

PSYCHOLOGICAL ASPECTS OF FORMATION OF COPING BEHAVIOR IN ADOLESCENCE

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Annotation

The article examines the psychological aspects of the formation of coping behavior in adolescents. Scientific research and views of scientists on this topic are also presented.

Keywords: coping behavior, coping strategy, teenager, stress, crisis situation.

ПСИХОЛОГИЧЕСКИЕ АСПЕКТЫ ФОРМИРОВАНИЯ СОВЛАДАЮЩЕГО ПОВЕДЕНИЯ В ПОДРОСТКОВОМ ПЕРИОДЕ

Аннотация

В статье рассмотрены психологические аспекты формирования копинг поведения у подростков. Также представлены научные исследования и взгляды учёных на эту тему.

Ключевые слова: копинг поведение, копинг-стратегия, подросток, стресс, кризисная ситуация.

ЎСМИРЛИК ДАВРИДА КОПИНГ-ХУЛҚ ШАКЛЛАНИШИНИНГ ПСИХОЛОГИК ЖИҲАТЛАРИ

Аннотация

Мақолада ўсмирларда копинг хулқ шаклланишининг психологик жиҳатлари ёритилган. Шунингдек, олимларнинг бу мавзуга доир илмий изланишлари, қарашлари келтирилган.

Калит сўзлар: копинг хулқ, копинг-стратегия, ўсмир, стресс, инқирозли вазият.



The daily stress of the fast-paced period does not fail to affect the human psyche. Situations such as establishing personal and social relationships, finding solutions to unexpected problems, in general, adapting to changes in the life of society, performing effective and successful activities require a person to find fast algorithms suitable for the situation. This causes tension in the psyche of teenagers whose lives are undergoing both physiological and psychological changes.

In adapting to new and non-standard situations, the role of a teenager's initiative, creative possibilities, hidden potential and existing life experience is significant. Coping behavior is an important form of adaptive reaction to complex situations in the life of a teenager.

In 1966, R. Lazarus in his book "Psychological stress and the coping process" defined the concept of coping as conscious strategies to overcome situations that cause stress and anxiety. With the publication of this book, the concept of coping began to be considered as a central link of stress, that is, as a stabilizing factor that helps to support psychosocial adaptation of a person in a stressful situation.[2]

Researchers such as F.E. Vasilyuk, L.A. Kitaev-Smyk, I.V. Kamynina, A.V. Libin say that coping is a constantly changing process. Because the person and the environment have a continuous, dynamic relationship and influence each other.[1]

Thus, considering the approaches of a number of authors, the following conclusion can be made: coping behavior is an individual image of individual behavior in a complex situation, which is implemented by using various coping strategies based on personal and environmental resources.

The period of adolescence is noted in the scientific literature as one of the stressful and controversial periods, and therefore, determining the characteristics of coping-behavior in this age period is considered an urgent issue.

In this period, as a leading activity, intimate-personal communication with peers, as well as a number of specific signs such as striving to confirm one's independence, non-subordination to others, and personal autonomy are prioritized.

Intensive development of cognitive processes is noticeable in adolescence. Perceptual selectivity, the development of goal orientation, theoretical thinking, logical memory and the formation of stable voluntary attention occur. Another unique structure in this period is the rise of self-awareness to a new level, the self-concept is formed, which is expressed in the understanding of oneself, its peculiarities and possibilities, its uniqueness. That is why it is necessary to provide education on methods of overcoming life's difficulties during adolescence.



E.N. Tumanova cites a number of typical crisis situations that occur in the life of teenagers. They are found in the following areas: family, peer interactions, relationships with significant others, education, and health issues.[4]

Another unique aspect of modern adolescent coping behavior, namely, the desire to enjoy, is emerging as a way of avoiding critical situations and difficulties. E.A. Sibireva's scientific research showed that in the value orientation system of modern Russian youth, the desire for entertainment takes second place after earning material income, leading to the exclusion of values such as family, caring for others, and creativity.[4]

According to V. Frankl, self-destruction occurs only when there are feelings of pleasure and enjoyment based on the human pursuit of happiness. It is precisely such aspirations that cause internal neuroses. The more a teenager tries to enjoy himself, the more he moves away from his goal. According to the "pleasure principle", the pursuit of life is a motive of infantilism. Thus, not being able to change one's negative emotional state in a productive way and not knowing how to overcome it can lead to the development of neurosis in a teenager.[6]

N.A. Sirota and V.M. Yaltonsky, based on the approach of R. Lazarus, consider coping as "a human activity that ensures a balance between the demands of the environment and the resources that satisfy them." They also developed three theoretical models based on their research on adolescent coping behavior[5]:

1. An adaptive functional coping-behavior model.
2. Pseudoadaptive dysfunctional coping-behavior model.
3. Dysfunctional maladaptive coping-behavior model.

Summarizing the opinions on the characteristics of adolescent coping behavior, the following conclusions can be made:

- ✓ The importance of group values and norms increases through intimate and personal communication with peers. In this case, certain forms of behavior can be reinforced through respect and attention by those in authority, while others can be punished, such as exclusion from the group. These processes do not affect the use of one or another coping strategy by a teenager in difficult situations.
- ✓ Intensively developing cognitive processes in adolescents serve as an important factor in the formation of coping strategies.
- ✓ As a way out of difficult situations, there is a desire to enjoy, to achieve pleasure. This prevents them from looking for an effective solution and leads to the formation of addictive behavior in teenagers.



Considering the characteristics of coping-behavior in adolescence gives an opportunity to distinguish adequate and inadequate strategies for getting out of problematic situations, to identify difficulties in the adolescent's development as a person, and to reduce the negative effects of negative situations. It is recommended to use group psychocorrective training with elements of training for the formation of adequate, socially adaptive coping strategies in adolescents.

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