

Психология совладающего поведения

Активно развивающейся авторитетной 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-единомысленников, стала основой нового и актуального научного направления.

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ПСИХОЛОГИЯ СОВЛАДАЮЩЕГО ПОВЕДЕНИЯ: СОВРЕМЕННОЕ СОСТОЯНИЕ И ПСИХОЛОГИЧЕСКИЕ, СОЦИОКУЛЬТУРНЫЕ ПЕРСПЕКТИВЫ

В статье отражены современные наиболее интенсивно разрабатываемые в КГУ им. Н.А. Некрасова направления исследований совладания со стрессом. Отмечена многофакторная природа совладающего поведения субъекта и выделены основные факторы (диспозиционный, динамический, ситуационный и социокультурный) и качества динамического феномена, влияющие его механизмы для личности.

Ключевые слова: совладание, качества совладающего поведения, факторы совладания, развитие и трансформация когнитивно-поведенческих, социо-культурный контекст когнитивно-поведенческий.

Психология совладания с трудной (стрессовой) ситуацией как адаптивное поведение человека – это относительно новое направление в психологии, которое складывается на стыке психологии личности, психологии развития, психологии здоровья, социальной и клинической психологии, что отражает современные тенденции интеграции знаний в междисциплинарное знание.

Теоретическо-эмпирические исследования психологического стресса и совладающего (копинг) поведения ведутся в когнитивно-поведенческой парадигме в мировой психологии последние 40 лет (Lazarus R., Folkman S., Aldwin C., Hobfoll S., Moos R., Frydenberg E., Schinner E.). В России эти исследования активно ведутся в 90-е годы, их парадигма неочевидна (Л.Н. Анциферова, В.А. Болотов, А.Б. Леонова, Т.Л. Крюкова, И.М. Никольская, Н.А. Стерга и др.).

Данная научная проблема начала жить и развиваться в стенах Костромского государственного университета (изучение опыта зарубежных коллег по проблеме, создание и адаптация методики, кропотливый сбор и анализ данных, осмысления полученных результатов и создания собственной единой комплексной стресса и совладающего поведения субъекта) в 1998 году при поддержке РГНФ, Института психологии РАН, а также многих прекрасных творческих людей (проф. Станислав Забелский из Польши, акад. К.А. Абульханова, проф. Л.Н. Ан-

циферова, проф. В.Н. Дружинин, акад. А.Л. Журавлев, проф. В.В. Знаков, проф. Е.А. Сергиенко, проф. М.А. Холодная и др.). С этого времени на кафедрах социальной психологии и социальной педагогики и психологии успешно работает целая плеяда ученых, внесших значительный вклад в изучение проблем стресса и coping в различных контекстах.

Определяя совладающее поведение как особое социальное поведение, которое обеспечивает продуктивность, здоровье и благополучие человека, целенаправленное поведение, позволяющее человеку справиться со стрессом адекватными личностными особенностями и ситуацией способам, мы подчеркиваем, что его главным отличительным признаком являются субъективные характеристики (Крюкова, 2004). Понятие выбора человеком способа действий в ситуации стресса является критерияльным для специфики совладающего поведения и ключевым для понимания его осознанности. Совладающее со стрессом поведение связано с системной перепланировкой действий, прогнозированием исхода процесса, творческим порождением новых выходов и решений трудной (проблемной) ситуации. Понимая совладающее со стрессом поведение как сложный междисциплинарный и многофакторный феномен, акцентируем следующее: 1. Это адаптивное поведение, используемое в стрессовых ситуациях с целью уменьшения воздействия

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