

**DEVELOPMENT OF PSYCHOLOGICAL MECHANISMS OF FORMATION OF COPING BEHAVIOR FACTORS IN ADOLESCENTS**

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**Abstract**

Adolescent cognitive and behavioral factors of coping are under active development. The purpose of this review is to explore the concept of coping in adolescence.

**Keyword.** Coping Behavior, Coping Strategy, Coping, Adolescent.

**Introduction**

Today, the demand and attention to young people is increasing in the countries of the world, including in the Republic of Uzbekistan, the problem of psychological protection is the most pressing issue facing humanity.

is one of the problems. However, human social development in all aspects, activity and self-development as a person is largely connected with this process.

It should be noted that individuals are psychological within their certain range if they have enough information about their capabilities, achievements, and shortcomings any failure encountered in their life is easy to eliminate, to be able to use their opportunities more widely, they have a deeper, positive and specific social value about themselves creates wide opportunities for the formation of existing imaginations. in this process, first of all, the educational system, its content, a person in extreme situations serving to improve the education system.

The principles of psychological protection are important. But today, there are more and more global problems and diseases that threaten not only teenagers, but humanity's health all over the world. it had a great impact on human mental health and lifestyle, among which the most affected were young people. Today, many young people are suffering from mental health disorders, especially among teenagers, it is becoming more and more difficult to solve mental health problems, that is why the attention and demand for psychology is increasing all over the world. the purpose of the study is to study and research the opinions of foreign scientists on the subject.

Psychologically, adolescence is a decade of cognitive and moral development. Piaget's theoretical work identified four stages of cognitive development: sensorimotor, preoperational, concrete operational, and formal operational. He also outlined three processes (ie, assimilation, accommodation, and equilibrium; Piaget & Inhelder, 1969 ) that an adolescent undergoes to reach a new stage.



According to Piaget, adolescence is capable of the fourth stage, the previous 12 years, so most teenagers achieve adult-like thinking during their teenage years. Expressing one's thoughts and processing information develops during adolescence, with older adolescents demonstrating memory (short- and long-term memory) and reasoning (deductive and inductive) abilities.

in these stages, the adolescent establishes a set of beliefs in the context of identity formation, and then revises them to clarify his or her beliefs.

Gilligan (1993) advanced understanding by examining observed gender differences in how boys and girls react to moral dilemmas, with boys generally seeking direct solutions and girls avoiding conflict in order to maintain relationships (Rew, 2005). These differences are likely reflected in how boys and girls cope with stressors.

Socially, adolescence is defined by Erikson (1968) as a period of development in which "identity" is a major psychosocial crisis. described.

Indeed, as teenagers move into peer relationships and move into adulthood apart from their parents, their worldviews expand and they are faced with the task of forming their own identities. This process does not fail to affect their cognitive state, during which adolescents have to overcome a lot of stress.

Coping processes are recognized as important protective or risk factors for adolescents (Lee et al., 2006; Lubell & Vetter, 2006; Zimmer-Gembeck & Skinner, 2008). Because exercise is a process related to many health outcomes of interest, such as depression, sexual risk taking, or drug use, it is a commonly measured mediator or moderator of other relationships (Franco, Thompson, Affenito, Barton, & Striegel-Moore, 2008; Rodrigues & Kitzmann, 2007). Although information from these mediator/moderator analyzes is important and useful, research that conceptualizes and measures coping as an independent or dependent variable is needed to advance the field. As the measurement of coping becomes more sophisticated, so must our efforts to intervene in the ways in which adolescents develop protective behaviors.

In addition to the above, I can say that during adolescence, interest in things in the social environment increases, during this period, the increase in sexual desire, interest in alcoholic beverages, interest in consuming narcotic modals does not allow most teenagers to live a healthy life. Also, according to this requirement, until a person reacts with stress, it cannot be seen as overcoming a life problem.

RSLazarus is one of the leading experts in the study of coping styles

According to his opinion, there are two global types of coping strategies: (elimination of stress method) - aim at the problem, take a subjective aim.

The problem-oriented type is oriented towards a rational solution to a difficult situation being, to independently analyze the situation in their behavior, help from others there is a tendency to seek information from additional sources is the type.

The subjective goal setting type is an emotional solution to the situation in overcoming stress they do, they have an absolute desire to do a specific job, to think about a problem have no desire, they deal with their grief with negative emotional means they compensate



by alcohol, sleep, and food. They are their own they use passive strategies more intensively to restore their emotional balance.

First of all, it is a constantly changing process. Wills T. and Shifman S. believes that this process can be divided into three stages. The first step is warning. At this stage of activity, a person is vitally negative eliminates another looming complication by eliminating the condition. The second step is to solve the problem directly. There is a clear problem with this cognitive and behavioral power is used in solving. The third stage - a person takes a critical approach to the results of the event. This goal of the stage is to reduce the number of hits it takes to its previous normal state return sooner. This is the recovery phase.

In addition to the following, I can say that coping behavior shows an individual's response to stress. It can be seen that when a person feels stress, he tries to eliminate the problem in a cognitive way in order to find a solution to the problem. Psychological protection mechanisms of people are subjective in some conflicts can directly affect the causes. Personal or group needs of a person prevent implementation and extinguish personal or group interests such causes and events create conflict situations. Often denied in the community forms of behavior, individual reaction is determined by social formation. In addition, the individual's participation in conflicts, the goal he has set before him with the degree to which an obstacle to implementation interferes is determined. The more important the goal is for the subject and to him If he really wants to achieve, he insists on mutually conflicting situations and resists the person who interferes with it.

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