

1. Массаж появляется примерно 2,5 или более тысяч лет назад, то есть до нашей эры.

2. Массаж играл большую роль в медицине прошлого, т.к. это был один из основных способов лечения. Лекари, умевшие применять технику массажа, были уважаемыми лицами в обществе ценились очень сильно. Это либо использование игл, веников, специальных масел и т.д.

3. В различных странах разная техника массажа, эти техники были несколько похожи, но отличались способами применения массажа.

4. Применяли массаж в специальных помещениях, будь то это баня или храм.

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**A.P. Kiva, I.V. Perelygina, O.R. Musina**  
**PERCEPTION OF MODERN TEENAGERS OF THEIR OWN LIFE**  
**AND THE DIFFICULTIES OF THEIR EXPERIENCE**

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**Annotation.** This article presents: description of the procedure and the study methods; the results of questioning of students; the results of depth consideration of perception of teenagers and young people of their lives.

This study may help teenagers to understand some difficult situations and problems in their lives, and understand ordinary ways to solve them. This will give to teenagers an opportunity to find much better ways to solve their difficulties. This work shows about 60,6% of modern teenagers have a dominating negative perception of their lives. The teenagers must be trained to concentrate not only on feelings, but also to be able to solve their problems and to find rational ways out of hard or routine situations. The research is applied; the results may be used with high school students and their parents.

**Keywords:** teenager, life perception, problem solving.

Juvenility is the time of self-determination. Self-determination – socially, personally, professionally, spiritually and practically – is the main purpose of juvenility. Fundamentally, the answer to the question is in the self-determination process – What should I be? And how should I be? – searching the live perspectives, projecting one's own future.

Modern teenagers feel difficulties in some spheres of their lives, but ways to solve the problems are not enough, or they are not effective (for example, suicide, addictions and other). A very huge contribution in researching of teenager psychology was made by Vygotsky L.S., Elconin B.D., Bozshovich L.I., Ericson E., Con I.S., Dubrovina I.V., Obuchova L.F., Slobodchikov V.I., Isaev E.I., and other researchers.

The problems of the inner world, feelings are presented in the works of Slobodchikov V.I., Leontiev D.A., Vasiluyk F.E. [3,4,5].

**The purpose of the research-** studying of the teenagers' attitude towards their own lives and to study how they solve problems.

#### **Materials and methods of the research**

Analysis of the theoretical literature on the issue, methods of the psychological diagnosis, our self-made questionnaire "The attitude towards life", the projective test "Unfinished sentences", test-based methodology of subjective relations "Houses", structured conversation "Reaction to difficulties", reflective comprehension of the test results – 40 respondents, and the analysis of the deeper research in 7 students.

#### **The result of research and discussion**

The results got on the first empirical stage while questioning the group of the students (the results are showed in the table N1) show a successful pattern: the most of the respondents are satisfied with their lives, have good relations with their peers, and are ready to an independent life. They are ready to find solutions to different problems being in difficult situations, which speaks about their self-confidence. However, at the same time there are those who have some problems in different spheres of life, their view can be characterized by anxiety and worry.

On the assumption of personal acquaintance with the respondents, they seem to confuse wished, that's why the enhanced research of these teenagers was done using the projective test and the methods of structured conversations. All the methods were

either modified or fully developed by the author. Following enhanced research ( the projective test " Incomplete sentence": the results are shown in the picture N 1, research methods of subjective relations " Houses" structured conversation " Reaction on difficulties": results are shown in the picture N2 ), we can make the conclusion:

The teenagers take a favorable view of their mothers but have negative attitude to their fathers. It seems that there are some quarrels and conflicts, where the child estimates his or her parents positively or negatively, significantly due to this feels apathy. Teenager's attitude to teachers and other respected people is positive; they also strive to authority and leadership. The adolescents have fears, apprehensions, guilt, which causes their low self-esteem: the majority of the researched students are in the condition of compensated tiredness that is caused by the colossal pressure at school, wrong regimen, stress and problems at school or in the family. Teenagers often feel loneliness indifference, and apathy. The distinctive feature of modern teenagers is low stress resistance, which prevents from problem solving, adolescents have become more vulnerable, they are more depressed and more susceptible to stress.

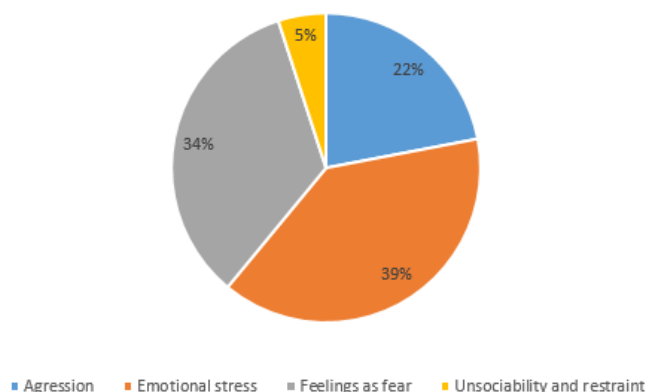
According to our research results, it was found out that senior pupils choose coping behavior style facing difficulties.

On the emotional level while facing the problems they have aggression (22%); emotional stress (39%); feelings such as fear, offence, shame (34%); unsociability and restraint (5%);

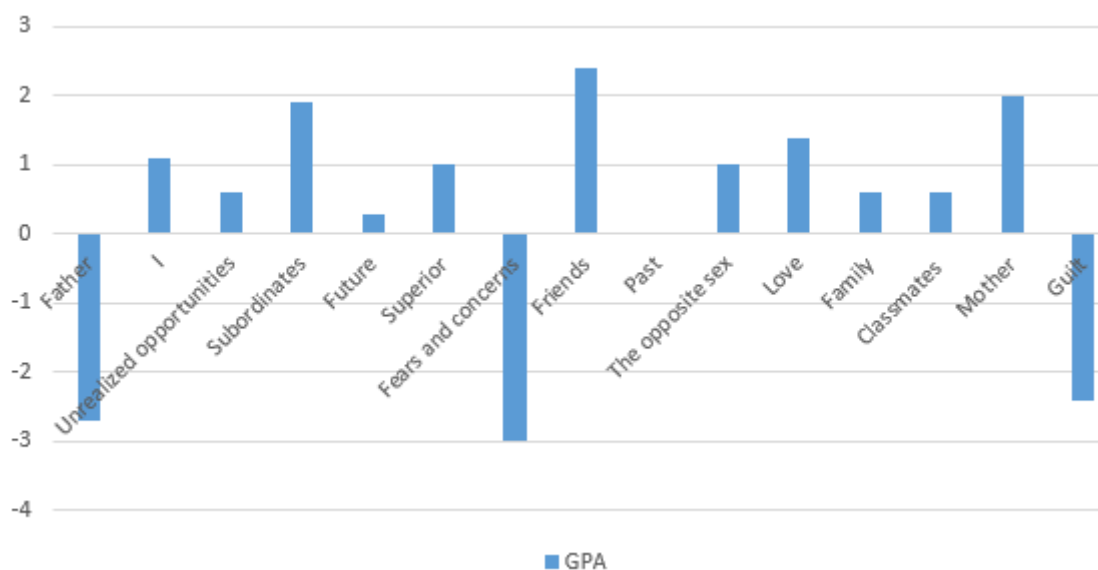
On the action level 39,4% of senior pupils showed the strategy of negotiation - achievement, improving the situation, solving problems;

60,6% of teenagers used the strategy of distancing and avoidance- attempts to detach themselves from the problems, to get rid of worries caused by the problems situation. These strategies are based on avoiding techniques, which mean postponing the conflict for a long time without solving it. Concurrently, the problems 15,2% show rejection of activity and ignoring of teenagers, while 45,4% of senior pupils practice withdrawal when they face the difficulties.

In the work it is shown 60,6% modern teenagers have dominant negative perception of their own life and the methods of solving the problems used by those teenagers are not effective.



Picture 1. The results of the technique "Incomplete sentences"



Pictures 2. The results of structured conversation "Reaction to difficulties"

### **Conclusions**

In the theoretical part of the research we made an analysis and represented the material about the research of this problem in the psychological science. In the work it is shown that approximately, a half of the modern adolescents have the dominant negative perception of life and their methods of solving the problems are not effective. It is necessary to teach teenagers to concentrate not only on feelings but to be able to solve problems and find a reasonable way of getting out of the difficult situations.

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