

Psychological Ways of Coping with Difficult Life Situations of Men of All Ages

Nailya Irkinovna Ismailova, Gallia Mikhaelovna Ljdokova and Alexey Nikolaevich Panfilov

Kazan (Volga Rgion) Federal University, Elabuga, Russia

Abstract: The article deals with overcoming difficult life situations of different aged men suffering from a loss of health. The term "a difficult life situation" is regarded from the position of search of adaptation criteria for such kind of a situation. The theoretical analysis of literature exposes that a difficult life situation embraces a broad sphere of situations which are considered to be difficult and a methodic complex of instruments is scientifically working out. Great attention is paid to the loss of health, which brings the threat for life and requires the reinforcement of adaptation possibilities and internal extra recourses. The analysis of literature showed that there are different ways of human adaptation to the adverse events requiring not only man's courage, inner strength and understanding but also the avoidance of unpleasant situations, removal from them. These ways include psychological defence mechanisms, coping strategies, pseudocompensations. According to the emperical research the authors have found that men's indicators referring to the increase of meaningfulness of life and adaptation to it are pscycological defence mechanisms, coping strategies. It was also detected destructive indicators coupled with decrease of meaningfulness of life. They were pseudocompensations which are a false way of adapting to difficult situations.

Key words: Difficult situations • Coping • Meaningful life • Constructiveness • Destructiveness

INTRODUCTION

In Russia, there is a strong tendency to increase the number of people in difficult situations. According to the World Health Organization, the number of people in this country is over 10 million people.

The need to regard the psychological ways of coping is becoming burning due to the increasing attention of psychologists to search criteria of adaptation to difficult situations, capacities to overcome it.

The term "a difficult life situation" refers to the number of concepts, frequently used in the psychological literature, but not clearly defined, that is why it is considered to be complex and controversial in modern psychology. The analysis of psychological studies on the difficult life situations identifies a wide range of concepts to the real-life situations that are considered to be difficult. At present, this area of research is becoming: it combines more than different in their theoretical bases approaches, refers to the analysis of a sufficiently broad psychological reality, the methodical tools of this area are in development.

As noted by N.G. Osuhova, a difficult life situation is a fact of life, which requires actions and efforts of a person are on the border of his adaptive capacity or even exceeding its internal resources [1].

R. Lazarus, S. Folkman called difficult situations critical life-changing events, which are assessed by the subject as a threat and are much higher than normal adaptive potential of the individual, that is, requirements to be met by a person in excessing his abilities and resources that he normally uses [2].

In terms of the content and nature of psychological problems or life circumstances that led to a difficult situation, K.N. Artemova highlights as a difficult situation - a situation of loss of health, in which the failure of important life plans takes place because it is impossible to translate these plans into reality [3].

A well-known researcher in the field of psychology crises S.L. Solovieva, to difficult life situations refers to severe and chronic diseases that lead to disabilities. Such life events qualified as preventing the satisfaction of basic needs, putting the issue to the individual, from which he cannot escape and you cannot solve in a short time and in a familiar way [4].

The famous Austrian psychoanalyst Alfred Adler envisages the use of individual protection to the presence of a sense of failure: "To be a man is to have a sense of inferiority, which constantly tends to its overcoming. Anomalies of the same organism often give rise to an increase in feelings of failure and, as a consequence, to the compensatory activity. This compensatory mental stress to be able to cope with life's problems and takes other, new forms of compensation - pseudokompensatsii, surprisingly reaching its goal - to fill a perceived gap "[5, p. 44]. Considering pseudokompensatsii, A. Adler calls them unconscious assumptions that are equally possible to identify the persons and the male and female.

An adherent of the concept of individual psychology of Alfred Adler, H. Ansbacher, considering people using pseudokompensatsii and those approaches they use to solve the problems of life, writes: "Imagine that a person has lost confidence in their abilities and let's assume that he cannot imagine how his real efforts, even if he will take them, can improve his situation. And that person will also be unable to make sense of failure and such a person will also be fighting to get rid of them, but he will try methods that do not move it forward. Instead of overcoming obstacles, he will try poisoned himself to cause a sense of superiority. If he feels weak, he will try to move himself into the circumstances in which he feels stronger. He does not learn to be stronger, more appropriate, he learns to seem to be stronger in his own eyes "[6, p. 341].

Fergusson L.W. considers that the emergence of the problem, which seems impossible and the person's confidence in his inability to solve the problem leads to pseudokompensatsii of defense mechanisms in the form of search roundabout ways to resolve this problem [7].

Fritz Ch.E. Mosak, H. Hoffman E, consider and analyze those pseudokompensatsii described by A. Adler:

- Going to the disease. Any symptom enables the individual to gain the following benefits: a) his failure to find an excuse and he is entitled to avoid problems and b) increase of his control over other people and manage them and c) he can count on the help and sympathy of others.
- Care in weakness. Such an individual will try to limit the scope of their activities and there will be more busy trying to avoid being hit, rather than in order to strive for success. Tears and complaints - funds that can be highly suitable instrument to destroy cooperation and bring other people to slavery. They readily admit their weakness and their inability to

control themselves. Inflated goal of superiority, desire to be the first will be hidden at any cost. People with this type of pseudokompensatsii prove they are weak and miserable. "Pretending to be suffering saints, they avoid the need to meet and maintain the life of a noble sense of moral superiority that they are afraid to."

- Laziness. As well as illness or weakness, laziness is a good excuse for their own failures and lack of activity and initiative in solving life's problems. In addition, laziness is often been subjected to a conviction.
- Falsity. Cunning and deception can serve the purpose of drawing attention to himself and his other achievements.
- The cruel tyrant. The basis of this kind of pseudokompensatsii is spoiled, faced with the reality principle. Avenging the outside world for the impossibility to meet his whims, the individual can choose the path of tyranny through the weakness or the path of violence. In this cruelty does not necessarily imply any extreme wickedness: it can manifest itself through the normally invisible domestic violence, love of order and discipline, relentless struggle against all kinds of opponents (scientific, political, religious, etc.), career self-assertion, a different kind of chance and risky game (which always leads the tyrant).
- Superiority complex. This pseudokompensatsiya serving as both a sense of lack of anesthesia and as a psychostimulant, allows individuals to have a significant positive or negative impact on others.
- Self-promotion. Pseudokompensatsiya for this type is the desire to win the approval and acceptance of others, arising from the basic desire for recognition of our existence. Samoreklamiruyuschimsya individuals over time, constant confirmation of importance of other people more and more requires, as well as support and protection. In contrast, individuals with their superiority complex of pseudokompensatsiya has psycho stimulant effects and leads to dependence [8-10].

According to the theoretical positions outlined above, a group of male respondents (n = 237) in a difficult situation was identified. The subjects were divided into the following different age groups: 18-39 years (n = 79), 40-60 years (n = 75) and 61 year > (n = 83). The following methods were chosen: 1. "The test of purpose orientation," which needs to diagnose due to the fact that

overcoming of difficult situations depends on a person's confidence in their ability to control the world, faith in themselves, their sense of purpose, that is, indicators, contributing to cope with a difficult situation in life, 2. "Index of lifestyle", allowing to determine the actualization of defense mechanisms, resulting in a psychologically loaded situations, aimed at preserving the psyche from the internal and external voltage 3. "Coping test" is aimed at identifying conscious and social behavior, which help people to cope with life's difficulties. 4. Pseudokompensatsy diagnosis was carried out using the method of "Pseudokompensatsii" compiled respectively Adler's views on the drivers of human behavior and used to define the appetite pseudokompensatsiyam related to internal feeling inferiority, or, conversely, an imaginary superiority. The questionnaire contains 54 statements designed to identify pseudokompensatsy such as complex care in a disease, complex of demonstrative weakness, laziness complex, complex of tricks, complex of a tyrant, a superiority complex, a complex of self-promotion, a complex of self-pity, leaving youth complex, a complex of imaginary innocence, envy complex, greed complex, guilt, inferiority complex, a complex of fear and foreboding complex, a complex of "free riders", a trust complex.

The obtained data was analyzed with the help of statistical comparison of the mean values (t-Student test), Pearson's correlation analysis.

In the course of the empirical work sample separation has been made, with the same age into the sub-group on the severity of the integral indicator of meaning of life, in line with this, we found that the low and high values aligned to local test standards of people's purpose orientation in a difficult situations, will correspond to coping \ not coping of men to difficult situations.

A group of men aged 18-39 years diagnosed by low values of meaningfulness of life is different from the same group, but with high values of the integral index of meaningfulness of life, significantly higher values for the following parameters: "denial" ($t = 2,429$ $p = 0,05$) and "reaction formation" ($t = 2,911$ $p = 0,01$). In addition, statistically significant correlation relationship is between these psychological defenses with integral indicator of the meaningfulness of life of young men with low levels of meaning of life. To improve the meaningfulness of life will support increasing the use of the mechanism of "denial" ($r = 0,33$ at $p = 0,01$) and "reaction formation" ($r = 0,34$ at $p = 0,01$) and vice versa. This means that the more young men aged 18-39 years will be attentive to the areas of life and the faces of the events, which are

undesirable for them and are fraught with trouble, the more will increase the level of comprehension of his life, target orientation, focus on emotional quality of life orientation on the effectiveness of life. This can be considered a "denial" and "reaction formation" as a destructive psychological protection, the use of which affects the meaningfulness of life of a young man who is in a difficult situation.

A group of men aged 40-59 years diagnosed with low values meaningfulness of life is different from the same group, but with high values of the integral index of meaningfulness of life. Lower values were found statistically significant in terms of: "compensation" ($t = 4,915$ $p = 0,001$), «displacement» ($t = 2,07$ $p = 0,05$), but statistically higher values of "self-control" ($t = 2,09$ $p = 0,05$), «flight-avoidance» ($t = 2,382$, $p = 0,05$). The indicator of "compensation" shows a positive correlation with integral indicator of the meaning fullness of life ($r = 0,44$ at $p = 0,001$) and the index "escape-avoidance" is associated with it is negative ($r = -0,42$ at $p = 0,001$). This means that men at the age of 40-59 years will attempt more to fix or find a replacement to their shortcomings, inferiority, the more meaningful their life will be not only to the extent made by man, but also their future and the prospect of it. The higher are the avoidance, the transfer of responsibility and attempt to escape from the situation; the lower is the score of the sense of life. Thus, for the category of men at the age of 40-59 years, with low levels of the meaning of life, the use of a psychological defense as compensation increases the meaningfulness of life, that is constructive; and escape-avoidance strategy is associated with a decrease of the meaningfulness of life and is considered to be destructive.

The observed statistically significant differences in performance "crowding out" ($t = 2,07$ $p = 0,05$) and "self-control" ($t = 2,09$ $p = 0,05$) have no significant correlations with indicators of the meaningfulness of life. This is explained by qualitative differences in the system of psychological defenses and managing mechanisms for people with different levels of meaning of life. It can be assumed that the use of other corrective measures to change these protections in a constructive direction, would have a positive impact on the overall level of comprehension of men at the age of 40-59 who are in difficult situations.

A group of men at the age of 60 and elder, with the low values of the LSS is different from the same age group with the high values of the integral index of meaningfulness of life. Statistically significant higher values are found on the following parameters:

"self-control» ($t = 3,502$, $p \leq 0,01$) and "planning solutions» ($t = 2,476$, $p \leq 0,01$), but the "rationalization» is lower ($t = 2,699$, $p \leq 0,01$). The analysis of the interrelations has shown that the rate of "selfcontrol" has a positive correlation with the performance "purpose in life» ($r = 0,28$ at $p \leq 0,01$) and "locus of control-I» ($r = 0,21$ at $p \leq 0,05$). i.e. an increased desire to regulate their feelings and actions leads to an increase of low responsibility for their lives, which can be considered as destructive human ability to organize their lives and it is an important characteristic of the negative-life position of men at the age of older than 60 years who have low values of the meaningfulness of life that certainly makes this mechanism a destructive one and may affect the determination and implementation of the meaning of life in a difficult situation.

Taking into consideration the doctrine of the undeveloped psevdokompensatsii and absence of phenomenological description of psevdokompensatsy in the literature, we focused on the nature of the relationship of psevdokompensatsy with various protective and coping mechanisms. In this case, the prefix "pseudo" emphasizes that there is the desire for compensation, but not through a direct coping and with the devious ways. These parallels have been made in order to determine what constitute psevdokompensatsii how some safeguards of persons in difficult situations. Conditions of competitive validity, the analysis of correlation pleiades allowed psevdokompensatsii used to correlate with other related indicators of protective coping mechanisms.

Since no conflict between the needs and the constraints imposed by a difficult situation is not possible, it was found that only in the group of men aged 18-39 years psevdokompensatsii are presented by independent system of relationships with protective coping mechanisms. The analysis of the relationship of psevdokompensatsy with protective control unit allows us to say that the "fit" defense mechanisms and coping mechanisms are adequate and negotiate. Psychological defenses on the one hand, reduce the level of significance stressful factors for men, on the other hand deny them the opportunity to influence the situation actively. However, the mechanisms of coping men are aimed at developing strategies to address and evaluate the result of action in a difficult situation. Consequently, the specificity of the relationship psevdokompensatsy with protective coping mechanisms of men allows them to cope with difficult life situations, as while mitigating mental discomfort is actively changing the situation and address significant needs.

Thus, the characteristics for constructive \ destructive of coping by men of all ages with a difficult situation were determined. Design parameters for young men 18-39 years old are a managing mechanism "positive reappraisal", for men 40-59 years old - and managing mechanisms to protect the "compensation", "self-control", "escape-avoidance", for men older than 60 years - mechanisms of protection and managing - projection, positive reappraisal.

Destructive for men 18-39 years are the mechanisms of protection "negation", "reaction formation"; for men 40-59 is a managing mechanism "finding social support" for men older than 60 years - managing mechanisms "self-control" and pseudocompensation "the laziness complex", "complex of the youth leaving".

Considering the relationship psevdokompensatsy with protective coping mechanisms, we draw attention to the fact that the nature of the relationship of psevdokompensatsy of young men 18-39 years reflects the desire to make active use of constructive coping mechanisms, which certainly help to accurately and reliably assess yourself and the situation, choose the appropriate ways or interaction with the surrounding reality, provide and maintain their well-being. Through the use of this special form of social behavior as a coping mechanism, aimed at active interaction with the situation, the young men are provided an optimistic perception of life, stable positive self-esteem and a realistic approach to life.

REFERENCES

1. Osuhova, N.G., 2003. People in difficult situations: Phenomenology and psychological assistance. People in difficult situations: Articles I and II of scientific conferences December 24, 2003 and December 8, 2004 / Ed. E.A.Petrovoy - Moscow: RIP AIM, pp: 260.
2. Lazarus, R.S. and S. Folkman, 1970. The theory of stress and physiological research // Emotional stress: physiological and psychological reactions / ed. L.Levi, V.N.Myasisheva. - L. pp: 380.
3. Artemov, K.N., 2001. Especially autobiographical memory "impossible situation". In the Proceedings of the VII Intern. Conf. students, graduate students and young scientists "Lomonosov, pp: 266.
4. Crisis Psychology. Handbook of Practical Psychology / comp. S.L.Soloveva. - Moscow: AST, St. Petersburg.: Owl, 2008, pp: 286.

5. Adler, A., 1996. Die Technik der Individual psychologie. - München: Bergmann, pp: 156.
6. Ansbacher, H.L., 1956. The individual psychology of Alfred Adler. A systematic presentation in selection of his writings, edited and annotated by. - New-York: Basic Books, pp: 503.
7. Fergusson, L.W., 2000. Personality Measurement. ? New York etc, pp: 224.
8. Fritz, C.H.E., 1999. Disasters // International encyclopedia of the social sciences. New York: The Macmillan Company & The Free Press. 4: 202-207.
9. Mosak, H., 1995. A bibliography of Adlerian psychology (Vol. 1). ? Washington, DC: Hemisphere, pp: 188.
10. Hoffman, E., 1994. The drive for self: Alfred Adler and the founding of individual psychology. - Reading, MA: Addison-Wesley, pp: 303.