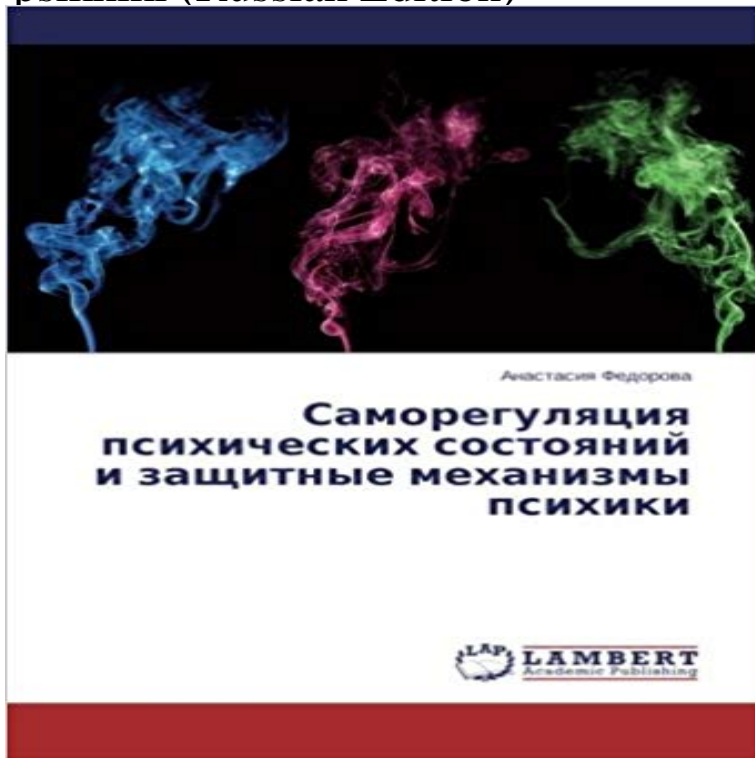


Samoregulyatsiya psikhicheskikh sostoyaniy i zashchitnye mekhanizmy psikhiki (Russian Edition)



Dannaya rabota posvyashchena aktualnoy na segodnyashniy den probleme borby so stressom, i otrazhaet itogi provedennogo issledovaniya. Dayetsya sravnenie, na primere studentov, kak menyaetsya psikhicheskoe sostoyanie v povsednevnoy situatsii i v stressovoy. Tak zhe, pri etom uchityvaetsya funktsionirovanie zashchitnykh mekhanizmov psikhiki, kotorye sposobny kak pomoch, tak i navredit cheloveku. Osoboe vnimanie udelyaetsya komponentam samoregulyatsii i refleksii psikhicheskogo sostoyaniya. Na etoy osnove sdelayany opredelennye vyvody, kotorye otrazhayut kharakternye cherty, dlya dannogo voznrastnogo perioda.

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