

Research Article

The resources of adaptability in a situation of frustration: a comparative experimental study

Lyudmila M. Kolpakova

PhD psychology, Dr. psychology, professor of the Department of fundamental bases of clinical medicine, Institute of Fundamental Medicine and Biology, Kazan (Volga Region) Federal University, Kazan, Russia

ABSTRACT

The article deals with mechanisms for mobilizing the resources of the individual in a situation to overcome the frustration that is studied in the framework of the methodology of the subjective approach. The analysis used data from the experiment, organized as a situation of frustration for students during the examination session. Used methods: ϕ^2 criterion (angular conversion Fischer), Q criterion Rosenbaum, goodness of fit Pearson (χ^2); methods comparison, analysis and synthesis. The results showed that at students with the characteristic of subjective autonomy more stable indicators of adaptability in a situation of frustration than at others. Indicators have been defined as the inherent benefits of these students: ontological components of confidence ($p \leq 0.01$; $p \leq 0.05$); self-regulation ($p \leq 0.05$); emotional state ($p < 0.01$; $p < 0.05$). The use of strategies of coping with frustration that make them more effective: "volitional control over the senses"; "a change in its system of relations"; "rethinking and the search for solutions"; "rational approach to the study of experiences". The use of «Autonomy», as evidenced by the correlation of two important factors, where "autonomy" has a greater number of links compared to others. The discovered connection between "autonomy" and – "confidence in "Me" ($R=0.42$), "confidence in significance" ($p=0.43$), "the ability to accept failure, amend life strategies ($R=0.41$), "self-regulation" ($R=0.39$), "capacity for flexible behavior" ($p=0.39$). This indicates the stability of the expression and complex multicomponent structure of autonomy and also that from the level of expression of any of these components depend the characteristics of the manifestation of its symptoms. Where "autonomy" has a greater number of links compared to others parameter. The results can help clinical psychologists, physicians in their scientific researches and practical activities, as well as other experts on the problem of individual resources of adaptability to a situation of frustration.

Keywords: frustration, adaptability, subjective autonomy, resource.

1. INTRODUCTION

Study resources to overcome a situation of frustration we see in the development of the problem of adaptability of the rising balance in the development of the subjective approach, the allocation of which, I hope, will clarify not only the criteria of subjectivity, but the phenomenon of a special kind. Subjectivity as a property of human activity, manifesting itself through the unique properties of self-organization and self-regulation determines the specificity of external human behavior [1]. Modern researchers constantly refer to the problem of the subject.

But still the characteristics of its basic functions remain poorly understood. This basic function is the overcoming of the difficulties which cause strong emotional states, making this issue an actual one. Subjectivity is a unique property of a person is represented as a central instance of self-organization and self-regulation system in the literature [1]. Modern researchers constantly turn to the problem of subject. But still the characteristics of its basic functions remain poorly understood. This basic function is the overcoming of the difficulties which cause