

PSYCHOLOGICAL MECHANISMS OF COPING BEHAVIOR FACTORS IN ADOLESCENTS

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A B S T R A C T	K E Y W O R D S
This article provides a summary of the research conducted in the field of defense mechanisms and coping behavior in adolescents.	coping behavior, coping strategy, coping, defense mechanism, problem

Introduction

The problem of coping behavior has always been one of the most urgent problems facing humanity. After all, the social development of a person in all aspects, his activity as a person and his self-development in many ways contribute to this process. if they do, it will enable them to easily overcome various difficulties encountered in life, to use their opportunities more effectively, and to form deeper, positive and unique ideas about themselves.

In psychology, coping behavior emerged in the second half of the 20th century. Coping behavior is derived from the English language "cope, to cope" - to overcome, to overcome. This term was first used by L. Murphy in 1962 when he studied how to overcome problems in children during a crisis.

And A. Maslau introduced this term to science. In general, coping behavior is characterized by an individual's readiness to solve life problems.

It demonstrates the use of opportunities and tools to overcome problems, which is characterized by the elimination of stressful behavior.

Based on the opinion of many foreign experts, we can say that there are various strategies and methods of coping behavior, and people use them only when faced with difficult life situations. There are many different classifications of coping behavior, which are analyzed according to several research directions. We will consider some of them.

According to RS Lazarus, one of the leading experts who researched coping styles, there are two global types of coping strategies: (method of stress relief) - problem-oriented, subjective-oriented.

The problem-oriented type is oriented towards a rational solution to a difficult situation, and the tendency to independently analyze the situation, seek help from others, and seek information from additional sources is observed in their behavior.

The subjective goal-setting type solves the situation emotionally when overcoming stress, they have absolutely no desire to do concrete work, think about the problem, they compensate their sadness with negative emotional means such as alcohol, sleep, are released through food. They use passive strategies more intensively to restore their emotional balance, if the person has no knowledge of the situation or is unable to take advantage of the real possibilities, the stressor pressure decreases.

It is known that the concept of "overcoming life problems" itself has different meanings. First of all, this is a constantly changing process. Wills T. and Shifman S. believe that this process can be divided into three stages.

The first step is warning. In the activity of this stage, a person overcomes another impending complication by eliminating a vital negative state.

The second step is to solve the problem directly. It uses cognitive and behavioral power to solve a specific problem.

The third stage - a person takes a critical approach to the results of the event. The goal of this phase is to reduce the number of hits you take and get back to your previous normal state faster. This is the recovery phase

In addition to the comments, coping behavior shows the individual's unique response to stress. This means that when a person feels stressed, they try to cope cognitively and behaviorally with the problematic situation. Such an approach does not take into account the daily and previously achieved aspects of the subject's behavior, and does not take into account the aspects of overcoming the usual negative aspects. For example, this approach is an exception to the individual's ability to avoid stress. Also, according to this requirement, a life problem cannot be seen as overcoming until a person reacts with stress.

The concept of "coping strategy" is also widely analyzed as the management of process resources. According to assumptions, elimination of life's complications is carried out essentially by mobilizing personal resources. When the coping strategy and its methods are distinguished from defense mechanisms, constructive active necessity is implied and is an attempt to avoid unpleasantness through the situation. In psychology, there is a subject of coping, which in a special research area, in the study of the emotional mechanism and rational regulation in a person, realizes the reconstruction of life situations in accordance with his goals according to his target optimal behavior.

A person's coping behavior in stressful situations is to a certain extent important for the response reaction in stressful situations. Especially in the period of adolescence, it is necessary to take a serious look at this process. Taking this into account, it was intended to empirically study social psychological factors related to the correlation between coping behavior and response in stressful situations and analyze its results based on conditionally accepted criteria. Research methods were chosen for the implementation of this task.

It is also worth noting that sometimes every teenager may have some difficulty in adequately assessing their capabilities in stressful situations. In our opinion, this difficulty can be explained by insufficient perception of stressful situations.

References

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