

полученные с использованием «Определение склонности к отклоняющему поведению» отрицательно связаны с таким типом родительского воспитания, как «Близость» ($p > 0,05$).

Выводы

В ходе исследования были рассмотрены неблагополучные семьи как фактор девиантного поведения подростков.

При деформации семейных отношений (утрата ряда функций, разводы, повторные браки, сожительство, зависимости родителей, конфликты), происходит отклонение в системе воспитания ребенка, что, в свою очередь, приводит к отклонению в поведении подростка (от замкнутости до повышенной эмоциональной реакции на действия окружающих до побегов из дома, суицида, разбойных нападений).

Таким образом, можно заключить, что отклонения в межличностных отношениях «родитель – ребенок» могут служить одной из причин девиантного поведения.

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УДК 159.9.072

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ОСОБЕННОСТИ ВОСПРИЯТИЯ И ПРЕОДОЛЕНИЯ СТРЕССА В
ЮНОШЕСКОМ ВОЗРАСТЕ

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FEATURES OF PERCEPTION AND COPING WITH STRESS IN YOUNG ADULTS

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Аннотация. В данной статье рассматриваются вопросы, связанные с особенностями восприятия и преодоления стресса у молодых людей. Проведена диагностика уровня стресса, представлены результаты и методы борьбы со стрессом.

Annotation. This article discusses issues related to the peculiarities of perception and coping with stress in young adults. The diagnosis of the stress level is carried out, the results and methods of dealing with stress are presented.

Ключевые слова: стресс, особенности восприятия, преодоление стресса, молодежь.

Keywords: stress, peculiarities of perception, overcoming stress, young adults.

Introduction

The relevance of the chosen topic "Peculiarities of perception and overcoming stress in adolescence".

Youth is the period of a person's life between adolescence and adulthood. In the scheme of age periodization of ontogenesis, adopted by specialists in the problems of age morphology, physiology and biochemistry, the youth was defined as 17-21 years for boys and 16-20 years for girls [1].

The problem of overcoming stress is one of the most urgent and actively developing in modern psychology. The struggle with stress is so dynamic, complex and contradictory that young people constantly have to overcome all sorts of obstacles and difficulties, adapt to situations, and find the most profitable ways to overcome difficulties.

A state of stress is an individual's inner experience of the impact of life events that are stress factors. Stress factors (or stressors) refer to unfavorable, significant (in strength and duration) external and internal influences that lead to the occurrence of a stressful state [3].

Young adults begin to face many problems. High school students face a rather important exam, on which their further education depends, they enter an adult, independent life, some of them move to another city. All this change of environment can be very stressful for boys and girls.

Also, stress factors can be unfavorable conditions of the labor process, parting with a loved one, a threat to life and health, and so on.

To resist an aggressive external environment, the body first mobilizes physiological defense mechanisms, and then psychological resources. Each person

develops a set of approaches throughout their life that allow them to cope with the situation. The more of them, the better the person is adapted. The basic biological mechanism at the level of instinct dictates: run, hide, fight! Nature has also provided us with the ability to react emotionally: laughter, tears, anger [3].

Unfavorable conditions of the labor process, parting with a loved one, a threat to life and health, and so on can also be stress factors.

To resist the aggressive external environment, the body first mobilizes physiological defense mechanisms, and then psychological resources. Each person develops a set of approaches throughout his/her life that allow him/her to cope with the situation. The more numerous they are, the better the person is adapted. The basic biological mechanism at the instinct level dictates: run, hide, fight! Nature has also provided us with the ability to react emotionally: laughter, tears, anger [13].

Perception is the reflection of objects and phenomena in the totality of their properties and parts when they directly affect the senses.

In youth, perception becomes arbitrary, manifesting itself in the perceptual actions of systematic observation of certain objects. They start to observe their actions, behavior, experiences, and thoughts [4].

In high school, the development of children's cognitive processes reaches such a level that they are almost ready to perform all types of mental work of an adult, including the most complex ones.

It is known that the perception of a situation as difficult and significant leads to negative emotions and experiences, which can have adverse consequences for the development of the individual under certain conditions.

The peculiarities of the perceptual image in the perception of a situation associated, for example, with leaving the school, can cause negative experiences described by the term "stress" [4].

The purpose of the study is to identify the features of perception and to determine the factors of stress and ways to overcome it in youth.

Materials and methods of research

As a methodology, I conducted a survey on the attitude of young people to stress.

The study was conducted among young people of such educational institutions as schools of the city of Gaya, USMU, UrFU, ITMO, UGGU, USUU, PSMU, KUISU, OGTU, St. Petersburg State University, USUE.

The sample consisted of 85 young people, 69.5% of them were girls and 30.5% were boys. The study was conducted from 12.01.21 to 17.01.21.

The questionnaire consisted of 4 questions, which are as follows: "What life events make you stress?", "What do you feel when you're going through a stressful event?", "How do you usually cope with stress?", "How do you think you need to properly react to a stressful situation?". Within the framework of the problem of overcoming stress, answers to the questions were received: how do young people cope with everyday difficulties, including stressful events in their lives, and how do they solve them.

Results of the study and their discussion

Table 1

The results of the survey		
Questions	Frequent answers	Number of people
What life events make you stress?	1. Problems in educational activities	83 (h)
	2. Exams	78 (h)
	3. Quarrels	73 (h)
	4. Illness or death of loved ones	65 (h)
	5. Parting with a partner	51 (h)
	6. Deadlines	49 (h)
	7. New environment	30 (h)
	8. Danger	22 (h)
	9. Problems at work	17 (h)
	10. Late arrival	14 (h)
How do you feel when a stressful event happens?	1. Fear	80 (h)
	2. Panic	71 (h)
	3. Anxiety	59 (h)
	4. Anger	57 (h)
	5. Irritation	43 (h)
	6. Excitement	30 (h)
	7. Sadness	19 (h)
	8. Self-doubt	11 (h)
How do you usually cope with stress?	1. Try to distract myself	74 (h)
	2. Eat	70 (h)
	3. Cry	65 (h)
	4. Try to calm down	63 (h)
	5. Take a sedative drug	56 (h)
	6. Smoke a lot	45 (h)
	7. Listen to music, walk	38 (h)
	8. Communicate with my family and friends	34 (h)
	9. Drink alcohol	28 (h)
	10. Have a rest	16 (h)
	11. Go crazy	13 (h)
	12. Laugh off	13 (h)
	13. Do sports	12 (h)
How do you think it is necessary to react correctly to a stressful situation?	1. Take a sedative drug	76 (h)
	2. Keep yourself in control	73 (h)
	3. Calm down	60 (h)
	4. Contact a specialist	55 (h)
	5. Have a rest	41 (h)

	6. Analyze the situation	27 (h)
	7. Find the pros	19 (h)
	8. Go for a walk	17 (h)

According to the results presented in Table 1, we can see that 97% of young men consider problems in educational activities to be a stressful situation. A less frequent, but equally popular answer (91%) is that exams are such a stressful situation. In third place there are quarrels 85%. Further, 76% of respondents consider the illness or death of loved ones to be a stressful situation. Young respondents also consider deadlines, problems at work, parting with a partner, danger, a change of situation and being late as stressful situations.

Most often, when a stressful situation occurred, young people experienced fear (94%), 83% experienced panic, 69% – anxiety, 67% – anger, 50% of people experienced irritation. There were also feelings such as sadness, excitement, and self-doubt.

The most popular answer to the question "How do you usually cope with stress?" is the option – Try to relax (87%), and 82% of respondents "eat" stress. 76% of people said that they cope with stress with tears. 74% of respondents in stressful situations try to calm down, and 65% take sedatives. In addition, under life circumstances that cause stress, most often the respondents used such methods as analyzing the situation, listening to music, drinking alcohol, smoking, relaxing, going crazy, laughing off, doing sports.

In addition, young people said that, in their opinion, it is necessary to react correctly to a stressful situation. 89% believe that they need to take a sedative drug, 85% think that they need to control themselves, do not give vent to emotions, 70% are of the opinion that to begin with, you need to calm down, 64% of respondents consider that it is important to contact a specialist for help when stressed. Talking to your loved ones, relaxing, finding the pros in the current situation, analyzing the situation were also popular answers to the question.

Conclusion:

Youth is characterized by the richness and variety of feelings experienced, emotional attitude to various aspects of life. A particular characteristic is the development of moral and socio-political feelings, which are usually correctly correlated with certain moral requirements. They develop the ability to be aware of the feelings experienced. At high school, children still have the spontaneity and vividness of the response, but their emotional states become more stable. Young men and women sometimes experience contradictions in the emotional sphere, the struggle of various feelings associated with the presence of internal conflicts. Higher-level feelings do not always win as a result of such a struggle. Therefore, at high school, children often need the moral support of more experienced and mature people.

The results of the study show that a large number of young men and women incorrectly experience stressful situations. We believe that this may be due to the sensitivity of this age period and the lack of life experience. Young people often

suppress their emotions, close up and think that this will relieve them of stress, thereby making it worse for themselves.

By the end of high school age, boys and girls usually reach physical maturity, and their physical development is not much different from that of an adult. In high school age, changes in the development of the nervous system and brain, in particular, are determined [3].

As a result, the prerequisites for complicating the analytical and synthetic activity of the cerebral cortex in the process of learning and work are created. The increased nervous excitability sometimes observed in children at high school, disturbance of the normal activity of the nervous system are most often the result of an incorrect lifestyle: night work, insufficient sleep, overwork, smoking, poor nutrition, bad habits and some other reasons [2].

The environment also plays a big role in the lives of girls and boys. Society often dictates strict norms of behavior that prohibit a person from showing weakness in public, although they are an absolutely normal reaction, moreover, a mechanism for primary stress relief. No wonder it is believed that tears bring relief. Suppression of emotions can lead to serious mental disorders.

Today, there are schools of psychotherapy where people are taught to behave naturally in a stressful situation, to express their emotions within acceptable norms. An emotional response is bound to provoke a counter-reaction from others – empathy, compassion, which even a tough person is waiting for deep down, because this is also an opportunity to relieve stress [4].

As a result of the study, it was proved that in youth, educational activity acts as the main stress factor, which is due to the fact that educational and professional activity becomes the leading one. Study is seen as a necessary base, a prerequisite for future professional activity. They are striving for the future, building life plans. The group of significant stress factors includes: "Educational activity", "Death or illness of loved ones", "Quarrels with people around".

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УДК 61.001.89

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**МЕДИЦИНСКИЕ ТАТУИРОВКИ И ОТНОШЕНИЕ К НИМ БУДУЩИХ
ВРАЧЕЙ**

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**MEDICAL TATTOOS AND ATTITUDE OF THE FUTURE PHYSICIANS TO
THEM**

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Аннотация. В статье представлены результаты эмпирического исследования отношения студентов первого курса педиатрического факультета СГМУ к татуировкам и, в частности, к татуировкам на теле практикующего врача. Обосновывается актуальность биоэтической проблемы использования татуировок работниками, к внешности которых предъявляются строгие требования по причине тесного взаимодействия с людьми, а также хроническими больными. Рассматривается многозначное определение “медицинская татуировка”. Результаты анкетирования представлены в виде таблицы. Согласно результатам исследования, статистически достоверные различия между ответами юношей и девушек не выявляются, за исключением осуждающего отношения юношей к татуировкам на теле медицинского работника. А на вопрос об отношении к татуировкам респонденты чаще выбирали нейтральный вариант, что не позволяет сделать однозначных выводов о негативном или позитивном отношении.

Annotation. This article presents the results of the empirical study of the attitude of the first-year students of the Faculty of Pediatrics of SSMU to tattoos and, in particular, to tattoos on the body of practicing physicians. The article substantiates the relevance of the bioethical problem of the tattoo use by employees, whose appearance