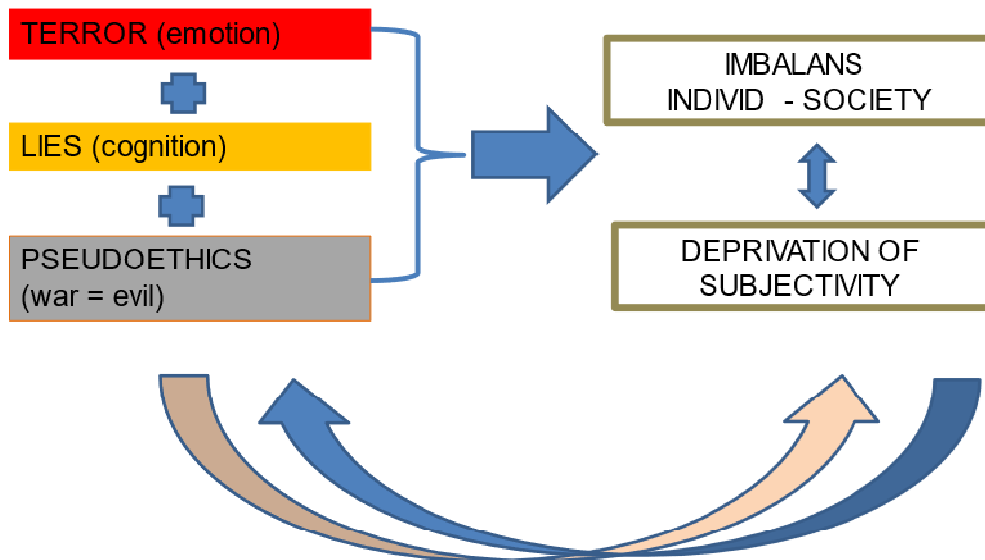
- educational freedoms and rights
  - political freedoms
  - cultural freedoms
  - religious needs
  - religious role of the moral doctrine of the people (geopolitical instruments of influence)
  - religion as patriotism of the n world
  - key economic resource of the people (gas; microelements ...) (geopolitical instruments of influence)
- legal awareness / justice (focus on laws) instead of focus on rights and their observance.

Key values for psychology: the autonomy does not recognize from the state or such non-state spheres of human activity as economics and economy, culture, education, religion, which requires unlimited control of subordinates and their complete submission to the political goals set from above. The forced unification and relentless brutality of totalitarian power is usually justified by internal or external threats to the existence of the state. Totalitarianism implies the presence of a figure of the leader (fuhrer), dictatorship and terror, regular mobilization of the population in mass organizations, isolation or murder (de facto or potentially) of dissenting persons.

Psychological dimensions are in three basic components: terror, lies, pseudoethics. The aim of terror is the deregulation of the agents' (subjects') emotion sphere. The lies have the aim of disruption of the subjects' cognition and serve the ethics inversion. The image of War and consequences of these components of Russian propaganda is imbalance between individual and society connected with the deprivation of subjectivity. The circle is closed then one component influence on another and support it. One comment for this: a previous conditions of the terror are emotions of fear which determine a cohesion cruelty of the

victims. This experience of their cohesion and feelings glorifies of Cruelty. Cruelty is feels as a patriotism which offers a way to the next component.

## TOTALITARIANISM IN THE PSYCHOLOGICAL DIMENSION (REALIZATION IN RUSSIAN PROPAGANDA)



*Fig.1. Schemata of psychological components of mechanism of the totalitarianism supporting.*

The lie has an aim to blurs recognition. Distortion recognition in the media plays very important role, it creates the alternative reality. Distortion reality and double thinking double discourses and double moral. There is breaking mechanism of meta-value regulation, values are declared but non-conducted. It creates the intolerance of uncertainty and preserve the ethics. War became the public good in the world image of mass. It is justification of the evil. Readiness for war, the image of the enemy, dehumanization and tolerance to war crimes are the result of ethical inversion. Responsibility is absent, it was delegated to top managements and government. The lack of guilty impunity is the next imbalance over or super idea and higher advisability. It sacrifices devaluation and frustration as a desire for satisfaction. Envy as a form of frustration is very important aspect. Collective narcissism exaggerates the significance special civilization mission of the people, of the nation or super national entity (“Russian narod”). It gives so unification sense of unification, justifies the need to control of the unification by the surroundings and so on. The last suppression of subjects’ subjectivity (persons and social groups) promotes the rigidity of political actions as lack of Love For Freedom. The premise of State over the value of individual freedom is added by the system of ideas about super subject (“ruskij mir” – Russian world) as a only source of Freedom rights and needs in different spheres.

Conclusion. The results of our pilot research (the sample of 176 adults) shows that we have an argument to verify suggested model of psychological mechanisms of FAT social support. There are perspectives of future research on psychology of modern totalitarianism to see the black side of this phenomena on the sample of the Russians society to prevent support of the totalitarian regimes in global scale. It is necessary to build international consortium for future cross-cultural researches.

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