

Svyaz vybora koping-strategiy i samootsenki: Teoreticheskiy obzor i empiricheskoe issledovanie (Russian Edition)



Na protyazhenii vsey svoey zhizni, cheloveku postoyanno prikhoditsya stalkivatsya s razlichnymi prepyatstviyami i trudnymi zhiznennymi situatsiyami. Oni razlichayutsya po svoey sile i napravlenosti, poetomu cheloveku prikhoditsya adaptirovatsya k nim i vybirat naibolee adekvatnye sredstva dlya ikh preodoleniya. Odnim iz takikh instrumentov budet sovladayushchee povedenie. Takzhe vazhnym komponentom v protsesse preodoleniya razlichnykh trudnostey budet Ya-kontseptsiya cheloveka i ego samootsenka. To, kakim obrazom chelovek vidit sebya, kak on otsenivaet sebya i svoi postupki, kak on predstavlyaet sebe svoj obraz - vse eto budet otrazhatsya na vybere strategiy sovladayushchego povedeniya. Chelovek, kotoryy odnositsya k sebe otritsatelno i ne obladaet adekvatnymi predstavleniyami o sebe, chashche pribegaet k naimenee effektivnym koping-strategiyam (naprimer, izbeganie). Chelovek, obladayushchiy adekvatnymi znaniyami o samom sebe, naprotiv, chashche budet ispolzovat effektivnye koping-strategii (ili dazhe ikh sochetanie). V dannoy rabote rassmatrivayutsya takie vazhnye ponyatiya kak: Ya-kontseptsiya individa, ego samootsenka i predpochitaemye koping-strategii. A takzhe privoditsya issledovanie na temu svyazi vybora koping-strategiy i samootsenki individa.

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