

BASIC STRATEGIES FOR COPING BEHAVIOR IN ADOLESCENTS

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Abstract: This article analyzes the problem of adequate resolution of coping behavior in difficult life situations (or stress) based on the individual's perceived strategic actions of the subject based on specific social behavior. The article also considers coping strategies in the approach as a separate element of perceived social behavior, with the help of which a person can overcome a difficult situation in life.

Keywords: Behavior, strategy, emotion, situation, encouragement, function, environment, reaction, mental disorder, development, stress

Introduction:

Coping behavior is a conscious behavior that is geared toward active change and, if it is not possible to control the situation, radically changes it, i.e., either keeps it under control, or becomes accustomed to it. According to the study, most experts in the field of coping behavior point out that the acceleration of this process coincides precisely during adolescence and adolescence.

Discussion:

First of all, it should be noted that coping strategies in adolescents, just like in adults, are manifested mainly in behavioral, emotional and cognitive ways. There are no changes in the intellectual sphere of the individual, but there are differences in the protective strategies of coping between adults and children.

Researcher V.V. Lebedinsky points out that the age norm for children and adolescents is 12 years, which is a period of emotional sensitivity to life's "resistance". Children and adolescents mostly choose the emotional way to deal with stress. The sharpening of a person's emotional characteristics depends on his character traits. Children use emotions in unpleasant life situations: when I am sad ("crying"), when I am angry ("worrying, screaming") or in affect completely ("I am going crazy"), all of this is normal for children.

According to I.M. Nikolsky and R.M. Granovsky in the book "Psychological protection in children", "...emotional coping strategies occur in inadequate situations in a variety of situational views, a protest that leads from grief to anger, anger or recorded optimism is confidence in overcoming a difficult situation. Sometimes grief is replaced by a sense of self-blame, self-loathing intensifies, and sometimes the opposite. It also participates in a passive direction when all intense emotional reactions are completely rejected and all responsibility is removed from oneself and imposed on someone (this is where the projection protection type begins to emerge)".

It should be noted that the emergence of behavioral strategies occurs through changes in their activities or by changing their form. For example, we can observe a situation when the trauma goes beyond the scope of the situation (alone, calm) or when the type of intensity changes from mental to physical (sports, rotation). Another group is considered to be one of the most common methods among adolescents - to avoid difficulties, to communicate with their partner and peers. Adolescents can actively change their direction to seek encouragement (to those who hear and understand them).

Infantile strategy helps effectively during early adolescence. Examples are “biting the nail”, “going crazy” and so on. In older adolescents, it is manifested in the form of “worship” and “hug, grumble, flatten”. All this is a teenage enthusiasm associated with the young stage, on the basis of which lies the need for physical contact, such as manipulation, tempering. “Worship” is the function of seeking God’s blessing and protection in a way that is deeply understood by the omnipotent Creator by turning to God.

In our study, one of the proponents of the biographical-descriptive approach, H. Tome, developed a category of systems using forms of reaction to conflict and complexity in young people (12–22 years of age). Among the leading factors among these factors are the factor of “success”, “counter-action, opposition”, “adaptation to the demands of the situation and the needs of the environment” and the search for support from social relations.

It should be noted that rare reactions have also been identified during adolescence, in which the “blame” is directed at oneself or the environment. So, there are such things as “psychosomatic reaction”, “fun” and “inner distance”. In particular, the author uses his right to note that these factors are reflected in the socio-economic, historical, medical and other situations, subject to the “hierarchy of reactions”.

In addition to his research, M. Tishkovy believes that the response to overcome a negative situation in adolescents is a protest reaction. In doing so, the adolescent symbolically moves away from the extreme situation or tries to take an optimal approach by drawing a constructive conclusion from a previous failure.

Another specific response to psychologically threatening situations is a form of child ritualism. This mental disorder can be expressed through the symptom of a besikast manifestation or in the form of a perceived constructive strategy of behavior.

Basic facts and scientific research on coping strategies in adolescence are presented by N.A. Sirota, V.M. Yaltonsky, N.M. Likoviy. During adolescence, the individual’s specific style of coping with stress is not yet fully formed. Their stress management strategies are implemented not through an existing solution to the situation, but through methods suggested by those around them. For this reason, the teenager is still unable to choose which of them to prefer.

It is also important to note that in the adolescent development trend, the orientation strategy will be more focused on social assistance search strategies or escape strategies. This figure poses a risk situation to the entire adolescent population of adolescents. Adolescents face certain conditional limits during this period of development. As a result, if the coping behavior vector changes rapidly toward adaptive behavior and the slight shift is reversed, subordinate behavior can be formed. Therefore, the development of adolescent social adaptation is facilitated by the obvious need for external support, the strengthening of personal resources in place.

The authors note that the study of coping strategies in adolescents is primarily an emotionally oriented form of coping. The use of psychologically constructive strategies is rare at this age.

Intellectual strategy, on the other hand, develops theoretically in adolescents, which in turn leads to abstract-logical thinking.

Results:

According to the study, it was found that in adulthood, a person uses a clear mechanism for overcoming internal stresses, and this method is always used by adults as well. For example, through a person’s creative products (reading a book, listening to music, going to the movies, etc.) or through their own creative approach (writing poetry, singing, drawing). Slowly the teenager begins to meditate and logically observe it, rather than avoiding a difficult situation. Sometimes in interpersonal relationships among his peers, the teenager wants to argue about the most difficult complexities of different colors and thereby solve some of his problems.

Conclusion:

In conclusion, a teenager often rushes to an addictive behavioral strategy when looking for a means of protection from tension, discomfort, stress, and so on.

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