

## **SUMMARY** **final qualifying work**

**Topic of the final qualifying work:** "Cross-cultural study of the formation of active coping methods in student youth in situations subjectively perceived as difficult"

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**Relevance of the research topic.** The problem of coping with a difficult life situation is a fundamental scientific problem that is actively developed by representatives of various scientific fields and directions, due to sociogenic challenges and development crises that " cause changes in mental status, the development of adverse mental States and disorders of a psychogenic nature."

Coping behavior is a phenomenon of interdisciplinary research, which determines the need to apply systematic theoretical and methodological concepts of analysis of psychological resources, coping strategies for overcoming difficult life situations, providing the processes of resistance to stressful influences, self-preservation and self-development of the individual in adverse conditions of life.

It should be noted that at the moment, the problem of cognitive assessment of a difficult life situation is considered insufficiently developed, and extensive empirical research has not been conducted on this issue, taking into account the ethno-cultural component. At the same time, the study of coping behavior is widely represented in modern domestic research.

In our research, guided by the methodological principles of the theory of integral individuality of V. S. Merlin, we approach the design of a resource model of coping behavior, based on the following provisions: "all practical problems of optimizing human activity... are most successfully resolved when the entire integral personality is considered as the subject of activity, and not its individual levels"; the integral personality of a person "... is a self-developing and self-regulating large system...", which "consists of several relatively closed subsystems that are in a hierarchical relationship to each other."

A systematic cross-cultural study of individual activity will help to optimize coping behavior processes in difficult life situations associated with objective and subjective causes of vulnerability and self-regulation defects under stressful conditions.

The relevance of the studied problem was determined by the purpose of the study: to develop and experimentally justify the effectiveness of psychological support technology for the development of personal resources as a basic condition for the formation of active coping methods in situations subjectively perceived as difficult at the student age.

**The object of the research:** personal resources for overcoming situations with a significant person, subjectively perceived as difficult, in students-representatives of the Russian and Karachay peoples.

**Subject of research:** development of personal resources for overcoming difficult life situations by means of psychological support for students, taking into account ethnocultural and gender characteristics.

**Research hypotheses:**

1. Ethnocultural and gender differences significantly affect the cognitive assessment of situations with a significant person, subjectively perceived as difficult.
2. Ethnocultural and gender differences determine the specifics of the relationship between coping methods and personal resources in situations with a significant person, subjectively perceived as difficult.
3. Personal resources are universal factors that determine the formation of active ways of coping in difficult situations with a significant person
3. The implementation of the program of psychological support for the development of resources of stability, self-regulation, and instrumental resources contributes to the use of active coping methods at the student age.

**Organization and database of research.**

The experimental study was conducted in the period 2018-2020 on the basis of the Pyatigorsk state University AND the Karachay-Cherkess state University named after U. D. Aliyev. 114 students took part in the study. Of these, 53 students are representatives of the Russian people and 61 students are representatives of the Karachay people aged 18 to 22 years.

Summarizing the results of the study, it was possible to formulate the following conclusions:

1. ethnocultural and gender differences significantly influence the cognitive assessment of situations with a significant person that are subjectively perceived as difficult. Young men-representatives of the Russian people associate this situation with difficulties in forecasting and strong emotions; girls-with the prospect of future relationships. Young men-representatives of the Karachay people-with the need for rapid response, strong emotions, and the significance of the prospects for future relations; girls - with the lack of control of the situation, difficulties in predicting it, strong emotions, as well as the significance of the prospects for future relationships
2. Ethnocultural differences were not established in the study groups according to the criterion of correlation of cognitive assessment indicators with active and passive methods of response.

According to this criterion, gender differences were identified: young men, regardless of ethnicity, use both active and passive ways of responding; girls – focus on active ways of responding to a situation with a significant person, subjectively perceived as difficult.

3. ethnocultural and gender differences in the effectiveness of active and passive methods of response in difficult situations, correlating with the variables of cognitive assessment, were Identified

4. In the relationship of the studied variables, common regularities: the higher the lack of control, the manifestation of strong emotions, the difficulty of the forecasting situation, the need for fast active response, incomprehensible situation, the lower the degree of application of active responses as the situation changes, and for themselves.

5. General trends in the relationship between coping methods and personal resources in situations with a significant person, subjectively perceived as difficult, are that, regardless of ethnicity and gender, the established correlations indicate the determinative role of stability resources, self-regulation, and instrumental resources in the formation of active ways to overcome. The greatest influence on the formation of active ways to overcome have meaning-life orientations, self-efficacy, internal focus on rethinking and planning their actions, as a strategy for cognitive regulation of emotions.

7. Development of resources of stability, self-regulation, and instrumental resources taking into account ethno-cultural and gender differences at the student age determine the formation of active ways of coping in difficult situations with a significant person at the student age. Psychological support for the development of personal resources is a basic condition for the formation of active ways of coping with students.

The validity of the results provided the methodological validity of the initial theoretical positions; the use of valid and reliable psychodiagnostic methods corresponding to the subject of the study; the representativeness of the sample subjects; the use of adequate tasks and methods of statistical processing and analysis of empirical data.