

## **Организационные и содержательные аспекты преподавания современной спортивной фармакологии и формирования мотивации к занятиям физической культурой студентов высших учебных заведений**

*В статье проанализированы основные организационные и содержательные аспекты преподавания современной спортивной фармакологии и подходы к исследованию проблемы формирования мотивации к занятиям физической культурой студентов высших учебных заведений. Дано определение понятиям "мотивация", "здоровье сберегающие технологии". Определены основные типы здоровье сберегающих технологий. Рассмотрены типологии мотивов, стили и типы мотивации к занятиям физической культурой. Определены критерии и уровни сформированности мотивации к занятиям физической культурой у студентов вузов.*

**Ключевые слова:** внутренняя мотивация, здоровый образ жизни, здоровье сберегающие технологии, внешняя мотивация, мотивация, самоконтроль, студенты вузов, потребности, физическая культура.

**Хунов Юрій Айдамирович** – доктор медичних наук, професор, професор кафедри здоров'я людини і фізичного виховання Східноукраїнського національного університету імені Володимира Даля, м. Сєвєродонецьк.

UDC 159.932.2

*Labeznaya L.P.*

## **COPING RESOURCES PERSON IN THE STRUCTURE OF ITS ADAPTIVE BEHAVIOR**

*This article analyzes the coping resources of the individual in the process of adaptation to difficult life situations. The analysis of research on coping behavior and psychological defense mechanisms. We consider personal resources (self-concept, internal locus of control, resources cognition, affiliation, empathy, a person's attitude toward life, death, love, faith, spirituality, motivational personality structure of values) and the resources of the social environment. It is shown that to coping resources include personality characteristics and social environments that enhance human resistance to stress. This personality structure, which helps the individual to cope with threatening circumstances that facilitate adaptation - personal energy capacity needed to solve a specific problem. Opened value for the adaptive behavior of the person these kinds of coping resources, both physical (health, stamina, etc.), mental (beliefs, self-esteem, locus of control, morality, etc.), Social (individual social networks and other social and support system).*

**Key words:** coping, coping strategies, coping resources, psychological defense mechanisms, coping behavior, adaptive behavior.

**Problem definition.** The increased pace of life, the rate of change of socio-economic conditions and increasing emotional, informational load and requirements for mental resources human acute is the problem of adaptation to personal and environmental interaction, prevention of stress and support necessary for the success of the level of mental and physical health. Complex multilevel system of human life provides ample opportunities to adapt to changing conditions. The ability to adapt is an essential feature of human and it reflects the flexibility and the relative stability of the biopsychosocial system. However, stress that is particularly long, can lead to a gradual depletion of adaptive resources of the individual and, consequently, violations of mental adaptation [2; 8; 9; 10; 17].

Potential to overcome stressful events reflected in the selection of successful or unsuccessful adaptive behavioral strategies, and the level of the repertoire of adaptive mechanisms are crucial for the effectiveness of both man and to preserve her mental well-being.

The mechanisms of psychological defense and mastery (coping behavior) are considered as the most important form of individual adaptive processes [1; 18; 20; 24]. For mastering difficult situations a person needs to tap its full potential.

Thus, coping resources as relatively stable characteristics of a person and stress (as hard life's situation), requiring a thorough study in which it is possible to activate the mechanisms of their strategies (coping strategies) based on actual personal experience and psychological reserves (personal resources or coping resources).

**Analysis of scientific research and publications.** For the first time the definition "coping" appeared in the psychological literature in 1962; L. Murphy applied it by studying how children overcome the crisis of development [33]. Four years later R. Lazarus in his book "Psychological Stress and Coping Process" ("Psychological stress and the process of overcoming") addressed to describe conscious coping strategies to overcome stress and other events which cause anxiety [26, p. 146].

More precisely coping-behavior is determined as follows: coping - it's "continuously variables kognitive and behavioral attempts to cope with specific external and / or internal requirements that are measured, as excessive or such that exceed resources of the person" [26, p. 149]. The authors emphasize that coping is a process that is always changing as the person and the environment form an inseparable, dynamic relationship and make each other mutual influence [27, p. 123].

As shown by Lazarus, it is argued that stress is a discomfort that is felt, when there is absent equilibrium between the individual perception requests of the environment and resources available for interaction with these requests. This individual assesses the situation as stressful or not. According to Lazarus and Folkmann, individuals assess for themselves the value of a potential stressor by comparing the queries with their own environmental assessment of resources that they have to deal with these same demands. [28]

Over time, the concept of "coping" was the reaction include not only "excessive or exceeding the requirements of human resources" but also of daily stress.

Contents of coping, thus, remained is the same: coping is what makes a person to cope with stress: person unites cognitive, emotional and behavioral strategies that are used, to cope with queries humdrum life. Thoughts, feelings and actions form coping-strategies that are used in varying degrees in certain circumstances. Thus, coping is a "cognitive and behavioral efforts used by individuals to deal with relationship man-environment" [25, p. 257].

It is emphasized that individual reactions to a stressful situation can be both random and spontaneous. Spontaneous reactions are those that are based on individual differences in temperament, as well as those acquired as a result of repetition and no longer require conscious control.

Psychologists dealing with problematic coping behaviors have different views on the effectiveness of coping strategies. If many theories considered that coping strategies in nature can be as productive, functional and unproductive, dysfunctional, there are authors in terms of an integral characteristic of coping behavior is its usefulness, they are determined to overcome as " adaptive actions targeted and potentially conscious "[8, p. 27].

An alternative view is that coping is not always productive, and its effectiveness depends on two factors: the responses and the context in which it is implemented coping [8, p. 30].

In modern psychological research [3; 5; 6; 9; 10] the concept of coping (coping behavior) covers a wide range of activity of the subject, from the unconscious psychological defenses and completing targeted ways to overcome problematic situations. This category is used to describe specific behaviors of the subject not only in emergencies but also in everyday activities. Psychological destination of coping behavior is the best possible approximation subject to the requirements of the situation by mastering or mitigate these desiderates, i.e. relieving stress exposure situation. The problem activates the adaptation possibilities, it is necessary to address the requirements of overdue. Urgent becomes the organizing principle according to which different features of the subject are actualized in the sequence, which is the only possible and necessary to resolve the external task.

Researchers of coping strategies are in an effort to organize and create a coherent classification distinguish several levels of generality that makes the individual to cope with stress: a coping action, coping strategies and coping styles. Coping action (what an individual feels, thinks or does) often grouped in coping strategy, in turn, are grouped in coping styles (eg, group policies, which is conceptually similar actions). For example, this style can be "Appeal to others." Sometimes the terms of coping and coping strategies used interchangeably, while coping style generally refer to actions or strategies that consistently used the individual to cope with stress. Other related terms - is coping tactics and coping resources [14, p. 76].

**The purpose of the article** is to identify and explore the coping resources of the individual as an integrated component behavior in adapting to difficult life situations.

**Analysis of scientific research and publications.** In theory of coping behavior the important role play coping mechanisms that determine the development of different forms of behavior and lead to adaptation or maladaptation of personality.

In the process of overcoming life situations person uses a large arsenal of active (coping strategies) and passive (defense mechanisms) strategies. They are the most important forms of adaptation processes and individual responses to stressful situations [19, p. 357].

As a result of theoretical and experimental studies it has been shown that in the process of mastering stress, each person uses their own strategies (coping strategies) on the grounds of own personal experience and psychological reserves (personal resources and coping resources). That is why stress mastering behavior has been perceived as a result of interaction between coping strategies and coping resources. Coping strategies are ways to manage stress factor that occurs as a response of the individual to the existing threat. Coping resources are relatively stable characteristics of people and stress that contribute to the development of ways of mastering them [25, p. 254].

Coping resources include personality's characteristics and social environment that increase stress man that is everything that involves the individual in order to learn. This personality patterns that help the individual cope with threatening circumstances, facilitate adaptation. First, it is general health and its important component that is personal energy potential, which is required to solve a particular problem. Also in the literature often refers to the following types of coping resources: physical (health, stamina, etc.), psychological (beliefs, self-esteem, locus of control, morality, etc.), social (individual social networks and other social-support system) and divide them into two types: personal and environmental resources.

Charles Taylor to personal resources includes high self-esteem, ease character (communication skills, advanced social skills) and religiosity [29, p. 127]. External resources include sufficient physical capacity (availability of money and time), availability of social support, education, and lifestyle in general. Some of these factors repealing stressor, others reduce it. By coping resources also include: cognitive sophistication that allows to evaluate the influence of the social environment that surrounds a person, an idea man about themselves (self-concept), the ability to control your life, take responsibility for it (internal locus of control), the ability to communicate with people, of social competence, the desire to be with people (Affiliation), the ability to empathize with others, to live with them for a period of their lives, while building up their own experience (empathy), the position of man in relation to the death, love, loneliness, faith, spirituality, faith in God, etc., value-motivational personality structure. Resources and social environment determine human behavior. These are: social support system is the environment in which man lives (family, society).

Social support for this is a very powerful coping resource that mitigates the impact of stressors, thereby preserving individual well-being.

The concept of "empathy", introduced in the psychology of E. Titchener, means understanding the emotional state and feelings of another person. There are emotional empathy, which is based on the mechanisms of projection and imitation of motor and affective reactions of another person, cognitive empathy, which is based on intelligent processes such as comparison, analogy, etc. predicative and empathy, which manifests itself as the ability of man to predict other affective reactions to specific situations.

Empathy is one of the most important resources in overcoming problems and emotional stress. Developed skills of empathy-based altruistic motivation to overcome the stress and own and assist in overcoming distress to someone empathize. Poor skills of empathy defines a situation of chronic distress choices based on selfish motivations emotional responses aimed primarily at maintaining their own well-being, their own emotional stress reduction [23, p. 137].

Another important coping resource person is affiliation, which is closely linked to empathy and is defined as the human desire to be in the company of other people. This tendency increases in situations that are valued as an individual that threaten its well-being in stressful situations.

Loss of affiliation evokes feelings of loneliness, alienation, creates and deepens stress.

According to R. Nemov affiliation motive usually manifests as a desire to establish a good person, emotionally positive relationships with people. Internally or psychologically Affiliation serves as a sense of affection, loyalty, and externally - in communication skills, in an effort to cooperate with others, always be with them. As an opposite motive affiliation motive acts exclusion, which manifests itself in shyness be missed, annexations important people [16, p. 61].

According to the study, S.A. Hill, low affiliative human needs reduce the effectiveness of social support. Affiliative need is a tool orientation in interpersonal contacts and regulates emotional, informative, friendly and material social support by building more or less effective relationships [28].

Coping resources which are to help cope with stressful situations include: personal resources (self-concept; internal locus of control, cognitive resources, affiliation, empathy, human attitude towards life, death, love, faith, spirituality, motivational structure of values individual) and the resources of the social environment (the environment in which man lives, as well as its ability to find, take and give social support).

The idea of man about himself or self-concept, in the process of growing up to be replaced by a new age appropriate features. In terms of the formation of adaptive mechanisms should be considered self-concept as an important personal resource. The process of formation of self-concept and other psychological mechanisms of adaptation to the social environment carried out in parallel, making a pronounced influence on each other. Self-concept is constructed as if the formation reflects as age and individual characteristics and is included in many connections and relationships with other phenomena of human development [25, p. 258].

Internal locus of control, or the ability to control their lives and take responsibility for it, is a personal resource upon which formed adaptive behavior. It is from this resource depends of choices to adapt to social environment and lifestyle rights.

According to D. Rottera (author of the concept), subjective control, and locus of control is "a degree of people's perception of events related to or from their own behavior (internal locus of control) or from other people, fate, luck (external locus of control ) "and interpreted as" degree of understanding human causal relationship between their own behavior and achieving desired. " It is shown that people with an internal locus of control exhibit greater cognitive activity, effectively overcoming stress and exhibit a higher level of social adaptation, the "externalities."

Capabilities to assess the effect of social environment and their own behavior are closely related to the cognitive development of humans. It is based on changes in self-concept and formation of mature thinking. Cognitive development affects the formation of coping skills and interpersonal, communication efficiency. Inflexibility and limited behavioral strategies in childhood in most cases, are adequate changing creative and empathic skills in the adult period. Self-esteem, self-effectiveness that are a product of cognitive processes, creating an opportunity to adequately respond to stressful situations and cope with them [24, p. 49].

Social support - information that leads people to believe that she is loved, valued, cared about her, she is a member of a social network and with it a mutual obligation. Social support is defined as the exchange of resources between different number of people, at least two - donor support and its recipient (beneficiary) and is a function of social networks that characterize the social environment of the individual.

Networks of social support is a structure that can provide individual assistance. They include a variety of relationships between people, promoting health maintenance.

People who receive an effective social support from family, friends and significant for them as people and social communities have stronger health easier to cope with stress, resistant to disease development, as an important role in overcoming stressful and problematic situations plays a supportive social process involving three links:

1) the ability of the individual to find people willing to assist him is search for social support;

2) the presence of structures that can provide support (family members, friends, significant others, members of social organizations, etc.) is a network of social support;

3) The ability to accept help from others is the perception of social support [17, p. 143].

There are several types of social support: Emotional or intimate - caring for others, trust and empathy to him; Instrumental or material - helping colleagues, financial support, provision of resources; Information - assistance in solving the

problem by offering relevant information, advice, Feedback and support in the form of assessment - assessment of the following problems.

Components of social support include: Structure (marital status, number of friends, relationships with relatives, members of formal and informal organizations, etc.); Function (emotional, evaluation, information, resource); Effect (satisfaction with support).

Social support mitigates the effect of high intensity stress, acts as a buffer between stressors and man. High social support neutralizes the negative effects of high intensity stress and maintains health. Low social support during stress of high intensity does not buffer effect, which leads to poor health.

Social support helps in eliminating stress in three ways: by increasing self-esteem, with the help of others to change the stressful situation, to include assessment of significant other in your system, changing the emotional response to stress factors and allows you to see the situation "different eyes". S. Kohen and S. Saym believe that social support reduces the negative effects of stress and increases positive by increasing self-esteem, increased strength of the immune system, resulting in reduced susceptibility to disease [3, p. 28].

The phenomenon of social support and its impact on the individual's adaptation to stressful is a subject of many studies.

**Conclusions.** In this study the following questions were discussed and the following conclusions are provided. Coping acts as a dynamic process, which is determined by the experience of subjectivity situation and many other factors. Psychological overcoming defined as cognitive and behavioral efforts of the individual to reduce the impact of stress. As part of its psychological adaptation model provided by means of personal and environmental interactions which occur in the individual trends are updated in stressful situations on cognitive, emotional and behavioral levels of personality (coping-behavior). Most researchers hold a single classification methods of mastering stress: coping strategies that impact on the situation, cognitive strategies to reassess the situation, and efforts to remove emotional tension. Thus, coping behavior is a strategy of action that a person uses in situations of psychological threat of physical, personal and social well-being, carried out in the cognitive, emotional and behavioral functioning of the individual areas and leading to successful or less successful adaptation. In our opinion, coping behavior - is, on the one hand, individual personal stand structure (disposition), i.e. a set of specific, relevant to individual personality characteristics and emotional and dynamic properties of the individual options (methods) and behavioral responses to stressful situations. On the other hand a wide range (repertoire) of various coping strategies that a person can manipulate (use) depending on external conditions, operating conditions and individual goals. The more active and varied selection is, the higher its adaptive capacity and is more successful psychological adaptation individual. All this suggests that psychological adaptation mechanisms are closely related to individual-typological characteristics of the individual (adaptive resource or coping resources), as formed on the basis of

typological characteristics and patterns of emotional and dynamic personality. In combination with the accumulated experience of the individual student-defined interaction psychological characteristics are, ultimately, the adaptation potential of the individual. To overcome difficult situations person needs to use its full potential. The probability of psychological stress depends on the personality traits that determine degree of resistance to stress. Similar traits that increase resources confrontation stressful situations referred to as a sense of coherence, "stress" or "personal endurance", understood as the potential ability of active coping [1, p. 18]. Resources of personality largely determine the ability to build an integrated behavior, allowing even in frustration, mental tension preserve the stability of the selected courses, proportional to consider their own needs and demands of the environment, to relate immediate results and dismissed the consequences of certain actions.

#### Literature

1. Абабков В.А. Защитные психологические механизмы и копинг: анализ взаимоотношений / В.А. Абабков // Актуальные проблемы клинической психологии и психофизиологии: Материалы научно-практической конференции «Ананьевские чтения-2004» / Под ред. Л.А. Цветковой. – СПб.: Изд-во СПбГУ, 2004. – С.14-22.
2. Александровский Ю.А. Состояния психической дезадаптации и их компенсация / Ю.А. Александровский. – М.: Наука, 1976. – 272 с.
3. Андреева Г.М. Психология социального познания / Г.М. Андреева. – М., 2000. – 37 с.
4. Андреева Г.М. Социальная психология / Г.М. Андреева. – М., 1999. – 91 с.
5. Анцыферова Л.И. Психология повседневности: жизненный мир личности и "техники" ее бытия / Анцыферова Л.И. // Психологический журнал. – 1993. – №2. – С. 3-16.
6. Анцыферова Л.И. Личность в трудных жизненных условиях: переосмысливание, преобразование ситуаций и психологическая защита / Л.И. Анцыферова // Психологический журнал. – 1994. – №1. – С. 3-19.
7. Беличева С.А. Словарь-справочник по социальной работе / С.А. Беличева. – М., 1997. – 417с.
8. Березин Ф.Б. Психическая и психофизиологическая адаптация человека / Ф.Б. Березин. – Л.: Наука, 1988. – 270 с.
9. Вассерман Л.И. Факторы риска психической дезадаптации у педагогов массовых школ: методич. пособие / Л.И. Вассерман, М.А. Березин // Психоневрологический институт им. В.М. Бехтерева. – СПб., 1997. – 52 с.
10. Вассерман Л.Л. и др. Психологическая диагностика индекса жизненного стиля: Пособие для врачей и психологов. – СПб., 1999. – 164 с.
11. Вишневский В.А. Клинические особенности депрессивного развития личности / Вишневский В.А. // Журн. неврологии и психиатрии. – 1989. – № 12. – С. 73-78.

12. Волкова Н.В. Coping strategies как условие формирования идентичности / Н.В. Волкова // Мир психологии. – 2004. – №2. – С. 119-124.
13. Карвасарский Б.Д. Копинг-поведение у больных неврозами и его динамика под влиянием психотерапии. – СПб., 1999. – 72 с.
14. Келли Дж. Психология личности: теория личностных конструктов / Дж. Келли. – СПб, 2000. –98 с.
15. Каррье Р. Как справиться с потерей работы – М., 1995. –147 с.
16. Леонтьев Д.А. Личностное в личности: личностный потенциал как основа самодетерминации / Д.А. Леонтьев // Ученые записки кафедры общей психологии МГУ им. М.В.Ломоносова. Вып. 1 / Под ред. Б.С.Братуся, Д.А.Леонтьева. – М.: Смысл, 2002. – С. 56-65.
17. Меерсон Ф.З. Адаптация, стресс и профилактика / Ф.З. Меерсон. – М.: Наука, 1981. – 278 с.
18. Пельцман Л. Стрессовые состояния у людей, потерявших работу / Л. Пельцман // Психологический журнал. – 1992. – №1. – С. 126-130.
19. Прайс Р. Ситуации риска // Психология социальных ситуаций. Хрестоматия. / Сост. и общая редакция Н.В. Гришиной. – СПб.: Питер. – 2001. – С. 354-363.
20. Психотерапевтическая энциклопедия / Под общ. ред. Б.Д. Карвасарского. – СПб.: Питер Ком, 1998. – 743 с.
21. Роджерс К. Взгляд на психотерапию. Становление человека / К. Роджерс. – М., 1994. – 480 с.
22. Роджерс К. Консультирование и психотерапия / К. Роджерс. – Новейшие подходы в области практической работы. – М., 1999. – 464 с.
23. Сергиенко Е.А. Когнитивная репрезентация в раннем онтогенезе человека / Е.А. Сергиенко // Ментальная презентация: динамика и структура. – М.: Ин-т психологии РАН, 1998. – С. 135-162.
24. Ташлыков В.А. Личностные механизмы совладания (копинг-поведение) и защиты у больных неврозами в процессе психотерапии / В.А. Ташлыков // Медико-психологические аспекты охраны психического здоровья. – Томск, 1990. – С. 60-61.
25. Ткачук Т.А. Копінг-стратегії та копінг-ресурси у структурі копінг-поведінки індивіда. Актуальні проблеми психології / Т.А. Ткачук //Збірник наукових праць Інституту психології ім. Г.Костюка АПН України. Том 7. Випуск 14. –К., 2008. – С 255–260.
26. Lazarus R.S. Cognitive and coping processes in emotion / Stress and coping. N.Y. Columbia Univ. press, 1977. – P. 144 – 157.
27. Lazarus R. S. Stress appraisal and coping. - N.Y.: Springer, 1984. – P. 22 – 46.
28. Lazarus R. Psychological stress and the coping process. - N.Y.: McGraw-Hill, 1966.

29. Taylor R.D. Influence of kinship social support on the parenting experience and psychosocial adjustment of African-American adolescents // *Dev.Psychol.* - 1993. - N2. -P. 382-388.

### References

1. Ababkov V.A. Zashhitnye psihologicheskie mehanizmy i koping: analiz vzaimootnoshenij / V.A. Ababkov // Aktual'nye problemy klinicheskoy psihologii i psihofiziologii: Materialy nauchno-prakticheskoy konferencii «Anan'evskie chtenija-2004» / Pod red. L.A. Cvetkovej. – SPb.: Izd-vo SPbGU, 2004. – S.14-22.
2. Aleksandrovskij Ju.A. Sostojanija psihicheskoy dezadaptacii i ih kompensacija / Ju.A. Aleksandrovskij. – M.: Nauka, 1976. – 272 s.
3. Andreeva G.M. Psihologija social'nogo poznanija / G.M. Andreeva. – M., 2000. – 37 s.
4. Andreeva G.M. Social'naja psihologija / G.M. Andreeva. – M., 1999. – 91 s.
5. Ancyferova L.I. Psihologija povsednevnosti: zhiznennyj mir lichnosti i "tehnik" ee bytija / Ancyferova L.I. // Psihologicheskij zhurnal. – 1993. – №2. – S. 3-16.
6. Ancyferova L.I. Lichnost' v trudnyh zhiznennyh uslovijah: pereosmyslivanie, preobrazovanie situacij i psihologicheskaja zashhita / L.I. Ancyferova // Psihologicheskij zhurnal. – 1994. – №1. – S. 3-19.
7. Belicheva S.A. Slovar'-spravochnik po social'noj rabote / S.A. Belicheva. – M., 1997. – 417s.
8. Berezin F.B. Psihicheskaja i psihofiziologicheskaja adaptacija cheloveka / F.B. Berezin. – L.: Nauka, 1988. – 270 s.
9. Vasserman L.I. Faktory riska psihicheskoy dezadaptacii u pedagogov massovyh shkol: metodich. posobie / L.I. Vasserman, M.A. Berebin // Psihonevrologicheskij institut im. V.M. Behtereva. – SPb., 1997. – 52 s.
10. Vasserman L.L. i dr. Psihologicheskaja diagnostika indeksa zhiznennogo stilja: Posobie dlja vrachej i psihologov. – SPb., 1999. – 164 s.
11. Vishnevskij V.A. Klinicheskie osobennosti depressivnogo razvitija lichnosti / Vishnevskij V.A. // Zhurn. nevrologii i psichiatrii. – 1989. – № 12. – S. 73-78.
12. Volkova N.V. Coping strategies kak uslovie formirovanija identichnosti / N.V. Volkova // Mir psihologii. – 2004. – №2. – S. 119-124.
13. Karvasarskij B.D. Koping-povedenie u bol'nyh nevrozami i ego dinamika pod vlijaniem psihoterapii. – SPb., 1999. – 72 s.
14. Kelli Dzh. Psihologija lichnosti: teorija lichnostnyh konstruktov / Dzh. Kelli. – SPb, 2000. –98 s.
15. Karr'e R. Kak spravit'sja s poterej raboty – M., 1995. –147 s.
16. Leont'ev D.A. Lichnostnoe v lichnosti: lichnostnyj potencial kak osnova samodeterminacii / D.A. Leont'ev // Uchenye zapiski kafedry obshej psihologii MGU

- im. M.V.Lomonosova. Vyp. 1 / Pod red. B.S.Bratusja, D.A.Leont'eva. – M.: Smysl, 2002. – S. 56-65.
17. Meerson F.Z. Adaptacija, stress i profilaktika / F.Z. Meerson. – M.: Nauka, 1981. – 278 s.
18. Pel'man L. Stressovye sostojanija u ljudej, poterjavshih rabotu / L. Pel'man // Psihologicheskij zhurnal. – 1992. – №1. – S. 126-130.
19. Prajs R. Situacii riska // Psihologija social'nyh situacij. Hrestomatija. / Sost. i obshhaja redakcija N.V. Grishinnoj. – SPb.: Piter. – 2001. – S. 354-363.
20. Psihoterapevticheskaja jenciklopedija / Pod obshh. red. B.D. Karvasarskogo. – SPb.: Piter Kom, 1998. – 743 s.
21. Rodzhers K. Vzgljad na psihoterapiju. Stanovlenie cheloveka / K. Rodzhers. – M., 1994. – 480 s.
22. Rodzhers K. Konsul'tirovanie i psihoterapija / K. Rodzhers. – Novejschie podhody v oblasti prakticheskoj raboty. – M., 1999. – 464 s.
23. Sergienko E.A. Kognitivnaja reprezentacija v rannem ontogeneze cheloveka / E.A. Sergienko // Mental'naja prezentacija: dinamika i struktura. – M.: In-t psihologii RAN, 1998. – S. 135-162.
24. Tashlykov V.A. Lichnostnye mehanizmy sovladanija (koping-povedenie) i zashhity u bol'nyh nevrozami v processe psihoterapii / V.A. Tashlykov // Mediko-psihologicheskie aspekty ohrany psihicheskogo zdorov'ja. – Tomsk, 1990. – S. 60-61.
25. Tkachuk T.A. Koping-strategii ta koping-resursi u strukturi koping-povedinki individa. Aktual'ni problemi psihologii / T.A. Tkachuk // Zbirnik naukovih prac' Institutu psihologii im. G.Kostjuka APN Ukraïni. Tom 7. Vipusk 14. –K., 2008. – S 255–260.
26. Lazarus R.S. Cognitive and coping processes in emotion / Stress and coping. N.Y. Columbia Univ. press, 1977. – P. 144 – 157.
27. Lazarus R. S. Stress appraisal and coping. - N.Y.: Springer, 1984. – P. 22 – 46.
28. Lazarus R. Psychological stress and the coping process. - N.Y.: McGraw-Hill, 1966.
29. Taylor R.D. Influence of kinship social support on the parenting experience and psychosocial adjustment of African-American adolescents // Dev.Psychol. - 1993. - N2. -P. 382-388.

**Лабезна Л.П.**

### **КОПІНГ-РЕСУРСИ ОСОБИСТОСТІ В СТРУКТУРІ ЇЇ АДАПТИВНОЇ ПОВЕДІНКИ**

*Стаття присвячена аналізу копінг-ресурсів особистості в процесі адаптації до важких життєвих ситуацій. Зроблено аналіз наукових досліджень з питань копінг-поведінки та механізмів психологічного захисту. Розглянуто особистісні ресурси (Я-концепція, інтернальний локус контролю; ресурси когнітивної сфери; афіліція; емпатія; позиція людини по відношенню до життя,*

смерті, любові, віри; духовність; ціннісна мотиваційна структура особистості) і ресурси соціального середовища. Показано, що до копінг-ресурсів належать характеристики особистості і соціального середовища, які підвищують стресостійкість людини. Це особистісні структури, які допомагають індивіду впоратися із загрозливими обставинами, полегшують адаптацію - особистісний енергетичний потенціал, необхідний для розв'язання конкретної проблеми. Розкрито значення для адаптивної поведінки особистості таких видів копінг-ресурсів, як-то: фізичні (здоров'я, витривалість і т.д.), психологічні (переконання, самооцінка, локус контролю, мораль та ін.), соціальні (індивідуальні соціальні зв'язки та інші соціально-підтримуючі системи).

**Ключові слова:** копінг, копінг-стратегія, копінг-ресурси, механізми психологічного захисту, копінг-поведінка, адаптивна поведінка.

**Лабезная Л.П.**

#### **КОПИНГ-РЕСУРСЫ ЛИЧНОСТИ В СТРУКТУРЕ ЕЕ АДАПТИВНОГО ПОВЕДЕНИЯ**

Статья посвящена анализу копинг-ресурсов личности в процессе адаптации к трудным жизненным ситуациям. Сделан анализ научных исследований по вопросам копинг-поведения и механизмов психологической защиты. Рассмотрены личностные ресурсы (Я-концепция, интернальный локус контроля; ресурсы когнитивной сферы; аффилиация; эмпатия, позиция человека по отношению к жизни, смерти, любви, вере, духовность; ценностная мотивационная структура личности) и ресурсы социальной среды. Показано, что к копинг-ресурсам относятся характеристики личности и социальной среды, которые повышают стрессоустойчивость человека. Это личностные структуры, которые помогают индивиду справиться с угрожающими обстоятельствами, облегчают адаптацию - личностный энергетический потенциал, необходимый для решения конкретной проблемы. Раскрыто значение для адаптивного поведения личности таких видов копинг-ресурсов, как физические (здоровье, выносливость и т.д.), психологические (убеждения, самооценка, локус контроля, мораль и др.), социальные (индивидуальные социальные связи и другие социально-поддерживающие системы).

**Ключевые слова:** копинг, копинг-стратегия, копинг-ресурсы, механизмы психологической защиты, копинг-поведение, адаптивное поведение.

**Лабезна Лариса Петрівна** – аспірант кафедри практичної психології та соціальної роботи Східноукраїнського національного університету імені Володимира Даля, м. Северодонецьк.