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## PSYCHOLOGIE ZAŠKOLENÍ

Vagnjukova E.V., Ponomarev P.A. Psychotherapeutic approach in teaching foreign languages .....	50
Гаркавенко Н.В., Рогоулька Х. Становлення моральних цінностей у поведінці школярів .....	53
Мищенко Л.В. Развитие гендерных структур интегральной индивидуальности детей старшего дошкольного возраста в системе межличностных отношений .....	57

## PSYCHOLOGIE ROZVOJE

Назмутдинов Р.А., Кан Ж.И. Особенности саморазрушающего поведения в подростковом возрасте .....	59
Кудайбергенова А., Ахтаева Н.С. Исследования причин неуспеваемости у старших школьников .....	61

## PSYCHOPHYSIOLOGY

Кашкаров А.П. Обоснованность метода библиотерапии для коррекции вторичных признаков детей с ДЦП и детей с вторичными поведенческими нарушениями .....	67
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## SOCIÁLNÍ PSYCHOLOGIE

Кан Ж.И. Мотивационно-ценностный компонент карьерных ожиданий молодых специалистов .....	75
Lamash I.V. Men and Women in Policing: Foreign Psychological Studies .....	77
Корсун Е.В., Фесун М.Н. Эмоционирование бренда: как стратегия влияния на поведение потребителя .....	79

## MODERNÍ TECHNOLOGIE SOCIOLOGICKÝCH PRŮZKUMŮ

Рехтина Л.С. Интернет-опрос для социолога. преимущества и недостатки метода .....	81
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## KÁDROVÝ MANAGEMENT

Ильиных С.А. Гендерный фактор в карьере: «стеклянный потолок» и/или топ-менеджмент .....	84
Скрипник А.О., Лютко Н.В. Підприємництво як форма девіантної поведінки .....	92

**OBSAH**

**PSYCHOLOGIE A SOCIOLOGIE**

**FORMY SPOLUPRÁCE PSYCHOLOG - PRAXE**

Кан Ж.И. Техники трансактного анализа в тренинговой работе со студентами.....	3
Каримова Р.Б., Орманова З.К. Мектептегі психологиялык кызметтин ерекшеліктері мен бағыттары .....	5

**PROBLÉMU ROZVOJE OSOBY V MODERNÍCH PODMÍNKÁCH**

Газизова К., Ахтаева Н.С. Художественная литература как источник поиска смысла жизни .....	9
Zhunusova A., Nazymbek A. Influence of the social networks on the formation and development of the society .....	12
Дулина Г.С., Захарова А.Н. Ценности и смыслы – основа жизнестойкости молодежи .....	15
Колумбаева Ш.Ж. Этническая социализация-процесс развития и саморазвития личности в ходе усвоения этносоциальных ролей.....	18
Солійчук І.І. Когнітивний компонент готовності практичного психолога до міжособистісної консультативної взаємодії .....	21
Максименко О.А., Орлова А.Ю., Руденко Д.В., Хвостенко І.Ю., Вус В.І. Соціально-психологічні рекомендації щодо оптимізації фізичного розвитку дитини (перший рік життя).....	25

**MEDICÍNSKÁ PSYCHOLOGIE**

Красмик А., Аймаганбетова О. Addiction problems in the context of psychological theories .....	27
Ихсанова С.Г. Инструментальный прогноз эффективности психотерапевтического воздействия.....	31

**CELKOVÁ PSYCHOLOGIE**

Волкова Л.Е. Подходы к проблеме генезиса общения в мировой психологии .....	36
Tashimova F.S., Kozhikova A.A., Muhambetova R.A. The main research directions of the subject coping behaviour.....	40
Чуйко Г.В., Євангелій Х.П. Проблема стилю життя у психології .....	44

## PSYCHOLOGIE A SOCIOLOGIE

### FORMY SPOLUPRÁCE PSYCHOLOG - PRAXE

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### ТЕХНИКИ ТРАНСАКТНОГО АНАЛИЗА В ТРЕНИНГОВОЙ РАБОТЕ СО СТУДЕНТАМИ

Отечественные психологи рассматривают студенческую группу как социально-психологическую систему, обладающую специфическими особенностями, которые детерминированы многими факторами. Так, Е.И. Рогов считает, что «группа представляет собой собрание индивидов, которые ... воспринимают группу как источник удовлетворения» [1].

Нами было проведено исследование, целью которого являлось выявление возможности применения техник трансактного анализа для гармонизации межличностных отношений и создания комфортного психологического климата в студенческой группе. В эксперименте участвовали студенты 2-3 курсов специальностей «Педагогика и психология» (по рабочей учебной программе «Трансактный анализ») в течение одного семестра (2012-2013 уч.г.).

Была составлена программа тренинговых занятий, которая включала как теоретический материал, так и практические занятия: 1) диагностика эго-состояний личности (Родитель, Взрослый, Ребенок); 2) анализ транзакций; 3) определение основных жизненных позиций; 4) работа с драматическим треугольником Карпманна (Жертва, Преследователь, Спаситель). Эго-состояния диагностировались с помощью модифицированного опросника Д. Джонгвард (Родитель, Взрослый, Ребенок). При анализе факторов Контролирующего и Воспитывающего Родителя отмечалось, какого родителя (отца, мать) они копируют в своем поведении, какие мысли и чувства сопровождают это поведение. Анализируя факторы Адаптивного и Свободного Ребенка, студенты вспоминали ситуации детства, когда они вели себя подобным образом, определялся возраст и чувства, которые они испытывали в этом возрасте, а также причины переноса этих деструктивных способов поведения на события повседневной жизни. Анализ факторов Взрослого состоял в осознании того, что их поведение не является проигрыванием детства, отличается рациональным отношением к людям и событиям, но именно эта рациональность и «правильность» часто мешает взаимодействовать с окружающими. Кроме того, определялось процентное соотношение эго-состояний на настоящий момент, анализировалось, насколько оно мешает

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## THE MAIN RESEARCH DIRECTIONS OF THE SUBJECT COPING BEHAVIOUR

### *Resume*

*In this article the author reveals the main research directions of the subject coping behavior. Furthermore, a coping behavior as the method of self-regulations of the subject in difficult situations is determined. The correlation of overcoming strategies and psychological defense is provided here too.*

The problem of coping – is one of the most important problems that reflect the emergence of subjectivity person. It reflects not only the instrumentation basis, but also the processes of meaning subject, defining human adaptation in the world and the measure of its fruitfulness. [1]

The concept «coping behavior» is introduced in foreign psychology for the first time. The concept «coping behavior» is used for the description of characteristic ways of behavior of the person in various difficult situations of life. The concept «coping» covers a wide range of human activity – from unconscious psychological protection before purposeful overcoming of various life situations. In the broadest sense coping includes all types of interaction of the subject with problems of the external or internal character, connected with attempt to seize or soften, get used or to evade from requirements of a problem situation.

The main function of coping is to provide adaptation, mastery or attenuation / mitigation / or avoidance of the requirements of the situation, with the aim of leveling or repayment of its impact stress, which will provide and maintain well-being, physical and mental health and satisfaction with social relations.

Originally «coping» was studied in line with the doctrine about ways of coping with the stressful situation connected with permission of difficult and over difficult tasks and circumstances of life of the subject. It was defined as set of the cognitive

and behavioral efforts spent by the individual for weakening of influence of a stress. This direction persists at present.

However, further research on coping apply to the study of daily events, reflecting overcome difficult life situations, problem solving, and problems associated with both the «breakthrough» of the situation, the achievement of the objectives and implementation of set of relations and the settlement of the dynamic equilibrium system of the subject, contributing reduce anxiety, a sense of psychological well-being cal. The first studies of an experimental nature were held in line with the direction of the psychoanalytic analysis as a way to protect and to preserve equilibrium in the system and experiences based on the theory of Freud's defense mechanisms. One of the first researchers in this regard was Haan [2], which defines psychological as ways to overcome psychological ego defenses that contribute to easing tensions in the system of the subject.

Now, rather protective strategy of overcoming there are various opinions. In particular, understanding of protective strategy as providing to the subject opportunity to concentrate and mobilize efforts for real overcoming of vital difficulties [3], and on the other hand as dis adaptive, taking away the subject from requirements of reality [2].

In humanistic coping behavior are considered as stable personality traits, providing a sustainable solution to help meet and stimulating softer labile or adaptation to stress [4]. Great importance in the study of coping methods is given psychological coping associated with the interpretation and assessment of the situation by the subject. They are three ways to overcome the psychological: it – assessment of the situation (active-cognitive coping); intervention in the situation (active-behavioral coping); avoidance (Avoidance or escapism). The latter method may have its «branches» of education, for example, self-deception (self-deception) [5].

Coping behavior is as a way of life defined by the interaction of processes of «awakening» and the reduction in activity in which the subject ignores the stressful situation, avoid entering, and is considered in Carver C.S., Scheier M.F., [6]. Based on this, they stand out coping strategies and security policies associated with such methods as an appeal to God, alcohol consumption and drug use.

Coping is as psychological coping as defined strategies and «going to the people,» reflecting a focus on the interests of other people, identifying with them, the desire not to miss your chance and others [7].

In the direction of cognitive psychology coping behavior is revealed in terms of strategy information retrieval and closure for her. [8]

In integration understanding of coping behavior the works of researchers defining coping behavior as ways of overcoming and protection, their ratio have essential value. In this direction interest presented by in Lazarus and Folkman's works [9]. They define it as the dynamic process provided with features of interaction of the subject with requirements of the outside world. They allocate the following strategy of overcoming 1) a solution (problem-focused, Problem-orientiert, vigilant), 2) change of own installations in the situation relation (emotion-focused, Gefuele-orientiert).



Formulation of the problem of coping behavior in its various terms mentioned in Soviet psychology. Anyway, given the problems in the teaching of prescribed S.L. Rubinstein on ways of existence [10] K.A. Abudhanovoy-Slavskaja [11] on the strategies of life derived from his way of behavior and ways to implement the ratio-making, contributing to the vital ability to hold himself as the subject of his life, or – in the case of failure – go with the flow of life. The problem of coping as ways of life, providing adaptation and creative adaptation to the situation disclosed in the works of H.J. Liymetsa [12], as solutions to life's problems in the works Antsiferova L.I. [13], life styles in the works A.A. Kronik [14].

One of the first researchers in coping Russian psychology is Kryukova T.N. [15]. Coping behavior regarded it as stabilizing stressful situations and overcome life's difficulties ensuring that reflect processes of self-regulation of the subject.

Coping behavior carries out thanks to its dispositional (personal), dynamic (situational), socio-cultural (environmental) indicators, reflecting a subjective experience, according to the author. «Experience experienced and experienced behavior in which the person can give an account of and which contains a hierarchy of importance for him of social attitudes, values, attitudes and meanings, is a subjective experience of the individual.» It is a subjective experience of the individual internal stimulates spontaneous activity aimed at the variety of ways of coping.

Coping behavior regarded it as overcoming the difficulties of life (mastery) or a temporary adaptation to it (protection). If the subject does not possess such kind of behavior, negative implications for its productivity, health and well-being «[15].

Criteria of coping behavior of the subject are sensibleness, focus, controllability, adequacy, the importance of consequences, and possibility of training to ways of a coping. Development of coping behavior is considered by it as «learning to any behavior connected with a survival, including attempts to rescue, protect itself, to sustain, bear, in certain cases to hide (even not bringing to positive result)». Practically it reflects protective ways of coping behavior.

Coping behavior, according to Krukova, are not static, constant. It is very dynamic, the reflecting changes in the requirements of the situation or person. Dynamics style coping behavior is reflected in the studies related to the choice of coping strategies of pregnant women at different stages of their acceptance of the maternal role. [16]

Coping style – is the result of choice, a full component of more integrative phenomenon – the human lifestyle. She found that coping style is largely dependent on personal characteristics, in particular life meaning, the self, responsibility. Dedicated it productive and unproductive styles of coping mechanisms reflect different proportions that ensure protection and overcoming.

She has been adapted well-known foreign techniques that measure coping styles [17]. This's «Youth Coping Scale» (Adolescent Coping Scale) by Fry-Goldenberg and R. Lewis, the questionnaire «Coping behavior in stressful situations» (Coping Inventory for Stressful Situations) N.S. Endler and J.A. Parker, «The survey of coping» (Ways of Coping Questionnaire) R.S. Lazarus and S. Folkman. On their basis ques-

tionnaires for reliable quantitative measurement of coping behavior with difficulties for examinees of different age are created.

In the Kazakhstan psychology the problem of coping behavior was considered in F.S. Tashimova's works [18]. It defines coping behavior as ways of self-regulation of the subject in the difficult life situations, provided with a ratio of strategy of overcoming and psychological protection. Overcoming (mastering) is a free choice of the subject (from realized to extra mental), directed on maximizing system of his requirements providing realization of sense, stimulated by significant others and inseparably linked with its personal responsibility. Psychological protection is a free choice of the subject (from realized to extra mental), directed on minimization of system of his requirements connected with difficulties in their realization, in particular: with difficulties of understanding of meanings, with aspiration to keep I – the concept, with completion of forces for the further solution of a task on sense and its realization, with need of execution of requirements of a situation, etc.

She revealed the dependence of meaning on the characteristics of coping, the behavior of the subject. Under her leadership, we investigate the effect of the features of coping understanding of happiness [19], a reflection of the virtual actors and their values [20], fruitful relationship «student-teacher» [21], etc.

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