



CONSTRUCTIVE COPING MECHANISMS FOR OVERCOMING THE MIDLIFE CRISIS

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ABSTRACT

The article examines constructive coping mechanisms for overcoming a midlife crisis, offering a perspective on psychological adaptation during periods of change. Strategies for personal growth are highlighted to mitigate the impact of crisis events and promote positive change.

KEYWORDS: Midlife crisis, coping mechanisms, psychological adaptation, personal growth, strategies for overcoming the crisis.

INTRODUCTION

Midlife is a period of change that requires adaptation to new roles and life challenges. This stage inevitably comes with psychological challenges, but at the same time provides an opportunity for personal growth and development. It is important to consider constructive strategies to overcome a midlife crisis. A midlife crisis is a period of change and internal storms in a person's life that usually occurs around the age of 40-50 and is often associated with a revision of values, goals, and an assessment of past achievements. It is common to distinguish several phases of a midlife crisis, each of which is characterized by certain emotional and psychological aspects:

People begin to realize that they have reached a certain age and begin to understand that their time of physical and vital activity may be limited. They face psychological discomfort due to the loss of youth and energy, and often begin to evaluate their past decisions and realize losses. People seek new meanings in life, re-evaluate their goals and life priorities. They may begin to strive for new achievements, demand new interests, or rethink their relationships.

Emotional changes often characterize the midlife crisis. A person may experience apathy, depression, anxiety or irritation, as well as the emergence of internal conflicts between what is and what one would like to achieve.

This is a time of reconsideration of one's own personality and place in life. A person begins to ask questions about his path, goals and satisfaction with what has been achieved, and also begins to look at his life from different angles.

Gradually, a person accepts the changes that are taking place and begins to see them as opportunities for growth and development.

These phases are not always present in all people during a midlife crisis, and their manifestations may vary depending on each person's personality and life experiences.

Constructive coping mechanisms are strategies used by people to effectively cope with the stress of a midlife crisis. They help them cope with the emotional, psychological, and situational challenges of this period.

Emphasis on self-understanding and self-reflection: People become aware of their emotions, thoughts, and behaviors, trying to understand their own values, goals, and beliefs in life. They may turn to therapy, self-help, or psychological practices to better understand themselves and their reactions to events.

Actively seeking new opportunities: People actively seek new goals, interests, and development paths. This could be a new hobby, education, career change, or involvement in social projects. These new activities and interests can help alleviate stress and give new meaning to life.

Social support: Talking to loved ones, friends, or professional counselors can be very helpful during this period. Having support from others and being able to talk about your experiences and thoughts helps you think about the crisis in a more constructive way.

Stress management: Exercise, yoga, meditation, or other relaxation techniques can help you cope with stress and tension, providing peace and balance.

Developing decision-making skills: A person learns to make decisions based on new life experiences and analyzing their previous actions. This helps them to move along their life path more confidently and consciously.

Flexibility and openness to new opportunities: The ability to accept change and openness to new perspectives make it easier to adapt to changes in life.

Search for meaning: Searching for meaning and significance in current events helps to overcome a crisis, providing understanding and structuring of the changes taking place.

Constructive approaches to help overcome a midlife crisis can be enhanced by specific strategies and recommendations:

Self-understanding and self-reflection: Keeping a journal to reflect on your emotions and thoughts. Regular self-help and meditation practices to deepen your self-understanding. Seeking additional help and support from a psychologist or counselor.

Actively seeking new opportunities: Participating in new courses, workshops or trainings. Exploring new hobbies or interests that can provide new purpose and satisfaction. Setting short and long-term goals to gradually move towards something new.

Social support: Actively interact with friends or family members and discuss your experiences. Join support groups or clubs with common interests. Find online resources to connect with people going through a similar life stage.

Stress management: Regular exercise or yoga to relieve tension. Breathing and meditation techniques to relax. Limit time spent in stressful environments.

Developing decision-making skills: Using the paper scale strategy to identify the pros and cons of decisions. Reinforcing the practice of analyzing the consequences of decisions for future situations. Discussing your decisions with loved ones to get a variety of perspectives. Flexibility and openness: Recognizing change as an inevitable aspect of life. Emphasizing new opportunities and the benefits that can be derived from change. Gradually and consciously accepting and adapting to change.

Search for meaning: Finding deeper meanings in current life circumstances. Setting clear goals and determining how they relate to your life path. Paying attention to your inner world through meditation or self-reflection practices to open up new perspectives and understanding.

Studying constructive coping mechanisms for overcoming the midlife crisis allows you to appreciate not only the complexity of this period in a person's life, but also the various methods

of overcoming it. When faced with emotional, psychological and social challenges, people can use a variety of strategies to maintain balance and stability.

Awareness of one's own thoughts, emotions and ways of regulating them is key. The desire for self-development, social support, as well as flexibility and readiness for change play an important role in overcoming the crisis. Maintaining an active lifestyle, searching for new opportunities and developing decision-making strategies facilitate adaptation to change, stimulate personal growth and help to effectively overcome the difficulties of this period.

In addition, effective strategies recommended for overcoming a midlife crisis allow you to better understand yourself and the world around you, strengthening your inner resilience and self-confidence. It is important to remember that each person is individual, and the choice of methods for overcoming a crisis should correspond to their personal needs and characteristics.

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