

## COPING BEHAVIOR AND ITS RESEARCH STYLE

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**Abstract:** This article focuses on the selection and study of coping behavioral criteria in stressful situations and analyzes the theoretical and methodological concepts of stress management. The article also argues that each criterion to some extent serves to reveal one or another aspect of coping behavioral potential in the adolescent.

**Keywords:** Criteria, indicator, control, reflection, character, strategy, person, affect, behavior, adolescent, scale, stress, diagnosis, extroversion, introversion

### Introduction:

It should be noted that each study is conditionally accepted by one or another criterion in order to draw appropriate conclusions by conducting a scientific analysis of its results. This means that the goals, objectives and scientific conclusions of the research are revealed using the same accepted criteria. According to the topic, in order to demonstrate the scientific significance of our research, a method of selecting and researching criteria that reveal the process of coping with stress that is characteristic of adolescents was identified.

Our study showed that each selected criterion or style serves to reveal one or another aspect of the dynamics of coping behavioral indicators that are characteristic of a group of adolescents.

### Discussion:

According to our research, we move on to a brief description of the selection of each criterion and the research method:

1. According to research, any coping behavior is related to the phenomenon of personality, which includes the concept of "I", locus control, reflection, empathy and others. The composition of the coping behavioral personality phenomenon all together constitutes stable personality traits, and these processes shape traits such as socialization, behavioral management, and all internal approval or disapproval in the individual. It should be noted that the naming of a person's character has a significant impact on the sorting of strategies they use to eliminate an unpleasant event, and the outcome of the activity will be similar. It is for this reason that one of the characteristics of a person has led him to begin to interpret the concept of "overcoming life's difficulties".

Hence, the strategy chosen accordingly affects not only the successful or unsuccessful overcoming of the situation, but also the individual's achievement of the intended success. Based on the above issues, the first criterion for the analysis of indicators of coping behavioral strategies in adolescents was selected to study the issue of "Coping behaviors in adolescents". The method of determining this criterion was developed in accordance with the requirements of the scales of Lazarus' ability to cope with stress. Through these criteria, each adolescent's strategies for confrontational

coping, distance maintenance, self-monitoring, seeking social support, acceptance of responsibility, escape points, problem-solving planning, and positive assessment strategies are identified. The strategies of these indicators will also be analyzed in accordance with the research requirements.

2. In the study, the method chosen as the second criterion for assessing coping behavior in adolescents was the Coping Behavior Scale in this Stressful Situation. This criterion was selected in accordance with the requirements of the scale of S. Norman, D.F. Endler, D.A. James, M.I. Parker (adapted version of T.A. Kryukova).

The results of the study show that these criteria can be used to assess the extent of perceptions related to coping behaviors related to coping strategies in stressful situations in adolescents. The formation of these perceptions was found to depend on the solution of the task noted on the S. Norman, D.F. Endler, D.A. James, M.I. Parker scale. In particular, coping focused on emotion and avoidance, i.e., (a) rejection within the escape scale, distraction subgroup, b) social distraction subgrade within the escape scale, was found to be directly related to the extent to which these qualities are manifested.

3. The third criterion for assessing coping behavior in adolescents was selected as the "Diagnosis of stress management behavior" methodology ("Indicator of Stress Management Strategy").

First of all, it should be noted that the methodology for the study of basic coping strategies "Indicator of stress management strategies" was developed in 1990 by D. Amirkhan. In essence, the methodology consisted of 33 questionnaires that identified basic coping strategies, reflecting short-term self-assessment-based stress-coping behaviors. D. Amirkhan's coping responses to various specific stressful situations in a three-step factor analysis:

- 1- problem solving,
- 2- Expect social support,
- 3- Identifies basic coping strategies such as problem avoidance.

Based on the above, depending on which of these areas is typical for this or that adolescent, it will be possible to develop appropriate scientific recommendations on ways to overcome the problem by identifying the manifestations of coping behaviors in stressful situations in that adolescent.

## **Results:**

Based on the above research, it is expedient to give the following results:

The fourth criterion for determining coping behavioral indicators in adolescents includes determining the dynamic characteristics of the individual (extroversion, introversion) and the degree of its impact on coping behavioral indicators. In this regard, Ayzenk's method of "identification of personality traits" is used as a basis. In particular, traits that are evident in adolescent behavior or stressful situations (extroversion, introversion, neuroticism, emotional instability, emotional instability) are seen as coping behavioral possibilities.

The results of the study show that the existing dynamic characteristics in adolescents are also determined by their ability to seriously control their emotional world. For example, in the teachings of the research scientist Diomond, this feature is considered to be at the level of activity and in many ways - the excess of emotion. The scientist G. Ayzenk also explains this feature through the



concepts of extroversion - introversion and neuroticism. In V.D. Nebylitsyn, this problem is studied as a source of psychophysiological activity. According to the content of V.S. Merlin's works, it is emphasized that each dynamic feature of a person or temperament has a positive effect on the efficiency of work in certain conditions. According to the scientist, the same trait itself can have a negative impact on its social effectiveness, making it difficult to adapt to work in other conditions. For example, the excitability of attention on the one hand makes it easier to choose the right path in new conditions, and on the other hand, the stimuli cause these distractions. Of course, as a result, the adolescent's self-esteem is subject to a certain degree of influence on the system of psychological protection from certain failures. Hence, it is important to study whether this effect is "adequate" or "inadequate".

### **Conclusion**

In short, it is important to study coping behaviors in stressful situations, based on each individual trait level (low, medium, high) that is manifested in the adolescent personality. Thus, the selection and study of indicators of this criterion serves to reveal the empirical potential of the study.

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