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## **THE PROBLEMS OF THE CREATIVE TEAM RELATED TO COMPLEXES OF PSYCHOEMOTIONAL INFERIORITY**

*Abstract: the article highlights the problems of the creative team associated with inferiority complexes. An inferiority complex is a set of psychoemotional attitudes that make a person feel flawed, useless, wrong and simply not good enough compared to others. It includes such elements as: unjustifiably low self-esteem; self-doubt, self-esteem and abilities; suppressed self-esteem; a feeling that others are better at everything; lack of ambition.*

Key words: complex, inferiority, self-esteem, overcoming, ability, creativity.

### **Introduction**

An inferiority complex is an insurmountable barrier to success in all spheres of life. At the same time, many of us are forced to live with him and do not even realize how many opportunities we lose because of him and what problems we get in return. Therefore, we are discussing what it is, why it occurs, what is dangerous and how to get rid of it [1].

An inferiority complex is a set of psychoemotional attitudes that make a person feel flawed, useless, wrong and simply not good enough compared to others. It includes such elements as: unjustifiably low self-esteem; self-doubt, self-esteem and abilities; suppressed self-esteem; a feeling that others are better at everything; lack of ambition [2].

## Materials and methods:

This includes empirical methods such as modeling, fact-finding, experiment, description and observation, as well as theoretical methods such as logical and historical methods, abstraction, deduction, induction, synthesis and analysis, as well as methods of heuristic strategies. The research materials are: scientific facts, the results of previous observations, surveys, experiments and tests; means of idealization and rationalization of the scientific approach.

As a rule, people with an inferiority complex consider themselves losers, who generally do not have any abilities and positive qualities that could lead them to success.

The inferiority complex is often called the "loser complex". The concept of an "extra person complex" is also found in fiction.

The author of the term is considered to be the German psychoanalyst Alfred Adler. He suggested that the inferiority complex is based on a primal fear of being superfluous, unnecessary and rejected. He notes that the foundation of this complex is laid in childhood, when a child is faced with trials and fails to cope with them [1].

The symptoms of this condition are usually easily distinguishable, so an experienced specialist notices them almost immediately. In behavior, they manifest themselves in the form of fear of making mistakes, behaving incorrectly. Such a person is always afraid of not meeting the expectations of others, and he spends a lot of effort trying to meet them [2]. The external symptoms of an inferiority complex, first of all, are:

- modesty and closeness. A person with this complex constantly lives in fear that he will be exposed and everyone will find out about his "inferiority". He tries to be inconspicuous and inconspicuous, does not strive for fame, on the contrary, tries "not to stand out." He is characterized not only by modesty and shyness, these qualities acquire a pathological character in him;

- low self-esteem. A person with an inferiority complex lives with the belief that he is worse than others in all respects. Therefore, his self-esteem is very low, and this is noticeable in his behavior. He tries to be quiet and begins to interact with others only after they are the first to initiate contact. Sometimes it looks like he's waiting for the other person to let him talk to himself.;

- concealment of discontent. Such a person is afraid to admit that he is dissatisfied with something. He is hampered by the primitive fear that as soon as he says something, he will immediately be expelled from society. Therefore, he usually tolerates, although sometimes the accumulated discontent spills out in the form of an emotional outburst.

Subsequently, he becomes ashamed of his own behavior, and his self-esteem decreases even more. This is facilitated by:

- excessive demands on yourself. He is ashamed of his own "imperfection", so he constantly tries to be better, not to make mistakes, to do everything perfectly. This perfectionism, of course, hinders him and makes him make mistakes. And for every mistake such a person reproaches himself strongly and for a long time, which again negatively affects his self-esteem;

- dependence on other people's opinions. A person with an inferiority complex constantly needs the approval of others. He hopes, waits, does everything to get it. But even when he gets that approval, nothing changes. For a while he feels triumphant, it seems to him that he is finally worthy of the attention of the person who praised him. But if he does not praise him next time, the complex will awaken with renewed vigor in the following manners as: a tendency to justify oneself; an inability to defend one's interests; numerous fears; loyalty to rejoice in the success of oneself, the work team and social society [3].

### **Results and discussion:**

Representatives of the stronger sex are most afraid of being weak and insignificant. A man with an inferiority complex constantly feels that he cannot influence circumstances and is not able to succeed in anything at all. At the same time, he tries very hard to seem more successful than he is. Any oversight that others have noticed makes him feel like a loser. He spends all his energy on these experiences, and therefore he does not have the resources to achieve noticeable improvements in at least some of the areas of his life [4].

Representatives of the fair sex are more worried about their attractiveness and attractiveness. Therefore, the inferiority complex in women manifests itself in the fact that they feel ugly, uninteresting and unattractive. Such a woman is afraid that she will not be able to find a companion who will truly appreciate her. And even when she meets someone who wants to start a family with her, she still feels that he will soon stop loving her.

Alfred Adler established that the foundation of the future inferiority complex is laid in childhood. A child often faces limitations related to a lack of skills, knowledge, experience and other resources that are acquired with age. But he does not always understand this, so he may perceive these limitations as his own inadequacy or inferiority.

In adolescence, and then in adulthood, the inferiority complex is consolidated and strengthened under the influence of such factors as: various appearance flaws; an insufficiently slender and athletic body; poor eyesight and the need to wear glasses; continued overprotection on the part of parents, the work team and a condescending society as a whole; awareness of one's own lack of independence; various mental traumas; discrimination excessive criticism of failures from others.

### **Conclusion:**

This condition negatively affects all spheres of life, preventing a person from achieving success in any endeavor [5]. But its true danger lies in the fact

that it can provoke such negative states and mental disorders as: chronic depression; suicidal mood; neuroses; self-pity; causeless guilt; additive behavior; dependence on other people; uncomplaining acceptance of a low level and degree of activity in all spheres of life [6].

It is important to use all the ways to increase self-esteem and build self-confidence. You can change your image, start paying more attention to your appearance, go in for sports and self-development, improve your professional competence, work on your behavior with your family, work team and creative society [7]. It is not necessary to become perfect and successful abruptly, but every person who aspires to work in a creative team, thanks to his unyielding diligence and diligence, is able to enrich his positive imagination, gradually become a little better and more useful [8].

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