

PSYCHOLOGICAL FEATURES OF SEXUAL DAILY STRESS PERCEPTION IN STUDENT'S AGE

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The article is devoted to studying the psychological features of everyday sexual stress in student's age. Theoretical study of this mental phenomenon has made it possible to divide stress perception into 3 main parts: as a feeling caused by a person's experience of their attitude to stressors, phenomena and life events, as a state that determines a person's conscious attitude to stressful situations and as a process seen as acute stress factors with short duration. The negative and positive aspects of stress perception phenomenon have also been analyzed. The main reasons determining stress perception depending on sex have been identified. Gender differences in the process of stress perception in students' age have been empirically studied and identified. In particular, statistically proved differences on individual indicators, such as "perceived stress," "overstrain," "stress management," "self-esteem," "distancing," "self-control," "search for social support," "escape-avoidance," "extraversion-introversion," "attachment –separation," "general internality," "internality in the field of achievements," "internality in the field of failures," "internality in family relationships," "internality in the field of professional relationships," "internality in the field of production," "interpersonal relationships," "internality in relation to health and disease" have been identified and analyzed. Two-factor models of personal characteristics influence on the level of experience of daily stress perception have been constructed and analyzed. The mentioned models allow determining sexual features of everyday stress perception and general predictors that identify the specifics of stress perception depending on sex.

For the sample of girls, the feedback with such factors as self-control-impulsivity and extraversion has been established, and for the boys, the feedback with the level of self-esteem and direct connection with self-control-impulsivity has been found. This result obtained is correlating with the scientific research proving that the subjective definition as a person who has or does not have everyday stress is associated with the expression of such personal characteristics as extraversion-introversion and neuroticism.

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