

SOCIO-PSYCHOLOGICAL CHARACTERISTICS OF THE DEVELOPMENT OF LIFE STRATEGIES DURING THE STUDENT PERIOD

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Annotation. This article provides general information about the life strategies of students and the mechanisms of personal protection. Life strategies are analyzed in psychology, acmeology, social science, science of science in the system of a number of sciences about man and society.

Key words: "Ideal-I", life strategies, personality theory, projection, compensation, overcompensation.

Introduction. It is very important for a person to know and understand his identity in becoming a full-fledged member of society. Because it is based on such important psychological mechanisms as the state of consciousness and the unconscious person, the full realization of one's efforts and the ultimate goal, self-consciousness. If consciousness as a highly developed form of matter is inherent in man, then competent knowledge of its structure, formation and development allows you to control people in the desired way. And this does not always give a positive result. For this reason, people first of all need to know their identity, not only communicate with their inner spiritual world, but also properly organize their communication and attitude to surrounding events and events, stay awake. As a result of such communication, he begins to understand and realize his place in life, the true essence of life, his identity.

Life strategies are a direct and indirect subject of study of a number of sciences about man and society - psychology, acmeology, social sciences, cultural studies, anthropology, and philosophy. However, despite the increase in scientific and popular science publications in the field of psychology, there are not so many works related to the problems of personality life strategies. We can highlight the editing of a number of scientific materials on Internet sites that meet modern requirements and expand the circle of readers. The problems of personal life strategies attract the attention of modern researchers. In addition to its relevance, it has an interesting scientific value and at the same time has many unexplored aspects.

The concept of milk is the basis of the life strategy of the work K. A. Abulkhanova-Slavskoy pod nazvaniem "Life strategy". Mother poslujila osnovoy all modern production. Adib rassmatrivaet jiznennuyu strategiyu kak kobnost cheloveka prisposablivatsya k trebovaniyam jizni. V shirokom smysle jiznennaya strategiya (v otlichie ot mnogix drugix jiznennyx taktik), schitaet K. A. Abulkhanova-Slavskaya, predstavlyaet soboy individualnyy podkhod k rizlichnym jiznennym trebovaniyam, k ziznennym trebovaniyam cheloveka i k ego ozdorovleniyu i razvitiyu. . A. Abulkhanova-Slavskaya vydelyala 3 osnovnykh priznaka jiznennyx strategii: izbor jiznennogo puti; Resolve the conflict of "desire-imitation" and create conditions for creative search, the person will be the subject of the work and the process of life and the final result will be the subject of his own life. The subjective position allows human friendship to be established, helps to integrate possibilities and different spheres.

K. Rodgers is a high-level, theoretical and practical research structure "Ideal mujchin". On ukazyval, chto konechnoy tselyu razvitiya lichnosti yavlyatsya realization of life skills in the sphere of reality and structure «Ya». Dostizhenie takogo roda sovместimosti yavlyatsya istochnikom vnutrennego konflikta i bespokoystva. And etom sluchae vospriyatие chelovekom sebya kak "Ya" i svoix otnosheniy s drugi lyudmi privodit k samouvajeniyu.

The Plutchika-Kellerman-Konte method "Index image part" is used for the determination of the level of formation of protective mechanisms in early childhood. S helper survey Plutchika-Kellerman-Konte možno izuchit uroven intensivnosti i genealogicheskuyu struktur 8 psychologicheskikh zashchit i otsenit obshchuyu napryajennost allex izuchaemyx zashchit (HUK). S pomoshchyu pereklyuchatelya opredelyayut prochnost zashchity, ravnyu $n/N \cdot 100\%$. And etom sluchae kolichestvo n-positive answer — eto kolichestvo alle podverjdeniy, prinadlejashchix N-scale dlya danoy zashchit. V nem obshchaya sila zashchit level: $S_n/92 \cdot 100\%$, where S_n is the sum of all positive answers and questions. The method of the helper method is based on the intensity of the results of the same group and compares the results with the second independent group.

Odni uchenye govoryat (V. G. Kamenskaya, R. M. Granovskaya and others), chto otnositelno constructive psychological protection yavlyayutsya compensation and rationalization, and destructive — projection and ousting. Po dannym V. G. Kamenskogo (1999), norm obshchego pokasetya zashchitnykh mekhanizov dlya rossiyskoy obshchestvennosti sostavlyayet 40-50%, increase pokasetya vyshe 50% oznachaet nalichie vnutrennix i vneshnikh conflictov.

The method of the index image can be recognized as a successful diagnostic instrument, a diagnostic psychological protective mechanism (PPZ). On byl sozdan na osnoe psychoevolutionnoy teorii U. R. Plutchika 1979 g. i teorii strukturiya lichnosti G. To Kellerman. When creating the questionnaire, the author used several istochnikov, and the full number of psychoanalytical work and work, psychopathology and psychology. Iz etix istochnikov by vydeleny primernye description of 16 zashchitnykh mekhanizms, stavlyayushchikh ospon zashchity "Ya". Then byla predlojena series podverjdeniy dlya prosmotre urovney. Predpolagaetsya, chto obsleduemyy otrajayet opredelennuyu scheme zashchity, vybiraya priemlye dlya than utverjdeniya. For example: "Esli ya zlyus na svoego partnera, ya, veroyatno, vymeshchayu svoj gnev na kom-to drugom" otrajayet 3-yu zashchitu (Obmen). Voprosy ankety sgruppirovany takim obrazom, chto kajdy iz 16 perechislennyx zashchitnyx mezhnykhov mojet byt vybran vmeste s 224 utverjdeniyami. Postle predvaritelnyx sledovaniy tekst was shortened to 184 paragraphs. Mekhanizm psychologicheskoy zashchity sokrashchen do 8. Nekotorye iz nix teper pokazyvayut sochetanie neskol'kikh mekhanizov psychologicheskoy zashchity (e.g.: compensation (compensation) vklyuchaet v sebya podverjdenie, identification, fantasy).

The final version (view) of the questionnaire contains 92 points, which measure 8 different mechanisms of psychological protection: elimination, displacement, zameshchenie, filling, hyperfilling, projection, rasprostranenie and regression.

This method allows you to determine the protective mechanism of the person. The methodology was carried out in selected groups, and the results were analyzed quantitatively and qualitatively. The results of quantitative analysis are presented in the table.

Analysis of the results of the questionnaire "Index style style"

Table 1

№	Vesy	1-курс	3-курс
1	Vydavit	13%	12%

2	Regression	15%	14%
3	It's a shift	7%	8%
4	Otritsanie	15%	16%
5	Projection	15%	15%
6	Compensation	9%	9%
7	Hypercompensation	12%	11%
8	Rationalization	14%	15%

According to the results of the table, it turned out that the formation of protective mechanisms in the student group has a peculiar form. According to it, we see that the mechanisms of compression, projection and compensation have the same performance in both groups of testers. This is determined by the fact that they suppress the opinions and opinions of the people around them. When the performance of the compression mechanism is not sufficient to mitigate the impact, other protection mechanisms are activated to help understand that the data is being compressed in a corrupt manner. Two combinations of defense mechanisms are common.

1. Moving, shifting. This combination contributes to the occurrence of activity reactions.
2. Conversion from compression (somatic). This combination creates the basis of hysterical reactions.

Based on the results of this technique, some differences are noticeable in terms of the regression mechanism. According to it, we see that 15% of 1st year students and 14% of 3rd year students. We can see that the regression mechanism has somewhat increased among first-year students. It represents a relation to a more problematic process. It consists in gaining independence and freedom, especially characteristic of early adolescence.

In the test group, the substitution mechanism is determined by the absence of sharply different aspects. Therefore, we see that in the group of testers, the replacement mechanism was 7% and 8%. It turns into danger when the exchange takes out its aggression, anger, emotions in a conflict situation with a stronger, larger and more important subject. Because such a reaction can lead to aggression or rejection.

We can testify to significant differences in the results of groups in which the defense mechanism of denial was tested. According to the results of the experiment, the best 15% of 1st year students and 16% of 3rd year students can be explained by an increase in life experience, an expansion of their level of knowledge and horizons.

In denial, the presence of unpleasant factors is denied. The mechanism of rejection is typical for a large group of children. Because adults most often use denial only in crisis situations (terminal diseases, imminent death, death of a loved one, etc.).

The mechanism of defense against projections manifested itself with the same speed in both groups of subjects. This suggests that students believe that the failures in their lives are the result of their inability to correctly assess their capabilities.

Projection - the transfer of actions, ideas and thoughts to other people that are not needed or not suitable for a person. That is, the individual is a mechanism for transmitting thoughts, feelings, motives and desires rejected at the conscious level to another person or object.

We can see that the compensation mechanism has the same score in both groups of testers. It serves to establish a connection between the personality of the student, the conscious overcoming of his shortcomings, successes and failures, luck and bad luck.

Compensation is the act of unconsciously eliminating real or life shortcomings. Correct compensation is divided into the desire for success in an unattainable area and direct compensation (the desire for self-assertion in a different environment).

On the basis of the literature studied and the results of the research carried out, we will have the opportunity to educate individuals who are able to find the strength in themselves to understand the ideas about life in early adolescence and overcome the obstacles and difficulties that arise in any situation. . We also have the opportunity to develop strong beliefs, knowledge, skills and competencies in them, turning their vision of life into reality. In particular, the generalization and systematization of sources obtained as a result of experimental work on the perception of life in a person will help the young generation brought up in educational institutions to grow up as a necessary member of society. Therefore, it can be one of the effective tools for a person to solve various problem situations and a rational way out of them.

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