

MODERN DIRECTIONS OF PSYCHOLOGICAL RESEARCH OF COPING STRATEGIES

Vitaliia Shebanova
Doctor of Psychology,
Associate Professor, Professor of the Department of Practical Psychology

E-mail: vitaliashebanova@gmail.com

orcid.org/0000-0002-1658-4691

Researcher ID: D-2740-2019

Kherson State University, Ukraine, University street, 27, Kherson, 73000

Halyna Didenko
Postgraduate Student of the Department of Practical Psychology

E-mail: galaktika018@gmail.com

orcid.org/0000-0002-0763-1855

Kherson State University, Ukraine, University street, 27, Kherson, 73000

The article investigates the topical problem of coping-behavior as a complex of conscious adaptive actions that favour the overcoming of internal discomfort in the ways that correspond to individual features and actual situation. The essence of the problem of overcoming complex life circumstances by a person (death of a loved one, illness, break of meaningful relationships, forced change of place of residence, etc.) is considered in the context of using coping strategies by the individual.

The theoretical analysis of contemporary Ukrainian and foreign studies on coping behavior is conducted. The theoretical analysis on the problem of adaptation and overcoming difficult life circumstances by the individual is carried out. Different scientific researches on coping strategies are presented, features of overcoming behavior in various aspects of a person's life are described.

The analysis of contemporary studies of coping behavior has allowed us to determine that copings in general are changeable processes. It is found that stable coping patterns form coping strategies, or personal styles.

It is determined that scientific concepts concerning «coping strategies» and «protective mechanisms» have been developed in various psychological schools. It is generalized that understanding of coping as arbitrary and perceptible is the

criterion for distinguishing these concepts, while mechanisms of psychological protection are attributed to an unconscious character.

It is established that negative consequences of experiencing difficult life circumstances can be somewhat mitigated and leveled by adaptive strategies for overcoming stress. It is determined that modern studies of coping behavior are mainly devoted to the clarification of its manifestations, types and interconnections with various factors such as age, social, professional, family, etc. It is generalized that the wider the range of coping strategies used by a person, the higher is his welfare and more varied are vectors of his life-design.

Carrying out more profound theoretical analysis of coping behavior and the peculiarities of its manifestation in people with different traumatic experiences is the prospect of further researches.

Key words: adaptation, overcoming behavior, protective mechanisms, concepts, coping behavior, coping strategies, overcoming, overcoming difficulties, stress.