

Название публикации:

Interrelation of self-control and coping behavior in the situation of stress for students with different level of stress resistance

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Аннотация:

The relevance of the study is determined by the fact that university students very often face stressful situations in the learning process, especially during exams and testing times. Self-control and the features of coping strategies are those psychological phenomena that determine the stress-resistance, the nature and ways of overcoming stressful situations, the degree of its constructiveness and adequacy, which actualizes their study. Objective of the study: this paper is aimed at analyzing the relationship between self-control and coping strategies for university students with different levels of stress-resistance. Methods of research: The leading theoretical method for the study of this problem is the content analysis of scientific papers relevant to the research problem, which allows considering the analysis of factors contributing to the constructive overcoming of stressful situations. Empirical methods were the conduct of a study using valid diagnostic techniques appropriate to the purpose of the study, statistical analysis and generalization of the results obtained. Results of the research: The paper presents the results of an empirical study of the relationship between self-control and coping strategies for coping with stress for university students with low and high levels of stress resistance. It is established that students with high stress resistance have more developed self-control in the emotional sphere, in activity, social self-control, and also a higher propensity to self-control in general. They are dominated by constructive transformative and adaptive cognitive-behavioral strategies to overcome stress. Practical significance: The materials of the paper are of practical value for the development of psychological and pedagogical programs aimed at increasing the stress-resistance of university students in the educational process.

Ключевые слова:

Coping behavior, Coping strategies, Overcoming stress, Prevention, Self-control, Stress-resistance