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## **FEATURE OF LIFE HARDINESS OF FEMALE STUDENTS PSYCHOLOGISTS IN THE WAR-TIME**

**Abstract.** The article examines the peculiarities of the life hardiness of female psychology students during the war. The connection of coping strategies (problem solving, planning, escape) with the life hardiness of female psychology students has been empirically confirmed. Life hardiness can be considered as a personal potential for effective self-development in stressful situations.

**Key words:** coping strategies, resilience, life hardiness, components of life hardiness, psychology students

In connection with the war in Ukraine, constant stress and global challenges, young students are a vivid subject for the study of scientists. Because despite the full-scale invasion and all the associated difficulties, ukrainian students continue to study, volunteer, protect and help others. This fact leads to an undeniable interest in studying the resilience of this category of young people, especially female psychology students, because the challenges of the future profession require them to develop self-psychological competence. It is important to investigate the relationship between coping behavior in stressful conditions and the life hardiness of female psychology students.

**The purpose of the study is** a theoretical and empirical study of the relationship between coping strategies and life hardiness of psychology students during the war.

It was assumed that: there is a connection between coping strategies and the life hardiness of female psychology students.

**Presenting main material.** The concept of hardiness was proposed by the American psychologists S. Kobeis and S. Maddi (S. Maddi, 1987). Thanks to many years of research experience, scientists have paid special attention to the fact that life difficulties have a special impact on the behavior of different people. According to the authors, life hardiness is a set of attitudes aimed at overcoming stressful situations and maintaining balance. The majority of foreign experimental research is one-sided. The main attention is paid to the study of life hardiness as a general measure of mental health of a person,

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"hardiness" is considered in connection with the problems of overcoming stress, adaptation-maladaptation in society, physical, mental and social health.

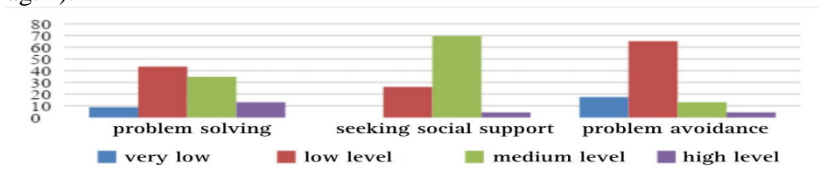
S. Muddy noted that life hardiness is a certain system of ideas about oneself, the world and relations with the world, which includes three components: involvement (confidence that everything that happens contains something interesting for the individual), control (struggle - allows you to influence the result), risk acceptance (the individual's perception of life events and problems as a challenge and test for himself personally). The expression of these components prevents the emergence of internal tension in stressful situations (S. Maddi, 1987).

The coordinated action of the protective mechanisms of the psyche and strategies of coping behavior ensure hardiness. Human resilience depends on the flexible use of various psychological defenses and strategies for adapting to the situation. A person with highly developed qualities of hardiness uses the most satisfactory forms of behavior, based on his own capabilities and the characteristics of the situation (V. Yehorova & S. Chachko, 2021).

'Coping' is a set of cognitive, emotional and behavioral strategies that an individual uses to manage stress and difficulties. According to scientific studies, there are constructive and non-constructive coping strategies, the use of constructive coping strategies can contribute to more successful adaptation to stressful situations. Therefore, coping strategies clearly have an important role in overcoming stressful situations.

The phenomenon of coping and resilience was studied by the following scientists: O. Voytsekhovska, L. Karamushka, A. Kovalenko, O. Kokun, C. Carver, R. Lazarus, D. Parker, T. Tytarenko, and others. But the lack of coverage of the connection between coping behavior and resilience caused our scientific interest in conducting an empirical study.

Empirical research was conducted at the National Aviation University among students of higher education with a bachelor's degree in specialty 053 'Psychology' of the educational and professional program 'Practical Psychology' of the fourth year of study. According to the 'Indicator of Coping Strategies' method (D. Amirkhan, adapted by N.A. Syrota and V.M. Yaltonskii), 70% of respondents with an average level of seeking social support, 65% with a low level of avoiding problems, and 16% - have a high level of problem solving (Imag. 1).

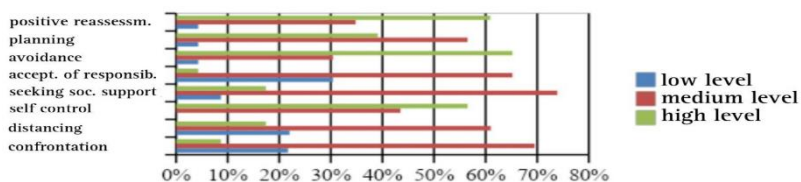


Imag. 1. Indicators of the scales according to the "Indicator of coping strategies" method (D. Amirkhana adapted by N.A. Syrota and V.M. Yaltonskiy)

The dominance of the strategy of 'seeking social support' means that female psychology students turn to the environment for help and support in order to effectively solve the problem.

The strategy on the 'problem solving' scale has less than half of the respondents' answers, but this strategy has a certain influence on the behavior of individuals in stressful situations. This strategy is expressed in the individual's effort to use all available resources to find possible ways to effectively solve the problem.

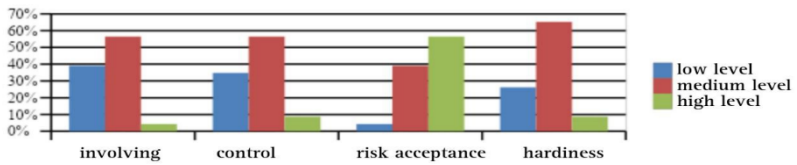
According to R. Lazarus' 'Coping Strategies' questionnaire, the most significant indicators of coping strategy intensity are 'Escape' - 65.2%, 'Positive reappraisal' - 60.9%, and 'Self-control' - 56.5% (Imag. 2).



Imag. 2. Indicators of the scales according to the "Coping strategy" questionnaire by R. Lazarus

The majority of female psychology students use mixed coping strategies (66%). It means that they solve problematic situations using several coping strategies, depending on the situation and circumstances in which they are. 'Positive reappraisal' coping is aimed at creating a positive meaning with a focus on the growth of one's own personality (also includes a religious dimension). A high level on the 'self-control' scale of 56.5% can testify to the efforts of female students to regulate their feelings and actions in order to overcome a stressful situation. 65.2% of female respondents clearly have a coping strategy of 'escape', which may indicate the students' mental desire and their behavioral efforts aimed at escaping or avoiding the problem. It should also be noted that 4.3% of female respondents do not have any clearly expressed coping strategy. Almost 18% of respondents have only one coping strategy.

With the help of the method 'Diagnostics of vitality' (S. Muddy in adaptation of Leontiev) we obtained the following results (Imag. 3).



Imag. 3. Indicators of the scales of the method "Diagnostics of vitality" (S. Muddy in adaptation of Leontiev).

So, analyzing the indicators of the scales, we can single out a high indicator on the 'Acceptance of risk' scale - 56% of respondents. This may indicate a willingness to act in uncertain conditions, when there is no guarantee of success. It characterizes the respondents' belief that everything that happens in life serves development. Which is caused by the acquisition of knowledge gained from experience (whether positive or negative). Analyzing the 'Hardiness' scale, it can be seen that a high level is characteristic of only 8% of respondents and a much higher indicator of 65% indicates an average level. Based on the obtained data, it can be assumed that the respondents are able to resist difficult life situations and creatively work them out. Female students who have a pronounced level of life-sustainable attitude tend to experience situations as interesting and joyful. This happens as a result of personal choice and initiative and as an important stimulus for learning new things.

For mathematical processing of the results, we used the Pearson test for correlation analysis. As a result of calculations using the Pearson test, it was established that there is a statistically significant direct relationship between the 'Planning' ( $r= 0.608$ ) and 'Problem Solving' ( $r= 0.596$ ) scales and the hardiness scale. So, the higher level of problem solving and planning of respondents, the higher level of life hardiness they have. A statistically significant inverse relationship was also obtained between the 'Escape' scale and the level of life hardiness ( $r= - 0.466$ ). It means, the lower the level of the "escape" indicator of female respondents, the higher the level of life hardiness they have. It is demonstrated in the tab. 1.

Table 1

Significant correlations between coping strategies and indicators of life hardiness

Scales of test		Solution for the problem	Planning	Escape
The level of life hardiness	Correlation coefficient (r)	0,596*	0,608**	- 0,466*
	Significance level (p)	0,003	0,002	0,026

The obtained results may indicate that future psychologists are more likely to use an analytical approach to the problem. They focus on the problem and ways to solve it. They have an active behavioral strategy: they try to overcome stress and effectively solve difficulties, using all available resources for this. In case of excess stress, students direct their thoughts and actions to avoid the problem and negative emotional experiences associated with difficulties. Respondents are able to resist difficult life events and creatively process them with a focus on the growth of their own personality. Future psychologists overcome negative emotional experiences by reducing the subjective value of a stressful situation, but with the recognition of personal responsibility. In addition, by switching attention to active professional activity, they use various social resources for purposeful analysis of the situation and possible options for behavior.

**Conclusion.** So, in the course of the theoretical analysis of the literature, we emphasize that resilience depends on the flexible use of various psychological defenses and strategies for adapting to the situation.

Using the methods of mathematical statistics, it was confirmed that: there is a statistically significant direct relationship between the following coping strategies: problem solving, planning and resilience and a significant inverse relationship between escape and life hardiness..

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