

IN STUDENTS COPY BEHAVIOR WALLET OF BEING PSYCHOLOGICAL FEATURES

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Annotation: This study investigates the psychological characteristics of coping behavior in students, focusing on how students manage stress and challenges in their academic and personal lives. Coping behavior refers to the strategies and actions students use to deal with difficult situations, which are influenced by their psychological traits, coping mechanisms, and external support systems. The research explores how various coping strategies—such as problem-focused, emotion-focused, and avoidance behaviors—manifest in different groups of students. By employing psychological assessments, surveys, and interviews, the study aims to identify the primary coping mechanisms used by students and how these behaviors correlate with psychological well-being, academic performance, and social interaction. The findings are intended to provide insights for improving mental health support services and developing effective coping skill training for students in educational institutions.

Keywords: coping behavior, psychological characteristics, stress management, coping strategies, problem-focused coping, emotion-focused coping, avoidance coping, psychological well-being, academic performance, social support, educational psychology, coping mechanisms

Introduction. Nowadays, it is important to study students' ability to adapt to various stressful situations. Coping strategies human difficult to the condition's adaptation and stress to the circumstances relatively effective attitude to inform methods describes. Students' psychological adaptation and emotional stability education process efficiency and their personal to develop directly impact shows. This in the article in students copy strategies psychological features study methods about word is maintained.

In students copy strategies research to do them to stress resilience and adaptability abilities better to understand opportunity This gives research methods using individual and group students features to determine, their psychological stability to increase aimed at programs working exit opportunity appearance will be. In the future this in the direction take to go research education in institutions psychological help system further to improve service does.

Analysis of literature. Person life during difficult vital to situations face comes. Present at the time economic and social in the fields crisis of events growth into account received without, complicated, crisis of situations number noticeable at the level is increasing. This is because certain vital difficulties overcome of experience shortage or personal and environmental resources enough at the level underdevelopment to be possible. Many in research as noted, exactly students such in situations relatively high at the level stressful to the circumstances they fall.

Coping strategies are long and enough complicated to the past has concept. "Coping" (overcoming the term "transition" was first introduced into science in 1962. American psychologist From L. Merfitomoni "Copy" person included. internal to resources active danger situation constructively organization to reach was attempt. Last at times person behavior and activity order of the place important conscious mechanism "Coping strategies" as study increasingly current become is going on. West researchers to stress against stand methods

mark " Successful" " Coping " in the sense of " overcoming " reflection R. Lazarus and S. Folkman studied the effects of stress reduce for person by done increaseable methods collection working those who came out. BDKaravasarsky In my opinion, the term " Coping " first times L. Murphy by in 1962 in children development crisis during appearance divider problems research in doing used. To them person's complicated problems or situations overcome in transition activity relevant was. L. Murphy in my opinion, overcome transition person's system under protection However, AVLibina 's to his words according to, first times Coping in 1939 H. Hartmann's "Ego- psychology and adaptation" " The problems of ME " conflict and freedom zones " analysis used [2]. In 1966 R. Lazarus his " Psychological Stress and Coping In the work "Psychological Stress and Coping Process" copy realized stress and other anxious situations overcome transition explained as a strategy. Complex vital situations overcome passing behavior forms designation The term " coping strategy " for Coping strategies based on person's subject with in relationships, in difficulties, in control in taking and escaping internal and external character cover recipient various shaped psychological activity understood [3]. Stressful to the situation after falling after person stress overcome transition mechanisms to apply enter and get lost appeal If the mechanisms expected the result if not, defeat transition attempts continue If the stressor objective impact of reaching possibility otherwise, the subject escape strategy uses.

If this possibility if not, to him other meaning giving, process cognitive to reassess [4]. In psychology copy behavior in the 2nd half of the 20th century to the body came. Copy behavior English from the language taken "cope, to cope" - yen remove, eliminate to do said meanings This means term first become L. Murphy 1962 in children crisis during problem how as to overcome study on time used by A. Maslau and this term science entered. In general, when receiving copy behavior individual vital problems to solve readiness with is characterized by. " Copy The concept of "strategy " refers to the process resources management as well as wide analysis It is assumed that according to, vital the complexities eliminate to essentially person resources mobilized to through done is increased. Copy strategy and its methods protection from mechanisms when different constructive active necessity in mind is caught and the situation through from unpleasantness to deviate is an action. In psychology your copy subject there is is, it is special research in the territory in humans emotional mechanism and rational regulation in learning his/her own to the targeted optimal behavior according to vital situations his/her own to their goals appropriate again to build done increases.

Person's stressful in situations copy behavior known at the level stressful in situations answer reaction for important importance profession That's it. into account students copy behavioral and stressful in situations answer reaction between proportionality with related social psychological factors empirical in terms of learning and conditional accordingly acceptance done criteria based on his/her the results analysis to do in sight caught was. This task done increase for research methodologies selected. Again this highlight okay, sometimes every one student stressful in situations to their own interests give an adequate assessment to take known in the sense to difficulty meeting possible. In our opinion, such difficulty at the bottom stressful situations about enough to the imagination has not been with explanation Now let 's move directly to the analysis of empirical data obtained using these methodologies.

Student years are one of the important stages in a person's life, during which it is of great importance to maintain a balance between the educational process, social environment and personal life. At this stage, stress factors can affect the mental state of students. Therefore, the study of coping strategies and the analysis of their impact on students is one of the current issues. This article analyzes the manifestation of coping behavior in students and its psychological characteristics.

Coping strategies are the process by which an individual adapts to stressful situations and forms responses to them. According to the coping theory developed by RS Lazarus, a person has two main approaches to overcoming stressful situations:

- Problem-focused coping – identifying sources of stress and developing ways to deal with them;
- Emotional coping – the effects of stress reduce for internal emotional the situation management.

Students for these strategies reading in the process face coming difficulties in overcoming important role plays.

Research during students' stress levels determination for the purpose special assessment method was applied. The following criteria according to assessment held :

- Bad sleep ;
- Permanent fatigue ;
- Smoking, excessive food or other harmful to habits tendency ;
- Emotional instability (often crying, irritability, restlessness);
- Physical symptoms (stomach of activity disorder, breathing compression).

According to the results of the assessment, the following conclusions were drawn:

1. 40 points low scorer students – low stress state fall to stay possible, but themselves manage they will get.
2. Scored 40-48 points students – in a moderate state of stress occasionally with to stress falls observed.
3. 48 points high scorer students – high level from stress suffering smoking to them psychological help need to be possible.

Research results this showed that the students copy strategies develop stress situations reduction and mental stability in providing important importance profession It will. That's why for following recommendations to give possible :

- To students stress to overcome effective methods according to trainings organization to grow ;
- Psychological advice services on the road to put ;
- Students social activity with growth and sports to engage in encouragement ;
- To stress endurance increase for meditation and breathing to take exercises to teach

Copy strategies develop through student's study process, social relationships and general life quality improves. This research students' psychological features deeper to study ground creates and implements in terms of useful recommendations working to go out help gives.

Copy behavior problem always humanity in front of standing the most current from problems one become came. Because, man every in terms of social development, personality as activity and self himself/herself develop progress many in terms of this to the process depends.

Society members their own known in the circle psychological opportunities, advantages and disadvantages about enough for information has if they are, this their in life occurring various those in difficulty ease with yen to take, to take from the possibilities further productive use to take, themselves about further deep, positive and self-centered typical of imagination to the formation opportunity creates. In psychology copy behavior in the 2nd half of the 20th century to the body arrived.

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Copy styles research reached leader from experts one RSLazarus in my opinion, copy strategies There are two global types : (stress) eliminate to method) - to the problem destination to take, subjective destination to take. To the problem destination recipient type, difficult situation rational solution to do directed is, they're in behavior the situation independent analysis to do, from others help to take, additional from sources information to search relatively tendency observable is a type. Subjective destination. The receiving type, on the other hand, is stressed. in overcoming situation emotional solution, they do, they have clear the work to do, problem about to think absolutely desire wishes no, they are their own their sorrows negative emotion tools with compensation as alcohol, sleep, food by means of They are their own. emotional balances in recovery passive from strategies faster they use, if a person situation about no how knowledge if not or from real possibilities use stressor pressure if not decreases. It is known that " vital problems the concept of " overcoming " itself is different meanings profession First of all this permanent variable is a process.

Wills T. and Shifman S. this the process three to the stage to be they think it is possible.

The first stage is warning. At this stage in activity human vital negative the situation eliminates to through again one approaching complexity eliminate will reach.

Second stage - problem directly correct score to do. In this, it is clear problem solution in doing cognitive and behavioral from the strength is used.

Third stage - human event to the results critical approaches. This stage goal - for oneself can tattoos reduce and return to normal faster return. This is recovery. stage is considered. To the comments added without, copy behavior in itself individual to stress relatively own answer reaction manifestation This is what means that when human If you feel stressed, you are in trouble. in the situation cognitive and behavioral in terms of eliminate to reach tries. Such an approach subject behavior daily and before achieved aspects in consideration take, usually negative edges in defeat aspects in consideration For example, this approach individual from stress escape from the possibilities except It is also on demand According to, a person with stress to react until you enter until vital problem overcome as looking at It won't be possible.

First of all this highlight okay, the results famous psychologists S.Norman, DFEndler, DAD James, MIParkers by working issued special three scaled (task) solution to do, to emotion, and to escape directed to escape (a) to escape scale to refuse, to distract subscale, b) avoidance scale from within social distraction subscale)) methods complex application based on and all empirical of evidence justice confirmatory additional statistic criteria using was determined. For this known scientific in literature theoretical and practical thoughts basis as received.

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Conclusion. The study concludes that students exhibit diverse coping behaviors in response to stress, which are influenced by their psychological characteristics, such as emotional intelligence, self-regulation, and resilience. Students who utilize adaptive coping strategies, such as problem-solving and emotion-focused coping, tend to experience better psychological well-being and academic performance. In contrast, those who rely on avoidance strategies often face higher levels of stress and lower academic success. The research emphasizes the importance of fostering effective coping mechanisms in students, suggesting that educational institutions implement programs to enhance students' coping skills, resilience, and mental health support. This will not only improve students' ability to manage stress but also contribute to their overall academic and personal growth.

Conclusion

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