PECULIARITIES OF COPING BEHAVIOR IN FAMILIES WITH TEENAGERS WITH PERSONAL HELPLESSNESS

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Issues of coping with difficulties and ways to overcome stresses and crises family is a specific area. The style of coping in the family is due not only to external conditions, the nature of stress, but also the characteristics of family relationships, personal characteristics of family members, we believe it is important and necessary to identify and describe the styles of family coping in families of adolescents with personal helplessness. Personal helplessness is considered as an internal condition that determines the originality of ways to solve life problems, determines the choice of the subject of coping strategies of behavior.

At the stage of research of styles of coping behavior in families with teenagers with personal helplessness 32 families including the father, mother and the child. The method of research of coping behavior in teenagers and their parents was the questionnaire "Coping strategy" R. Lazarus. The study revealed that there are stylistic features of coping behavior in families with teenagers with personal helplessness.

Family coping, acting as an integrative characteristic of the family, includes coping styles of teenagers with personal helplessness and their parents: a sociotropic style of family coping, mobilization style of a teenager in conditions of excessive responsibility, emotionally dominant style of family coping, problem-oriented mother, taking responsibility by the father.

The results of the study can serve as a basis for the development of programs for the correction of personal helplessness in teenagers, the development of coping behavior in subjects with personal helplessness. Data on ways of coping with parents, styles of family coping can be used in psychological work with families with teenagers with personal helplessness in order to improve the quality of marital and parent-child relationships, the formation of skills of productive coping with difficult situations.