Міністерство освіти і науки України Сумський державний університет Факультет іноземної філології та соціальних комунікацій



ВСЕУКРАЇНСЬКА НАУКОВА КОНФЕРЕНЦІЯ



## СОЦІАЛЬНО-ГУМАНІТАРНІ АСПЕКТИ РОЗВИТКУ СУЧАСНОГО СУСПІЛЬСТВА

27-28 квітня 2023 року

Матеріали

## МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ СУМСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФАКУЛЬТЕТ ІНОЗЕМНОЇ ФІЛОЛОГІЇ ТА СОЦІАЛЬНИХ КОМУНІКАЦІЙ



### СОЦІАЛЬНО-ГУМАНІТАРНІ АСПЕКТИ РОЗВИТКУ СУЧАСНОГО СУСПІЛЬСТВА

МАТЕРІАЛИ Х ВСЕУКРАЇНСЬКОЇ НАУКОВОЇ КОНФЕРЕНЦІЇ СТУДЕНТІВ, АСПІРАНТІВ, ВИКЛАДАЧІВ ТА СПІВРОБІТНИКІВ

(Суми, 27-28 квітня 2023 року)

С-70 Соціально-гуманітарні аспекти розвитку сучасного суспільства: Матеріали десятої Всеукраїнської наукової конференції студентів, аспірантів, викладачів та співробітників (Суми, 27–28 квітня 2023 р.) / уклад. М. М. Набок. Суми : Сумський державний університет, 2023. 367 с.

До збірника увійшли наукові матеріали, присвячені актуальним проблемам сучасного перекладу, етнолінгвістики, стилістики, методики та методології сучасних мовознавчих та літературознавчих дисциплін. Складовою збірника є наукові розвідки з питань релігії та культури, соціальних і міжкультурних комунікацій, психологічної теорії та практики, соціологічних досліджень.

Для викладачів закладів вищої освіти, аспірантів, студентів, учителів загальноосвітніх шкіл, гімназій, ліцеїв та коледжів, усіх, хто цікавиться питаннями соціогуманітарного напряму.

Матеріали друкуються в авторській редакції.

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# THE PECULIARITIES OF THE PEOPLE'S BEHAVIOR SINCE EARLY ADULTHOOD DUE TO THE SOCIAL RESTRICTIONS' CONDITIONS

**Relevance of research**. Everyone faces difficulties on his/her life path. The life of a modern person is full of complex situations related to the choice of an adequate way to solve various life difficulties, psychological problems and conflicts with others, as well as with the settlement of possible crises, restrictions in society during quarantine, martial condition.

However, the question of whether there is a connection between age-related changes and the growth of effectiveness and maturity of coping-strategies remains open. At the moment in science, according to T. L. Kriukova, there are two distinct points of view on this issue [4]. Some authors (K. Jung, E. Erikson, etc.) adhere to the position according to which coping develops with age, just like personality, reaching its peak by the period of maturity [6, 9]. Nowadays, the study of mechanisms or

strategies, which help cope with them, has become more relevant than ever due to the fact that the whole world is under quarantine restrictions and martial condition in Ukraine. New conditions require new solutions. These restrictions significantly affect the psychological state and disrupt the mental balance of the population. Timely psychological help is urgently needed in this special period. Today, the research how these events psychologically affect our human life in the present and will affect them in the future is ongoing.

The study of this issue has not only of theoretical, but also of practical interest, because solving difficulties and applying productive coping-strategies is currently an important issue in all areas of human life. It determined the choice of the topic of scientific intelligence.

The aim of the study: to determine the characteristics of the behavior of persons of early adulthood in the conditions of social restrictions.

The object of study: coping-strategies of the individual.

**The subject of study:** the peculiarities of the behavior of persons of early adulthood in conditions of social restrictions.

According to the purpose of the research work, the following **tasks** were put forward:

- 1. To determine the theoretical foundations of the study of copingstrategies of persons of early adulthood in conditions of social restrictions.
- 2. To investigate experimentally the coping strategies of persons of early adulthood in conditions of social restrictions.

The research is based on a **hypothesis**: non-adaptive coping-strategies prevail due to the social restrictions' conditions of people in their early adulthood.

The theoretical significance of the study is that the concept and structure of coping-strategies, types of coping-strategies were clarified, the understanding of the essence of coping-strategies in human life was deepened, the reasons for the emergence of certain strategies to overcome difficult life situations were clarified, methods were adapted development of productive coping strategies of persons of early adulthood in conditions of social restrictions.

Practical significance of the research lies in the fact that in the course of our work a program was developed for the development of productive coping-strategies of persons of early adulthood in conditions of social restrictions, which can be used in the work practice of psychologists and psychological services in order to develop productive coping-strategies in people, experiencing difficult living conditions, which will contribute to the improvement of the psychological and psychosomatic state of a person.

The ability to overcome difficulties is described in the psychological literature using the term "coping" (from the English verb « to cope» – to achieve, to overcome). The analysis of the scientific works of scientists proved that coping is studied within the framework of the protective mechanisms of the individual (P. Kramer, B. Compass, J. Conor-Smith, H. Zaltsman, A. Thomsen, M. Wadsworth, N. Hahn), set of her personal traits (K. Schaefer, R. Gorzuch) and as a process of interaction with the environment (R. Lazarus, S. Folkman, B. Spilka, R. Hood, B. Hunsberger, R. Gorzuch). During the studying the concept of coping, scientists are generally guided by one of the views listed above, while not taking into account a holistic vision. Also, mostly problem-oriented and emotionally-oriented coping-strategies are analyzed in the scientific literature, although they are not the only ones that are important in overcoming life difficulties for an individual.

Coping-strategies are seen as actions that are resorted to when faced with a difficult situation. This concept combines such strategies as: emotional, behavioral, cognitive, which are used to overcome tense and stressful situations in a person's life. For the first time, the term "coping-strategy" was proposed by L. Murphy in 1962 to define the behavioral reactions of a child who overcomes a developmental crisis [1]. Then R. Lazarus used the term "coping-strategy" to define conscious strategies of behavior in the process of overcoming stress and getting out of it in the work "Psychological stress and the process of overcoming it" [5, 10].

Cohen and R. Lazarus, summarizing the data of other studies, singled out five main tasks of coping [5].:

1) the minimization of negative effects on the individual, increasing the

possibilities of recovery;

- 2) adaptation, transformation or settlement of life situations;
- 3) self-confidence, maintaining a positive "self-image";
- 4) maintaining emotional balance;
- 5) maintaining close relationships with other people.

The success of overcoming stress directly depends on the implementation of the listed tasks. A person's behavior is evaluated as successful as possible if: it reduces psychological and eliminates the physiological manifestations of tension; makes it possible to restore post-stress activity; protects the individual from mental exhaustion, that is, in other words, prevents distress [2].

Thus, factors such as mental well-being, reduction in the level of neuroticism, and vulnerability to stress are put forward as criteria for the effectiveness of overcoming stress. Scientists also associate the effectiveness of coping with the duration of positive consequences.

Summarizing the approaches described by us, we understand the concept of coping as cognitive, emotional and behavioral efforts aimed at overcoming difficulties in the process of human interaction with the environment. The cognitive efforts of the individual are directed, first of all, to the analysis of the problem, then the drawing up of an action plan and the search for alternative options for getting out of the situation, its solution. Due to emotional efforts, a person looks for emotional support in the environment, controls his personal experiences. Behavioral efforts make it possible to achieve the desired result and achieve the goal. As for the peculiarities of coping, it is its awareness and purposefulness. It is also important to note that coping is also related to typological and personal traits of a person, which can significantly influence the choice of behavioral strategy to overcome a stressful or problematic situation.

A correctly chosen coping strategy is an effective way to overcome stress, and as a result preserve, develop, strengthen resilience.

Effective coping strategies and resilience help to cope with life's difficulties and obstacles, help to find adaptive opportunities in stressful situations. However,

incorrectly chosen coping strategies can cause not only the situational failures, but also consolidate destructive ways of solving difficult life situations, and as a result, lead to mental health disorders.

To the basic coping-strategies, researchers include the strategies of "solving problems", "seeking social support" and "avoidance" and endow them with the following characteristics [6]:

- 1. A problem-solving strategy is an active behavioral strategy. A person seeks to use personal internal resources to find ways to effectively solve a problem.
- 2. The strategy of seeking a social support is an active behavioral strategy. A person asks for any help and support from his/her environment: family, friends,... for an effective solution to the problem.
- 3. Avoidance strategy is a behavioral strategy, using which a person tries to avoid solving a problem situation by any means, also suppresses the need to solve the problem and avoids contact with the outside world.

The research on coping-strategies is still quite scattered. Therefore, each new researcher who studies the problem of stress coping strategies offers his/her own classification.

The results of the analysis of modern scientific approaches indicate that mental and physical well-being depends on the individual's choice of coping strategy at the moment of encountering a psychotraumatic situation.

The usage of active and productive behavioral strategies to overcome stress and low susceptibility to stressful situations contribute to the improvement of well-being. While efforts to avoid the problem and the use of passive strategies aimed at reducing any emotional tension, rather than solving the problem, lead to its deterioration and increase in negative symptoms.

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## ПРАВОВА СОЦІАЛІЗАЦІЯ В ОНТОГЕНЕЗІ ЛЮДИНИ ЯК ЧИННИК СТАНОВЛЕННЯ ПРАВОСВІДОМОСТІ

Вивчення правової соціалізації в онтогенезі людини  $\epsilon$  важливим напрямком досліджень, оскільки воно дозволя $\epsilon$  зрозуміти, яким чином людина ста $\epsilon$  правова ідомою та здатною діяти відповідно до правових норм й цінностей. Правова соціалізація ма $\epsilon$  значний вплив на формування особистості та її поведінку в суспільстві.