

FORMATION OF COUPLING STRATEGIES IN YOUTH TO THE STRESSFUL FACTORS OF A TRANSFORMING SOCIETY

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Abstract: This article analyzes the stressors that young people face in the process of socio-economic and digital transformation of society, as well as coping strategies aimed at eliminating them. The study highlights the adaptation mechanisms of young people, constructive and destructive forms of coping behavior, and their socio-psychological determinants.

Keywords: transformation, youth, socio-psychological adaptation, stress, coping strategy, coping resources, cognitive assessment

Today, the world community, and in particular, the Uzbek society, is undergoing a stage of deep transformation. The digitalization of social relations, changes in the value system, and globalization processes are placing a huge psychological burden on young people, who are considered the most dynamic social stratum. The transforming society, with its uncertainty, the speed of information flow, and the intensity of competition, is causing various stressful situations in young people. In such conditions, the successful adaptation of young people to the social environment directly depends on the effectiveness of their coping strategies (problem-solving methods). The issue of young people, their adaptation to a changing world and access to modern knowledge is one of the constant central themes in the speeches of President Shavkat Mirziyoyev. In their speeches, they said, “Today, the world is changing rapidly. Anyone who is not prepared for these changes and does not keep pace with the times will be left behind. Therefore, our youth must grow up to be not only educated, but also strategically thinking individuals who are resilient to any difficulties and competition.” As our President Shavkat Mirziyoyev emphasized, the formation of “strong social immunity” among young people to various risks is the most important task today. This is directly related to how effectively young people will be able to use coping strategies to cope with stressors in a transforming society. Social immunity here serves not only as a protective mechanism, but also as a mechanism for active adaptation to new conditions.

The main part. Stressors for modern youth are not limited to personal problems, but also include changes at the socio-macro level. These include high social expectations, hesitation in choosing a career, the gap between the image of the “ideal life” in social networks and real life. The transformation of society is leading to the loss of traditional models of adaptation and the need for new, non-standard approaches. In psychology, coping behavior is interpreted as a person’s conscious desire to manage stressful situations. Based on the theory of R.Lazarus and S.Folkman, coping strategies in adolescents can be divided into three main areas: Problem-focused coping involves analyzing the situation, making a plan, and taking active action to eliminate the difficulty. This is considered the healthiest way of adaptation.

- Emotion-focused coping - controlling emotions that surface as a result of stress (for example, self-comfort, guilt, or positive reappraisal).

- Escape-oriented coping - an attempt to avoid stress by not recognizing the problem, engaging in the virtual world, harmful habits, or fantasies. Factors influencing the formation of coping strategies in young people In a society undergoing transformation, young people’s coping choices are influenced by their personal resources (self-confidence, intelligence, optimism) and social resources (family support, support from friends, social institutions). Nowadays, a new phenomenon called

“social network addiction” is being observed among young people, in which young people are looking for solutions to their problems or psychological comfort in virtual communities.

Methodology and analysis. The use of sociometric questionnaires and psychodiagnostic tests in studying adaptation mechanisms in adolescents gives the expected result. Preliminary observations show that adolescents with a high level of adaptability use more cognitive reappraisal and social support-seeking strategies. On the contrary, adolescents with a low level of adaptability are more likely to show aggression or passive withdrawal.

CONCLUSION. The socio-psychological adaptation of young people in a transforming society is a complex and multifaceted process that requires a person not only to get used to existing social norms, but also to maintain his mental stability in a constantly changing environment. The theoretical analysis conducted and the results obtained allow us to draw the following fundamental conclusions:

First, the digital and social transformation of society is creating an environment of “existential uncertainty” for young people. In this environment, traditional coping mechanisms (for example, relying solely on parental experience) do not always produce the expected results. As a result, the need for cognitive flexibility and independent decision-making skills in young people is sharply increasing.

Secondly, the formation of coping strategies directly depends on the socio-psychological resources of young people. Our study shows that young people with a high internal locus of control choose more “problem-oriented” constructive strategies. On the contrary, in an environment with a weak social support system (family, educational institution), an increase in the share of “escapism” and destructive coping strategies is observed among young people.

Third, in the process of modern transformation, the virtual space is becoming both a source of stress and a kind of “psychological coping space” for young people. Although self-expression and intergroup communication through social networks provide young people with temporary mental relief, it often creates the risk of alienating them from real-life problems instead of solving them.

Practical recommendations:

- It is necessary to introduce digital diagnostic systems in educational institutions that constantly assess the level of adaptation of young people. This will allow for the timely identification of young people with high stress levels.

- It is necessary to develop and implement special psychological training programs aimed at developing stress resistance and constructive coping skills in young people.

- In the context of global information attacks, developing critical thinking among young people will increase their socio-psychological immunity and create the basis for them to approach transformation processes not as passive objects, but as active and conscious subjects.

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