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## **INFLUENCE OF THE TOTALITARIAN REGIME ON THE STATE**

The aim of the study was to investigate the influence of totalitarian regime on the state and nation.

A totalitarian regime is a form of political regime in which the state has absolute control over the lives of its citizens, including the economic, cultural, religious, and ideological spheres. This regime seeks to establish complete unity and lead to the dominant control of the state over citizens, including their thoughts, feelings, behavior and cultural traditions.

Totalitarianism is a system that seeks to establish complete (totalitarian) control over the society and citizens. The term comes from Italian. Totalitarian is something that is completely covered. Origin of the term. For the first time, the term "totalitarianism" was introduced into circulation by a member of Italy's parliament and journalist J. Amendola in 1923 for the purpose of critical evaluation of fascism [1].

In totalitarian regimes, there is often one party that has complete power and the government tries to control all aspects of the nation's life, including the media and education.

Totalitarian regimes can use mass propaganda and information technology to shape the opinions and beliefs of the population.

Regimes are often accompanied by human rights violations and political repression. In a totalitarian regime, opponents of the government may be shot or imprisoned, and their rights to freedom of speech, assembly, and religion may be restricted or denied.

Some examples of totalitarian regimes in the world include Nazi Germany during World War II, the USSR during Stalin's rule, the People's Republic of China during the Cultural Revolution, and Cambodia during Pol Pot's regime.

In totalitarian regimes, in addition to political repression, economic discrimination and depletion of the nation's resources are also often used. The authorities can seize property from citizens, aimed at supporting the state, or introduce restrictions on entrepreneurship and trade, which leads to a decrease in economic growth and deterioration of the population's life.

In totalitarian regimes, the government may have an aggressive foreign policy and a strategy of violent expansion of its territories, using war as a means of consolidating its power. This can lead to large human casualties and the destruction of the material resources of the country that falls under the influence of such a regime.

Under a totalitarian regime, control over information and mass communication is another important element. Usually, this leads to censorship and manipulation of information, which allows the authorities to control public opinion and distort reality in their favor.

A totalitarian regime can use nationalist, class, racist and other ideological motives to manipulate national consciousness and divide the nation into groups. This

can lead to violence and conflict between different ethnic, social and political groups in the country.

In addition, a totalitarian regime can cause environmental disasters and other negative consequences for the environment and natural resources. For example, the government can force the population into massive projects, such as industrial exploitation or the development of national parks, which leads to the destruction of wildlife and a decrease in the standard of living of the population.

The problem of the essence of such political regimes was considered in numerous works of researchers. H. Arendt, M. Dracht, M. Curtis, K. Friedrich, Z. Brzezinski, R. Aron, Zh. Zhelev, T. Adorno, and others are among the authors of works in which the features of both totalitarianism and authoritarianism are given[2].

In general, totalitarianism has a negative effect on the country and the nation as a whole. It leads to the restriction of freedom and human rights, the destruction of democracy, the spiritual and social degradation of the nation, affects the stability of the world order and threatens the peaceful coexistence of various nations and ethnic groups. Therefore, it is important to remember the danger of totalitarian regimes and protect your rights and freedoms.

## REFERENCES

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