

UDC 37.015.3**The development of psychological stability of students as one of the main components of the prevention of addictive behavior****Yuliya V. Kuleshova**

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Abstract

The article is devoted to the problem of the development and role of psychological stability of the personality of students in the prevention of addictive behavior. The formation of psychological stability is a necessary psychohygienic measure in maintaining and strengthening human health from the earliest years. It is noted that psychological stability is a complex personality quality that includes a whole range of abilities and multilevel phenomena. The main components of psychological stability are emotional resilience and balance, self-confidence and self-control, adaptability and resistance.

For citation

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Keywords

Psychological stability, prevention, addictive behavior, personality, students, emotional stability, self-control, balance, resistance, adaptability.

Introduction

In the modern world, every person faces different problems and difficulties, as well as events that can lead to a crisis. These situations include various kinds of conflicts, states of frustration and severe stress. Difficult life situations, depending on external circumstances and internal resources, are experienced by a person in different ways. Individuals manage to cope with the situation, live it and gain useful experience, while for others, a crisis life situation becomes the beginning of psychological, emotional and even psychosomatic disorders, and internal experiences drag on for many years and turn into chronic stress [Kamenshchikov, Bagautdinov, 2015]. Of course, age is an important factor in this process. That is why the development of psychological stability is a necessary psychohygienic measure in maintaining and strengthening human health from the earliest years. In the works of L.V. Kulikov, it is noted that psychological stability is a complex personality quality that includes a whole range of abilities and multilevel phenomena. The main components of psychological stability are emotional fortitude and balance, self-confidence and self-control, adaptability and resistibility, etc. [Kulikov, 2004]. Psychological stability also often refers to the ability to withstand difficulties, remain calm and confident in critical situations, and show a stable and fairly high level of mood. Therefore, emotional self-control plays an important role in the development of a person's psychological stability, being a mechanism of internal regulation of mental activity and a means of adaptation to various situations.

Psychological stability of students

The problem of emotional well-being and psychological stability of students, due to their greatest susceptibility and vulnerability, is becoming particularly relevant in modern conditions of complex social relations and an increased pace of life. Each of them has a huge number of mental characteristics that determine individual reactions in response to external stimuli and is susceptible to adverse factors due to his psychophysiological immaturity. Thus, when conducting a study of the psychophysiological and emotional state of higher school students aged 17-18 years, taking into account the functional characteristics of the vegetative nervous system, personal and reactive anxiety, as well as the features of the character and adaptive capabilities of the body, a labile state of the vegetative nervous system was revealed in more than half of the respondents. Most of them had different accentuations, possible reactions of increased conflict, which can be when changing activities and under the influence of external conditions. A fairly high percentage of students was characterized by a low level of satisfactory adaptation, a complication of the socialization process, and an insufficiently stable motivation for activity [Drozdova, Kuleshova, 2007]. These indicators are determined not only by individual characteristics, but also by age and situational factors, because it is during this period that there is an abrupt change in the social situation towards increased personal responsibility and independence against the background of increased psycho-emotional and intellectual stress. Therefore, emotional stability is one of the most important conditions for ensuring health, productive activity, maintaining high mental and physical efficiency, and successful adaptation to external social conditions. Highly developed emotional-volitional self-regulation balances and manifests itself, first of all, in flexible management of emotional state, i.e. in the ability to arbitrarily create an optimal mood, change the level of emotional tension, adjusting emotions in a specific situation. In addition, indicators of emotional stability are also marked self-control, maintaining an optimistic attitude, and the absence of increased anxiety, confusion, and depression when any difficult situation arises. If there is some emotional instability, a person may show excessive excitation and aggression, or, conversely, apathy and stiffness,

leading to deterioration of cognitive functions, loss of strength, and general deterioration of well-being [Kuleshova, 2022].

Resistance as one of the main personal qualities in the development of psychological resilience and the prevention of addictive behavior is associated with the ability to maintain self-confidence and one's abilities in the process of overcoming difficulties. The fundamental basis for the development of these qualities is existential certainty as an important component of psychological stability, associated with the satisfaction of basic needs and the meaningfulness of being, together with the value orientations and orientation of the individual. At the same time, resilience as the ability to maintain a constant level of positive mood and activity, be responsive and sensitive to various aspects of life, have diverse interests, certain goals and aspirations for self-development is also an important component of psychological stability. The level of emotional stress is always determined not only by the individual characteristics of the nervous system, stressful factors and external circumstances, but also by their subjective interpretation and strong-willed character traits. In this regard, balance as another component of psychological stability is shown in the ability to minimize the negative impact of the subjective component in the occurrence of emotional stress, in the ability to control and maintain it at an adequate level, preventing breakdowns and affective reactions. The most important thing of another aspect of psychological stability is resistance as an individual and personal self-sufficiency, freedom from various kinds of dependence, the ability to resist everything that can limit the freedom to make own decisions, choose a hierarchy of values, norms, a system of relationships, life positions and lifestyle in general. The formation of resistance in the process of primary prevention of addictive behavior is important, since psychological stability to the negative effects of addictive factors is associated with overcoming and preventing the development of dependence. In fact, emotions do not always act as disorganizing factors and can act as a powerful incentive to activity, mobilizing a person's potential. Therefore, the main task is to learn how to properly manage the emotional state.

Violations of the emotional regulation of behavior

According to the ideas of L.S. Vygotsky, G.M. Breslav, V.K. Vilyunas, L.K. Izard, A.N. Leontiev and other scientists, emotions, acting as regulators of behavior, perform a very important adaptive function in human life, building an adequate interaction of the subject with the external environment. Violations of the emotional regulation of behavior, according to modern research, lead to maladaptation and socio-psychological deformation of personality. Therefore, the role of psychological stability and emotional regulation in human behavior is quite large. O.V. Lipunova and many modern researchers note that in the structure of maladaptive personality behavior, the leading role is played by disorders committed against the background of special psychological conditions in the form of emotional instability, with aggression, increased rigidity, personal and reactive anxiety, unstable mood and state of increased emotional stress [Lipunova, 2009].

In the development of psychological stability the level of adaptability of the individual, which determines the success of the process of human adaptation in various situations, is important [Kuleshova, Agapova, 2021; Agapova, Kuleshova, 2021]. At the same time, adaptation is determined not only by individual characteristics, but also by the external environment, upbringing, satisfaction with social status in society, self-control and self-actualization of the individual as a whole [Kuleshova, 2016]. The psychological component of adaptation is determined by the activity of the individual and society, which regulates social norms as acceptable ways to achieve goals. A decrease in psychological stability and a weakening of emotional control leads to the problem of personality maladaptation and

is viewed in different ways. In some cases, maladaptation is used to characterize the state of “social disintegration” and its accompanying deviant and, in particular, addictive behaviors. This can lead to an imbalance of emotional reactions, to sudden fluctuations and mood swings, the inability to form stable emotional relationships with others, causing maladaptation.

In another case, the deviation may have the character of emotional congestion, stiffness, in which a person may retain an emotional fixation on certain emotions for a long time. In addition, maladaptive behavior can be expressed in an aggressive emotional behavioral reaction, most often aimed at harming someone. Aggression can manifest itself in a direct form when a person with aggressive behavior is not inclined to hide it from others. In an indirect form, aggression is hidden under hostility, gossip, sarcasm, or irony, and thus exerts significant pressure on others. Aggression can be caused by various factors and be a part of the structure of different types of deviant behavior. Autoaggressive behavior, as noted in the works of V.D. Mendelevich, unlike aggressive behavior, is aimed at harming oneself, not the social environment [Mendelevich, 2005]. The dominant type of autoaggression is physical aggression, although one can relatively speak of a form of autoaggression in the form of verbal self-deprecating and self-blaming behavior.

Conclusions

Thus, the behavior of a person, which largely determines the success of his existence and the quality of life, is influenced not only by the environment, but also by the person himself, who can learn to control his reactions and many events affecting his life. Psychological stability as a personality quality, the important aspects of which are resilience, balance, and resistance, allows you to effectively withstand life difficulties, the effects of adverse circumstances, and maintain health and performance in various social situations. A decline in psychological stability increases the risk of addictive behavior and the development of addiction.

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Развитие психологической устойчивости обучающихся как одной из главных составляющих профилактики аддиктивного поведения

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Аннотация

Статья посвящена проблеме развития и роли психологической устойчивости личности обучающихся в профилактике возникновения аддиктивного поведения. Формирование психологической устойчивости является необходимым психогигиеническим мероприятием в сохранении и укреплении здоровья человека с самых ранних лет. Отмечается, что психологическая устойчивость является сложным качеством личности, которое включает целый комплекс способностей и разноуровневых явлений. Основными компонентами психологической устойчивости являются эмоциональная стойкость и уравновешенность, уверенность в себе и самоконтроль, адаптивность и сопротивляемость.

Для цитирования в научных исследованиях

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Ключевые слова

Психологическая устойчивость, профилактика, аддиктивное поведение, личность, обучающиеся, эмоциональная устойчивость, самоконтроль, уравновешенность, сопротивляемость, адаптивность.

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