

## **Psychological Ways of Coping with Difficult Life Situations of Men of All Ages**

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### **Abstract**

The article deals with overcoming difficult life situations of different aged men suffering from a loss of health. The term "a difficult life situation" is regarded from the position of search of adaptation criteria for such kind of a situation. The theoretical analysis of literature exposes that a difficult life situation embraces a broad sphere of situations which are considered to be difficult and a methodic complex of instruments is scientifically working out. Great attention is paid to the loss of health, which brings the threat for life and requires the reinforcement of adaptation possibilities and internal extra recourses. The analysis of literature showed that there are different ways of human adaptation to the adverse events requiring not only man's courage, inner strength and understanding but also the avoidance of unpleasant situations, removal from them. These ways include psychological defence mechanisms, coping strategies, pseudocompensations. According to the emperical research the authors have found that men's indicators referring to the increase of meaningfulness of life and adaptation to it are psychological defence mechanisms, coping strategies. It was also detected destructive indicators coupled with decrease of meaningfulness of life. They were pseudocompensations which are a false way of adapting to difficult situations. ©IDOSI Publications, 2013.

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### **Keywords**

Constructiveness, Coping, Destructiveness, Difficult situations, Meaningful life