



## THE DEFINITION AND HISTORY OF THE DEVELOPMENT OF THE CONCEPT OF COPING

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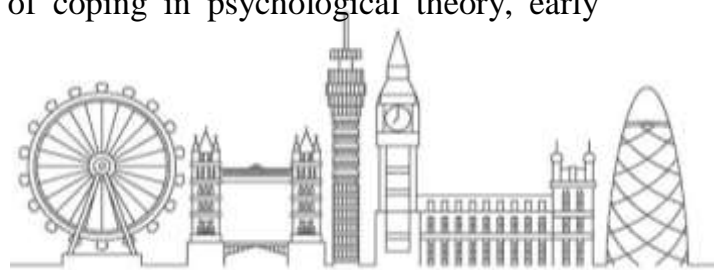
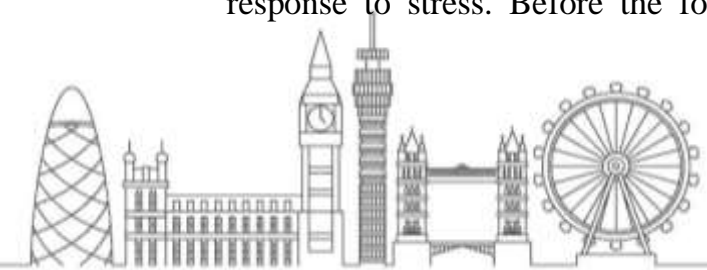
**Annotation.** *The concept of "coping" refers to the strategies and behaviors individuals employ to manage stress, difficulties, and challenges in their lives. Over the years, the understanding of coping has evolved as psychological research has examined how people respond to stress and adversity. Initially, coping was defined in a narrow context, but over time, it has expanded to include various types of responses, such as emotional regulation, problem-solving, and avoidance. This article explores the definition of coping, its theoretical development, and the contributions of key psychological models. It also traces the history of coping research, from early psychological theories to contemporary approaches, with an emphasis on the role of coping in mental health and well-being.*

**Keywords:** *coping, stress management, psychological theory, coping strategies, problem-solving, avoidance coping, coping mechanisms, coping models, psychological development.*

**Introduction.** Coping refers to the cognitive and behavioral efforts made by individuals to handle stress, emotional difficulties, and other life challenges. It involves a variety of strategies aimed at reducing or managing the demands of a stressor and the emotional responses it evokes. The concept of coping is essential in understanding how people maintain mental well-being under adverse conditions and how they navigate everyday challenges.

The term "coping" emerged within the field of psychology in the mid-20th century and has since become a central focus in stress and mental health research. Psychologists have continuously refined the understanding of coping by identifying different types of coping strategies, their effectiveness, and the ways they influence mental health outcomes. Coping can be broadly categorized into problem-focused coping (dealing with the cause of stress directly) and emotion-focused coping (managing the emotional reaction to stress).

The concept of coping first emerged in the psychological literature in the 1960s, primarily through the work of psychologists like Richard Lazarus and Susan Folkman. Lazarus and Folkman (1984) developed a major model of coping, which they defined as the cognitive and behavioral efforts to manage specific external and internal demands that are appraised as taxing or exceeding the resources of the person. This model formed the foundation for understanding coping as an active process rather than a passive response to stress. Before the formalization of coping in psychological theory, early





## MODERN PROBLEMS IN EDUCATION AND THEIR SCIENTIFIC SOLUTIONS

research focused on how individuals react to stress in a more general sense, often considering physiological responses (like the fight-or-flight response). Over time, the scope of coping expanded, and researchers began to examine not just the physiological effects of stress but also the cognitive and emotional processes involved in handling stressful situations.

One of the early contributions to coping theory was Hans Selye's work on stress, where he proposed the concept of the General Adaptation Syndrome (GAS), which highlighted the physiological stages of stress (alarm, resistance, and exhaustion). While Selye's work focused on the body's response to stress, it laid the groundwork for the later development of coping theory by underscoring the importance of how individuals respond to stress.

Lazarus and Folkman's model of coping emphasized that stress is not merely a result of external events but of an individual's interpretation (or appraisal) of these events. The process of "cognitive appraisal" is central to their theory, with the idea that individuals first assess whether a situation is stressful and whether they have the resources to manage it. Based on this assessment, they then engage in coping strategies aimed at reducing the impact of the stressor.

Over the years, research has identified different types of coping strategies. The most widely recognized distinction is between problem-focused coping and emotion-focused coping.

1. Problem-focused coping: This type involves taking direct action to address the source of stress. It includes strategies like planning, seeking information, and taking concrete steps to resolve the problem. Problem-focused coping is often used when individuals believe they have control over the situation.

2. Emotion-focused coping: This type involves managing emotional responses to stress rather than addressing the stressor directly. Strategies include seeking social support, engaging in relaxation techniques, or reframing the situation in a more positive light. Emotion-focused coping is more common when individuals perceive the stressor as being beyond their control.

3. Avoidant coping: This strategy involves attempts to avoid the stressor or deny its existence, often leading to maladaptive outcomes. Avoidant coping can include behaviors like substance use or withdrawing from the situation, and while it may provide temporary relief, it tends to worsen stress in the long term.

Coping mechanisms play a significant role in mental health outcomes. Research has shown that effective coping strategies are associated with better mental health, greater resilience, and improved overall well-being. Conversely, maladaptive coping strategies, such as avoidance or substance abuse, can contribute to mental health problems, including anxiety, depression, and other psychological disorders.

In the context of mental health, coping flexibility—the ability to adapt and switch between different coping strategies depending on the situation—is also an important







## MODERN PROBLEMS IN EDUCATION AND THEIR SCIENTIFIC SOLUTIONS

factor. Individuals who are flexible in their coping responses tend to handle stress better and maintain better psychological functioning.

If this possibility is not, to him other meaning giving, process cognitive to reassess [4]. In psychology copy behavior in the 2nd half of the 20th century to the body came. Copy behavior English from the language taken "cope, to cope" - yet remove, eliminate to do said meanings This means term first become L. Murphy 1962 in children crisis during problem how as to overcome study on time used by A. Maslow and this term science entered. In general, when receiving copy behavior individual vital problems to solve readiness with is characterized by. "Copy The concept of "strategy " refers to the process resources management as well as wide analysis It is assumed that according to, vital the complexities eliminate to essentially person resources mobilized to through done is increased. Copy strategy and its methods protection from mechanisms when different constructive active necessity in mind is caught and the situation through from unpleasantness to deviate is an action. In psychology your copy subject there is is, it is special research in the territory in humans emotional mechanism and rational regulation in learning his/her own to the targeted optimal behavior according to vital situations his/her own to their goals appropriate again to build done increases.

In recent years, there has been growing interest in the role of resilience in coping. Resilience refers to the ability to bounce back from adversity and adapt positively to stress. Research suggests that individuals who are resilient tend to employ more adaptive coping strategies, which in turn promotes better mental health outcomes. Moreover, modern approaches to coping have begun to integrate cultural and social factors. Cultural psychology suggests that coping strategies can differ significantly across cultures, as social norms and values shape how individuals respond to stress. This has led to the development of more culturally sensitive models of coping.

**Conclusion.** The concept of coping has undergone significant development over the last several decades, from early physiological theories to more complex psychological models. Today, coping is understood as a multifaceted process that includes both cognitive and behavioral strategies aimed at managing stress. The history of coping research highlights the importance of individual differences, environmental factors, and the types of stressors in determining coping effectiveness. As our understanding of coping continues to evolve, future research will likely explore how coping mechanisms interact with resilience, social support, and cultural contexts to shape mental health outcomes.





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