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PECULIARITIES OF COPING STRATEGIES WITHIN PEOPLE WITH VARIOUS TYPE OF ACCENTUATION OF CHARACTER

The article reveals the specifics of coping strategies depending on the type of character accentuation. We give essentially informative-dispositional characteristic directions in the psychology of coping behavior. Ras regarded basic typology of accentuation nature, and reveals the correlation relationship with the various typologies of coping strategies. As a result of the study, it was revealed that: a demonstrative type of character accentuation is characterized by confrontational coping, the search for social support; jamming type of confrontational coping and distance as a way to solve difficult life situations. The hypertensive type of character accentuation uses confrontational coping as the leading one. Subjects with an excitable type of character accentuation use confrontational coping and distance.

Key words: coping strategies, students, crisis, stress, accentuation of character, social and psychological adaptation.

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ОСОБЛИВОСТІ КОПІНГ-СТРАТЕГІЙ У СТУДЕНТІВ З РІЗНИХ ТИПОМ АКЦЕНТУАЦІЇ ХАРАКТЕРУ

У статті з'ясовано специфіку копінг-стратегій залежно від типу акцентуації характеру. Подано сутнісно-змістову характеристику диспозиційного напрямку в психології масової поведінки. Розглянуто основні типології акцентуації характеру і виявлено кореляційний взаємозв'язок із різною типологією допінг-стратегій.

Ключові слова: копінг-стратегії, студенти, криза, стрес, акцентуація характеру, соціально-психологічна адаптація.

The psychology of coping behavior is quite new, but recently a trend in psychology, which is gaining popularity more, and more. Any crisis experience carries a huge number of psychological and social problems of any form, and, introducing given aspects, the key aspect is to identify mechanisms of coping behavior. To date, there is no one fairly comprehensive descriptive concept that allows us to describe sufficiently the phenomenon of coping behavior.

Literature review. In scientific circulation, the term “coping” was introduced by L. Murphy and meant a defined attempt to create a new situation whether it was threatening and dangerous or joyful and favorable [9]. A number of authors consider the phenomenon of “coping” as a tendentious dynamic process of the psyche to eliminate problems in order to optimize the emotional state. In particular, in the same context R.S. Lazarus considered “coping”, defining it as a problem-solving process undertaken by an individual to optimize his psychological state and adapt to the environment [10].

A. Maslow defined the coping behavior as a “functional response” to the problem and actualized the following characterological components: clearly motivated; aimed at solving a specific problematics; causes changes, both in the environment and in the personality itself; has a recognized nature; acquires as a result of training [5, p. 118].

E. R. Isaeva defined “coping” or “stress overcoming” “as an individual’s activity in maintaining or preserving a balance between environmental requirements and resources satisfying these requirements” [2, p. 86].

S.A. Khazova understands by “coping” certain stable mental qualities that respond to actions, which emanate from the environment and differ from ordinary living conditions “coping resources allow a person to cope successfully with the requirements of life and to cope with various stresses. Namely the resources as the internal forces of the subject significantly expand the capabilities of man, increase his value in the eyes of others, make him more successful, productive, resilient” [7, p. 189].

S. K Nartova-Bochaver quite systematically understood the meaning of “coping” and detailed the main content of this phenomenon in the aspect of the interaction of the subject with various phenomena of the internal and external conditions [6, p. 21]. Foreign sources use the concepts of “active coping”, “transformational coping”, “regressive coping”, and “avoidance coping” [1, p. 101].

Representatives of the dispositional direction understood by coping behavior a stable personal education that determines the response to a stressful event. In particular, L. Murphy singled out the relationship of coping behavior with individually typological personality traits [9].

K. Blankstein established the interconnection between high levels of anxiety and emotional overcoming of difficulties and poor student performance [8].

The phenomenology of personal experiences significantly affects the choice of coping strategies. It is noted that emotional disorders, or disorders in the development of the emotional sphere, have a significant impact on defensively coping behavior and prevent an individual from achieving psychological health and emotional maturity [4, p. 98].

T.L. Kryukova, A.M. Ronch in their studies established that the experience of loneliness is an essential basis for choosing one or another style of coping behavior, also was proved the tendency to choose unproductive coping strategies, which ultimately leads to an increase in feelings of loneliness [3, p.129]. It is proved that men cope with loneliness by an order of magnitude more unproductive than women who in these circumstances demonstrate the most adaptive patterns of coping behavior.

Representatives of the dispositional direction highlighted the relationship of individually typological personality traits with coping strategies used by the individual in times of stress. In particular, the interconnection of coping methods with the intellectual level of personality development is proved, the influence of optimism, negative efficiency, hostility, neurotism, the locus of control on the controlling aspects of the life of the personality are also detailed. In current researches, a detailed phenomenological understanding of the relationship of coping behavior with various personal dispositions and factors in choosing ways to control a person are expanding. Kryukova, M.V. Saporovskaya, S.A. Khazova, E.V. Kuftyak, O.B. Podobina, N.O. Belorukova, T.V. Gushchina and other.

Considering theoretical and practical research, which in our opinion is quite extensive and systematic, we did not find research on coping strategies with various types of character accentuations. These researches would be quite useful in the psychological support of various population groups with different typologies of character accentuations, since, knowing these trends, we could quite effectively understand which adaptive strategies need to be formed, etc.

Organization of the study. The study was conducted on the basis of the Faculty of Psychology and Pedagogy of the Gomel State University named after Francis Skorina (GSU named after F. Skorina) during the period from November to December 2016. The research contingent: 3-5 year students studying in the specialty "Psychology". In total, 65 people took part in the study (female – 59, male – 7). The age of the examinees: 19 – 22 years.

The methodological complex included: 1) Questionnaire "Accentuation of character and temperament of personality" by G. Shmishka, K. Leonharda. for measuring the type of accentuation of character. 2) WOC "Questionnaire of coping methods" (R. Lazarus, S. Folkman, 1988, adapted by T.L. Kryukova, E.V. Kuftyak, M.S. Zamyshlyayeva, 2004). 3) Methods of mathematical statistical data processing Pearson correlation coefficient.

Results and their analysis. Analysis of the results of the study. We received the following results of the study of typology of accentuation and coping strategies by two methods:

Table 1.

The average values of the extent of the type of accentuation of character in the general sample group

Type of character accentuation	Average value
Hypertensive type	13±5,9
Excitable type	14,2±2,9
Emotive type	16,9±3,2
Pedantic type	11,4±5,7
Alarm type	11,6±5,8
Cyclotymic type	14,9±5,3
Demonstration type	10,8±3,3
Stuck type	10±5,3
Disty type	9,2±4,6
Exalted type	17,2±6,0

Table 2

The average values of the extent of coping strategies for the total sample group

Coping strategy	Average value
Confrontational coping	9,4± 4,80
Distance	11,2± 3,27
Self control	12,9± 4,77
Social Support Search	9,3± 4,25
Acceptance of responsibility	7,3± 2,38
Escape – Avoidance	13,1±± 5,03
Planning	11,8± 3,78
Positive reevaluation	12,8± 5,30

Summarising the statistical data processing, the following results were obtained:

Table 3

Correlation coefficients between the typology of character accentuation and coping strategies

Type of character accentuation	Type of coping strategies	Корреляционный показатель
Demonstration type	Confrontational coping	r=0,68
	Social Support Search	r=0,60
	Escape-Evasion	r=0,41
Stuck type	Confrontational coping	r=0,80
	Distancing	r=0,44
Hypertensive type	Confrontational coping	r=0,58
	Self control	r=0,52
	Acceptance of responsibility	r=0,74
Excitable type	Confrontational coping	r=0,80
	Distancing	r=0,44
Distymic type Exalted type	Distancing	r=0,75
	Self control	r=0,62
Emotive type	Problem Planning	r=-0,47
	Social Support Search	r=0,53
	Positive reevaluation	r=0,42
Pedantic type	Self control	p<0,05
Cyclotymic type	Distancing	r=0,21

Examinees with a pronounced demonstration type of character accentuation have a definite relationship with coping strategy, such as confrontational coping ($r = 0.68$). People with a predominance of such a coping strategy solve their problems through not always focused behavioral activity, the implementation of specific actions. Often a confrontation strategy is considered as non-adaptive, but with moderate use, it provides the individual's ability to resist difficulties, energy and susceptibility in solving problem situations, the ability to defend one's own interests. A correlation is determined in the examinees' behavior with a pronounced demonstration type of character accentuation and a coping strategy for the social support search ($r = 0.60$). People with a predominance of such a coping strategy solve problems by attracting external (social) resources, searching for informational, emotional and effective support. They are characterized by a focus on interaction with other people, the expectation of support, attention, advice, empathy, specific effective assistance. Another significant coping strategy in examinees' behavior with a pronounced demonstrative type of character accentuation is escape-avoidance ($r = 0.41$). People with a predominance of such a coping strategy overcome negative feelings due to difficulties by responding to the type of deviation: denial of the problem, fantasizing, unjustified expectations, distraction, etc. With a clear preference for avoidance strategies, infantile forms of behavior in stressful situations can be observed. Thus, we can conclude that people with a demonstrative type of character accentuation quite problematically cope with difficult life situations, and the supraliminal use of confrontational coping will allow people with this type of character accentuation to act most adaptively. Quite successfully, people in this category

use the social environment as a resource to overcome difficult life situations. It is also possible to say with certainty that a demonstrative type of character accentuation provides avoidance of difficult life situations, for example, the main aspect will be the denial of the problem. These results are confirmed by numerous studies.

In examinees' behavior with a pronounced stuck type of character accentuation, there is a correlation with confrontational coping and distancing ($r = 0.80$ and $r = 0.44$). People using distancing overcome negative feelings about the problem due to the subjective reduction of its significance and the degree of emotional involvement in it. They are characterized by the use of intellectual methods of rationalization, switching attention, detachment, humor, depreciation, etc. It can be said with certainty that people with a severity of a stuck type of accentuation of character will distance themselves from negative experiences and difficult life positions.

Examinees with a pronounced hypertensive type of character accentuation expressed a correlation with confrontational coping ($r = 0.58$), self-control ($r = 0.52$) and acceptance of responsibility ($r = 0.74$). For people with a coping strategy, self-control is ability to cope with negative experiences in connection with the problem through purposive quench and repression of emotions, minimizing their influence on the perception of the situation and choosing a behavior strategy, high control of behavior, and the desire for self-control. People using the coping strategy accepting of responsibility grant their role in the emergence of the problem and responsibility for its solution, in some cases with a distinct component of self-criticism and self-accusation. The severity of this strategy in behavior can lead to unjustified self-criticism and self-flagellation, feelings of guilt and chronic dissatisfaction with oneself.

In examinees' behavior with a pronounced excitable type of character accentuation, a correlation between confrontational coping and distance is expressed ($r = 0.80$ and $r = 0.44$).

In examinees' behavior with a pronounced distymic and exalted type of character accentuation, a correlation relationship with distance and self-control is expressed ($r = 0.75$ and $r = 0.62$).

In examinees' behavior with a pronounced emotive type of character accentuation, there is a negative correlation with the planning strategy for solving the problem ($r = -0.47$). People using this type of coping strategy overcome challenges through purposive analysis of the situation and possible behaviors, developing a strategy for resolving the problem, planning their own actions based on objective conditions, past experience and available resources. It is safe to say that people with a given typology of personality accentuation are not characterized by this behavior pattern. There is a positive correlation with the search for social support strategy ($r = 0.53$) and a positive reevaluation ($r = 0.42$).

Positive weak (low) correlation relationships ($p < 0.05$) between the pedantic type of character accentuation and self-control ($r = 0.27$), as well as between the coping strategy distance and cyclotemic type of character accentuation ($r = 0.21$) were espied.

Thus, the study emphasizes the dispositional nature of coping behavior and postulates that character accentuation is a serious personal characteristic that affects the choice of particular styling styles of coping strategies. The differences presented during the study emphasize the importance of personality characteristics on the coping strategy. In subsequent works developing this topic, it would be interesting to look at the problem from the perspective of the adaptive aspect of coping behavior, that is, to study extensively and systematically which character accentuations are most adaptive and how the situational factor affects the style of copying strategies of people with different typologies of character accentuation. This requires a change in the methodological complex. Continuation of research is also quite interesting in the aspect of studying the influence of character accentuations on various substantial characteristics of coping behavior, in particular on the resource sphere, etc.

Conclusion. As a result of the study, we can conclude that the demonstrative type of character accentuation is characterized by confrontational coping, the search for social support. A stuck typology of character accentuation is characterized by confrontational coping and distancing as a way to solve difficult life situations. A hypertensive type of character accentuation uses confrontational coping, self-control, and acceptance of responsibility as the leading ones. Excitable type of accentuation of a character use confrontational copying and distancing. A distymic and exalted type of character accentuation uses distancing and self-control. The emotive type of character accentuation uses the search for social support and positive reevaluation and does not use problem solving planning. The main prospects for further research are aimed at identifying the influence of coping behavior on the development of various personality characteristics: self-esteem, value orientations, locus of control, etc.

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