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K. D. Ushynsky**

Harbin Engineering University

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The third issue of the materials represented by the Ukrainian and Chinese scholars are dedicated to acute issues of General and Contrastive Linguistics within the Chinese, English, Ukrainian and Russian languages; linguodidactic problems of teaching native and foreign languages within polycultural educational space; peculiarities of cross-cultural communication in geopolitical space alongside with educational aspects of professional training of future specialists under conditions of multicultural environment.

The given articles may be of use to researchers, graduate students, postgraduates and practising teachers who are interested in various aspects of Sinology, Cross-cultural Communication, Pedagogics and Psychology.

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THE CORRELATION OF PSYCHOLOGICAL DEFENSE AND COPING STRATEGIES OF THE FUTURE PSYCHOLOGISTS

The results of an empirical research of peculiarities of the correlation between psychological defense and coping-strategies of the future psychologists are represented in the article. It is shown that the level of stress mechanisms defense of the future psychologists is closely correlated with successful functioning of coping, which is oriented towards emotions.

Keywords: *defense mechanisms, coping-strategies, future psychologists, correlation.*

The content of the problem. One of the controversial themes of modern psychology is the correlation of coping-behavior and psychological defense. The protective system of a person is the product of his innate mechanisms, processes of development and learning, accumulation of individual experience [1]. A set of defense processes is individual and characterize the level of adaptability of the individual.

Psychological defense is a mental phenomenon, for the first it was described in the paradigm of psychoanalysis [4]. Not only representatives of depth psychology and psychotherapy are interested in a comprehensive study of the scientific construct. The tension mechanisms of psychological defense contribute the situations, which are represented serious challenges for a person and somewhat higher its internal resources beyond its actual development. The psychological defense is not determined by an objective event as such, but subjective importance of this event for the individual. The main purpose of psychological defense is the elimination of psychological discomfort rather than a real decision of the situation [3]. In this sense, the defense is effective only within the current situation. Instrumental orientation of psychological defense means its egocentric addressing on their psychical well-being. The result of the defense mechanisms is unconscious distortion, substitution, falsification of reality that faces personality.

A significant contribution of the research of psychological defense and development of methods of its testing (for example, the measuring the contribution of each mechanism in the repertoire of identity defense) was made by Robert Plutchik, he is a founder of psych evolutionary theory. Within this theory, it was proposed and proved the existence of correlation between the different levels of the individual, namely the level of emotion and defense. Commonly, in his opinion, there are eight major defense mechanisms which correlate with eight basic emotions (Table 1).

Table 1

Correlation of personality traits, personality disorders and mechanisms of defence (by R. Plutchik, 1980)

Personality traits	Personality Disorder	Mechanisms
<i>1</i>	<i>2</i>	<i>3</i>
Timid	Passive-aggressive passive type	Displacement
Aggressive	Passive-aggressive aggressive type	substitution

<i>Continuation of Table 1</i>		
<i>1</i>	<i>2</i>	<i>3</i>
Sociable	Manic type	jet formation
Gloomy	depressive type	Compensation
Trust	Hysteroid type	Denial
Suspicious	paranoid type	Projection
Controlling	Obsessive- compulsive type	Intellectualization
Unrestrained	psychopathic type	regression

There are eight basic mechanisms of defense detect the qualities, polarities and similarities: joy - sadness, fear - anger, acceptance - rejection, prediction - surprise. That's why, the eight basic mechanisms reduced to four bipolar pairs: jet formation - compensation, out - displacement, denial - projection, intellectualization - regression.

The existing mechanisms of defense got involved mainly in the formation of character traits (called identify defense), where a person can use any combination of defense mechanisms, and all of them basically have a mechanism of oppression.

The purpose of the article is based on the theoretical reasoning and empirical research of the correlation between the psychological defense and coping-strategies of the future psychologists.

Organization and methods of the researching. The students of Vinnitsa State Pedagogical University majoring "Psychology" took part in the researching. There were 117 people who covered the total survey.

To achieve the goal in work was applied: questionnaire strategies to deal with stressful situations (S. Hobpholl), questionnaire of coping-behavior in stressful situations (S. Norman, D. Endler, D. James, M. Parker; adapted version by T. Kryukova), method of coping-strategies to deal with stress (D. Amirhana) and personal questionnaire "Index of lifestyle", Plutchik-Kelerman-Comté (Life style index), adapted in the Institute by V. M. Behtereva.

The Student's t-test was used for the statistical data, ANOVA, Fisher criterion angular transformation. Statistical analysis was carried out in a computer system «STATISTICA 8.0»

The results and their discussion. The mechanisms of psychological defense are functioned in everyday life of any person and are thus motives, hidden from itself and from the untrained observer [2]. The psychological defense is considered as one of the most controversial features of the personality's structure, because it promotes a stabilization of personality and its disorganization.

The methods of individual house building allow us to quantify the human's psychological mechanisms of defense, such as: denial of (A), displacement (B), regression (C), compensation (D), projection (E), substitution (F), intellectualization (G), jet formation (H). The second index is also calculated, which consists of the sum of the raw scores on all scales - the level of protection intensity (LPI). It reflects a general defense of "I", which can be combined all defense mechanisms, despite their polarity or additionality to each another as they carry out the same function (mostly - reducing the level of anxiety).

There were calculated mean values which were transformed into a standard system of units (percentile) to identify the rank hierarchy updating the mechanisms of psychological defense in usual situations by future psychologists. The summarized results were made evident and represented in Table 2.

Table 2

The hierarchy of involving the psychological mechanisms of defense

The psychological protection	(X)	Percentile	Rank
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
Objections	7,12 ± 2,42	53,85	4
Displacement	5,59 ± 1,65	46,56	6
Regression	8,76 ± 5,98	64,29	1
Compensation	5,27 ± 1,77	40,53	8
Projection	8,20 ± 2,63	61,54	2
Replacing	7,02 ± 2,68	53,65	5

<i>Continuation of Table 2</i>			
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
Intellectual	7,29 ± 1,79	58,33	3
Jet formation	5,28 ± 2,01	40,61	7
Total tension	53,51 ± 9,5	54,64	

The represented results in Table 2 and Picture 1 show that the first rank place belongs to the protective mechanism of protection - regression, which is more primitive in comparison with other machines, because it does not allow the consciousness of individual to receive threatening and traumatic information. The dangerous information for future psychologists does not consider at the level of perception but then changed and transformed into less dangerous for them. Classically "regression" is regarded as a psychological mechanism of the defense by which the identity of their behavioral reactions seeks to avoid anxiety by switching to an earlier stage of libido. The conscious or unconscious using in a difficult situation such form of psychological defense makes updating future psychologist successful in the past ways to respond. Regression manifested in difficult situations, adequate behavior which is not possible for the individual because of their high significance, novelty and complexity. Under such conditions, regressive behavior, which the future psychologists use is not effective protection because instead of coping with the situation, they had to move away from the reality, back to that level of development of the individual (according to the ontogenetic model by Freud), in which they experienced a feeling of satisfaction.

Updating of this protective mechanism cannot influence impulsiveness and weakness of emotional volitional control changing and simplifying motivational and requirement sphere of the future psychologist.

However, psychologists of different trends have different points of views on the role of regressive behavior which a person can use in difficult situations.

Thus, cognitive theories the regressive behavior is a source of future progressive development of personality, although it has resorted to more primitive patterns of cognition and actions correlating with the new, complex situation. The

positive part of ability of the personality to deliberate regressive behavior during creative of problem solving is also emphasized in the theories of creativity that allows you to achieve the original, unconventional results by removing social barriers at the level of generating ideas.

The projection (61,54%) takes the second place. The high rates of "projection" show the constant endeavor of the future psychologists subconsciously reduce the intensity of current negative emotions which connected with the experience of a difficult life situation. The discontent and the aggression, the resentment and the guilt may often characterize another person, thus justifying its aggressiveness and resentment, which is shown in protective purposes. Probably due to the actualization of projection of the future psychologists partially block the awareness of their own role in these situations and shift some responsibility for their actions on others, thus reducing the stress associated with the situation. This projection acts as attempts to cope with the dissatisfaction of a way of attributing to others unacceptable for themselves qualities or feelings. In case of appearing undesirable qualities in another person waning sense of guilt, and it gives relief. Passing the information into consciousness about the existence of adverse facts, the future psychologist changes its identity - gives him not himself but another person or object complementing (changing) in such way repressed part of information. "Junk" feature of definite mechanism of the psychological defense is based on a false interpretation of reality. Byproducts of projection are irony, sarcasm, hostility. The updating mechanism of protect is fixed for researchers who the inherent lack of suggestibility and high criticality.

The intellectualization, defense mechanism take the third place (58.33%), the effect of which is manifested in the specific ways to analyze the problems faced by the individual. This specificity is excessive in the exaggeration of the role in the mental component, with completely disregard emotional, affective and sensory components analysis. Defensive processing alarming information in the psyche leads to ignoring, distorting or reducing emotional significance of this information. This selective response allows the future psychologist reduce internal tension and

discomfort. The functioning of mechanism of intellectualization of vital events and facts became the subject of "calm" consideration and discussion, which sometimes causes surprise and incomprehension of others. However, intellectualizing does not fully overcome to the negative experiences. The emotional component is losing its substantive content "detach" from the event which traumatic the personality staying in consciousness in the form of generalized anxiety, uneasiness and fear. The high level of intensity of this psychological defense mechanism of the future psychologists indicates that cognitive effort to search pseudo reasonable explanation for their actions. Predictors tension of the mechanism of intellectualization are served such personal qualities as conscientiousness, cleanliness, motivation to keep around the middle, pedantry.

"Denial" takes the fourth place, which is the most maladaptive defense mechanism and its presence in the profile of psychological protection of the future psychologists means that researcher tend to deny frustration circumstances that cause them anxiety or some other internal momentum. Information or actions that bother, justis not recognized by personality, and in this way the distortion of reality occurs. That's why, in difficult situations the accepting of the various facts which are painful for them are happened, whether it's understanding of their behavior and their manipulative ways of interaction. The protection appears in ignore potentially alarming information evading it. The denial leads to the fact that some content does not immediately or later will not be able to get into the mind, it is a kind of selection of information, but it is not its transformation from unacceptable to acceptable.

The fifth place took the defensive mechanism to protect – "replacement" (53,65%). The effect of this protective mechanism appears in discharge repressed emotions (as usual the hostility, the anger) that are directed at the objects that are less dangerous and more accessible than those which led to negative emotions and feelings. The replacement allows the future psychologist to remove the emotional tension that arose under the influence of the frustration situation, but this mechanism is capable of facilitating or achieving the goals. In this situation, a person

may resort to the unexpected, sometimes senseless actions which lower the internal stress. The absence of this mechanism the future psychologist directly expressed his or her aggressiveness, which would lead to serious conflicts. This mechanism allows the direct reaction of aggression in more secure facility.

The sixth place is occupied by the defense mechanism – "displacement" (46,56%), which, according to the founder of the psychoanalytic direction Freud, is a crucial way to protect infantile "I", which is unable to resist the temptation. With the help of displacement the unacceptable of the individual impulses, desires, thoughts, feelings which are caused the disturbing and moving from awareness to the level of the subconscious. Due to the displacement of some trains could not be met, but they carry with themselves into the subconscious energy charge that provokes improved overall emotional and anxiety, which, for its part, induce a person to change the logic of actions.

Jet formation took the seventh place (40,61%), which is often equated with excessive compensation. This protective mechanism raises substitute for understanding motivation by the hypertrophy, the trend. The protection has a two-level character. Firstly, unacceptable desire displaces and then compounded its antithesis. Personality prevents expression of unpleasant or unacceptable for her thoughts, feelings or actions by opposing exaggerated the development of the opposite aspirations. In other words, it is the transformation of internal impulses in subjectively acceptable of their opposite. For example, pity or care may be seen as a reactive formation concerning unconscious callousness, cruelty or emotional indifference.

The compensation (40,53%) took the last place. And cognitively complex mechanism is developed and used usually consciously in those cases when it is necessary to turn weaknesses into strength. With the help of "compensation" the appropriate replacements of real or imaginary shortcomings are found by the personality, which gives oneself values, dignity and behavioral characteristics of other personality. This mechanism of the psychological defense is often combined with "identity." It shows itself in attempts to find a suitable replacement of the real

or the imaginary defect, the defect unbearable feeling different quality, often through fantasy or usurping the properties, qualities, values and behavioral characteristics of another person. It often happens in the situations of necessity to avoid conflict with this person or with the purpose of increasing the sense of self-sufficiency. The values are borrowed the attitudes or the thoughts are taken without analyzing and restructuring and that's why they do not become a part of the personality.

It seems that the defense mechanisms simply do not allow the person to meet himself/herself, firstly ignoring the feelings and disturbing events, then projecting his unacceptable, but there are feelings and installations in the minds and compensating all this with the help of foreign fantasy behavioral characteristics and values.

The results which are showed in the picture testify that fact that the degree of tension in the protection of the future psychologists (DTP) is 54,64%, so we have an opportunity to talk about the absentee (at the moment of the experiment) actual psychtraumatic situation and the possible presence of lethargy of its character.

The next step of the empirical research involved the installation correlation analysis between parameters of coping behavior and mechanisms of psychological defense of the future psychologists. Generalized and statistically significant results are presented in Table 3.

The results represented in the Table 3, confirm that fact that the largest quantity of correlations is found in the protection of jet formation: 5 negative ("search for social support", "impulsive action", "emotional strategy", "suppression of emotions and adequately feelings") correlations. There are 4 negative correlations in defense of "objection": "coping which is emotion-oriented", "cognitive strategies" (pessimistic of the forecast, projection of alarm in the future), "emotional strategy", "extra punitive".

The positive correlations of defense "regression" with counterproductive strategies are "cautious actions", "avoiding" and 1 negative correlation with the "suppression of emotions and feelings which are adequate to the situation." There are three positive correlations in the defense "compensation" with unproductive

strategies are "manipulative actions", "antisocial actions," "aggressive actions" and 1 negative correlation with " extra punitive"

The manifestation of the correlations allows confirming that using the mechanisms of the psychological defense of the future psychologist provokes the escaping from the problems without attempts of their solving. It doesn't allow adequately analyze and doesn't cause to the constructive solving of difficulties. Fear of being alienated, misunderstood contributes to avoidance of future psychologists complicated situations.

Table 3

The correlations between the mechanisms of psychological defense and coping strategies

Psychological defenses	coping strategies	Value correlations(r) * - P <0,05; ** - P <0,01
<i>1</i>	<i>2</i>	<i>3</i>
Denial	coping, emotion-oriented, cognitive strategies (pessimistic of the forecast, projection alarm in the future)	-0,215 *
	emotional strategies	-0,202 *
	extra punitive	-0,186 *
		-0,219 *
displacement	Impulsive actions	0,198 *
Regression	Cautious actions	0,200 *
	Avoidance	0,215 *
	The suppression of emotions and adequately feelings to the situation	-0,182 *
Compensation	Manipulative actions	0,236 *
	Asocial actions	0,284 *
	Aggressive actions	0,184 *
	extra punitive	-0,185 *
	Regression	-0,262 *
Projection	Course	0,202 *
	Age	0,213 *
	Aggressive actions	0,184 *

<i>Continuation of Table 3</i>		
<i>1</i>	<i>2</i>	<i>3</i>
Replacement	Course	0.198 *
	Age	0.257 **
	Impulsive actions	0.203 *
	Manipulative actions	0.192 *
	Aggressive actions extra punitive	0.270 *
	Regression	0.228 *
	Projection	0.287 **
Intellectual	Objections	0.396 **
	Compensation	0.256 **
	Projection	0.208 *
Jet formation	Finding social support	0.265 **
	Impulsive actions	-0.190 *
	Emotional Strategies intra punitive	-0.224 *
	The suppression of emotions and feelings adequately	-0.220 *
	Substitution	-0.213 *
	Intellectual	-0.256 **
		-0.322 **

With the age and courses of training of the future psychologists are occurred gradual stress protection "projection" and "substitution". It is proved that the protection of the "replacement" exist 3 positive correlations with counterproductive strategies such as: "impulsive actions", "manipulative actions", "aggressive actions" and " extra punitive ". As general features inherent throughout the sample, should be called the close connection between the "denial", "compensation" and "substitution" and extra punitive, which reveals a typical manifestation of protection in actions which are directed on the outside or on increased external activity of the future psychologists.

Having only one positive connection was found in defense "displacement" of unproductive strategy "impulsive action". This result probably is an indication that the process of spontaneous elimination of unacceptable unconscious thoughts,

motives or feelings compounded when using non-productive coping strategies and the absence of the solution of solving problems.

The existence of the negative correlations between the indicators of defense mechanisms of "compensation" and "regression" as well as positive indicators between "replacement" and "regression" and "projection", "intellectualization" and "projection" and "jet formation" and "intellectualization" which is understandable, because in denying disturbing impulses is the rejection of an apparent events.

The psychological defense definite correlation configuration ensures that the person distorts the information for saving inside oneself a sense of coherence and consistency of their behavior, and positive evaluation environment. Despite all these deviations from the truth, the future psychologist is convinced of his objectivity and impartiality.

It was found that the level of expression of unconscious defense mechanisms of the future psychologists is closely associated with the functioning of coping, it is emotionally oriented. Than lower they have developed the ability to control their own emotional experiences, the more active the locking mechanism of perception of negative information. The mechanism of transfer of unacceptable feelings and desires to others is also operated. Probably a way to protect partially reduces the mental stress of the future psychologists, however, it is not effective enough to deal with difficult situations.

The conclusions. Thus, the advantage of this method of protection of the future psychologists in situations like regression may indicate the presence of emotional stress and anxiety. This means a transition in a difficult situation at an earlier stage of libido, and the use of more simple and conventional behavior significantly reduces a variety of ways to solve difficult situations. These results suggest that the researchers choose different ways of solving problems. They are characterized by the use of unconscious defense mechanisms of the psyche, in other words, conscious and unproductive ways to overcome them. Negative correlations of the psychological defenses with the productive coping strategies are observed. There is, obviously, a change ratio of low-level mechanisms of adaptive behavior in

high-level, conscious, reflecting growth according to the personal subjective content of the future psychologist.

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心理防线以及未来心理学家的相关性应对策略

这篇文章展示的是对于心理学学生的心理防御和应对策略之间的共通性研究的成果。

现代心理学中的一个有很大争议的主题是心理防御和应激行为的相关性。人体的防御系统是内在的机制，是一个发展和学习的过程，是经验的积累。

这种防御机制的好处可能会在出现情绪压力、焦虑时减少。这意味着在性成熟的早期阶段将是一个难题，过渡阶段之后才会用更简单的交流方式来解决。它们的特点都是心理无意识的反应，需要有意识地控制。实验观察到心理防御和应激对策的产生呈负相关。

关键词：*防御机制，应对策略，未来的心理学家，相关性*