

Психология совладающего поведения

Активно развивающейся методической научной школой «Психология совладающего поведения» в КГУ им. Н.А. Некрасова руководит доктор психологических наук, профессор Татьяна Леонидовна Крюкова. Данная научная школа сравнительно молодая, но результаты ее работы значительны: исследования ученых КГУ им. Н.А. Некрасова, направленные на изучение совладающего поведения, способов совладания со стрессовой ситуацией и их зависимости от разных факторов, признаны как в России, так и за рубежом. Примечательно, что научная проблема, о которой рассказывает в следующей статье руководитель школы, родилась именно в КГУ им. Н.А. Некрасова и здесь же, благодаря работе Т.Л. Крюковой и ее коллег-единомышленников, стала основой нового и актуального научного направления.

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ПСИХОЛОГИЯ СОВЛАДАЮЩЕГО ПОВЕДЕНИЯ: СОВРЕМЕННОЕ СОСТОЯНИЕ И ПСИХОЛОГИЧЕСКИЕ, СОЦИОКУЛЬТУРНЫЕ ПЕРСПЕКТИВЫ

В статье отражены современные концепции разрабатываемые в КГУ им. Н.А. Некрасова на направлении совладания со стрессом. Основные макрофакторы природы совладающего поведения (субъекта и выделяемые основные факторы (истинодействий, функциональный, ресурсный и социокультурный) и качества функционального состояния, позволяющие его выделить для изучения.

Ключевые слова: совладание, качественные концепции функционального поведения, разрывные и переносочные концепции-моделирование, социокультурный контекст совладания.

Психология совладания с трудной (стрессовой) ситуацией как адекватное поведение человека – это относительно новое направление в психологии, которое находится на стыке психологии личности, психологии развития, психологии здоровья, социальной и клинической психологии, что отражает современное тенденции интеграции наук в междисциплинарное значение.

Теоретико-эмпирические исследования психологии стресса и совладающего (коэффициент) поведения ведутся в когнитивно-поведенческой парадигме в мировой психологии последние 40 лет (Lazarus R., Folkman S., Aldwin C., Hobfoll S., Moos R., Frydenberg E., Sinner E.). В России эти исследования активно начаты в 90-е годы, их разработчики – А.И. Анищенко, В.А. Болтров, А.Б. Леонова, Т.Л. Крюкова, И.М. Некрасова, Н.А. Сирота и др.).

Данная научная проблема начала жить и развиваться в стенах Костромского госуниверситета (изучение опыта зарубежных коллег по проблеме, созидаания и адаптации методики, кросскультурного сбора и анализа данных, осмысливания полученных результатов и создания собственной единой концепции стресса и совладающего поведения субъекта) в 1998 году при поддержке РГНФ, Института психологии РАН, а также многих зарубежных творческих лауреатов (проф. Станислав Забельский из Польши, канд. К.А. Абдулханова, проф. Л.И. Анищенко

шеверова, проф. В.Н. Дружинин, канд. А.Л. Журавлев, проф. В.В. Зыков, проф. Е.А. Сергиенко, проф. М.А. Ходорская и др.). С этого времени на кафедрах социальной психологии и специальной педагогики и психологии успешно работает школа племянников ученых, внесших значительный вклад в изучение проблем стресса и совладания в различных контекстах.

Определение совладающее поведение как особое социальное поведение, которое обеспечивает продуктивность, здоровье и благополучие человека, целенаправленное поведение, позволяющее человеку справляться со стрессом адекватными личностными особенностями и ситуациями способами, мы подчеркиваем, что это главным отличительным признаком являются субъектные характеристики (Крюкова, 2004). Понятие выбора человека способа действий в ситуации стресса является критериальным для специфика совладающего поведения и ключевым для понимания его осознанности. Совладающее со стрессом поведение связано с системой когнитивно-действий, претворяющимися в ходе процесса, творческими порождением новых выходов и решений трудной (стрессовой) ситуации. Поведение совладающее со стрессом поведение как сложный междисциплинарный и многофакторный феномен, акцентуирует следующее:

1. Это адекватное поведение, используемое в стрессовых ситуациях с целью уменьшения воздействия

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Table of Contents Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie

1. Understanding the eBook Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie
 - The Rise of Digital Reading Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie
 - Advantages of eBooks Over Traditional Books
2. Identifying Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie
 - User-Friendly Interface

4. Exploring eBook Recommendations from Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie
 - Personalized Recommendations
 - Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie User Reviews and Ratings
 - Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie and Bestseller Lists
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 - Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie Budget-Friendly Options
6. Navigating Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie eBook Formats
 - ePub, PDF, MOBI, and More
 - Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie Compatibility with Devices
 - Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie
 - Highlighting and Note-Taking Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie
 - Interactive Elements Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie
8. Staying Engaged with Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe

Posobie

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie

9. Balancing eBooks and Physical Books Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie

- Setting Reading Goals Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie

- Fact-Checking eBook Content of Sovremennoe Postindustrialnoe Obshchestvo Priroda Protivorechiia Perspektivy Uchebnoe Posobie
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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