

Modern Psychology Scientific Bulletin, 2024, 1(14)

P-ISSN 2579-2504

E-ISSN 2738-2664

ԱՐԴԻ ՀՈԳԵԲԱՆՈՒԹՅՈՒՆ

ԳԻՏԱԿԱՆ ՀԱՆԴԵՍ

MODERN PSYCHOLOGY

SCIENTIFIC BULLETIN

АКТУАЛЬНАЯ ПСИХОЛОГИЯ

НАУЧНЫЙ ВЕСТНИК

ԵՐԵՎԱՆ 2024, №1 (14)

DOI: <https://doi.org/10.46991/SBMP/2024.7.1.003>

CHARACTERISTICS OF THE MANIFESTATION AND EXHIBITION OF MUAY TAY ATHLETE'S STRESS RESISTANCE AND SELF-CONTROL BEHAVIOR

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Received: 04.08.2023

Revised: 07.02.2024

Accepted: 03.05.2024



The study was carried out to reveal the characteristics of the manifestation of stress resistance and self-control behavior formation of Muay Thai athletes, to study the mutual relationship between stress resistance and self-control behavior and the characteristics of behavior formation and manifestation.

Almost every Thai boxer is in a state of high or pronounced stress. At the same time, men and women are equally susceptible to stress during sports activities. Such athletes widely use several self-supporting behavior strategies during their activities to cope with stress moreover, most of them reach a high level of expressiveness. In the work, an attempt was made to reveal the characteristics of the manifestation of stress resistance and self-control behavior formation of Muay Thai athletes, to study the mutual relationship between stress resistance and self-control behavior and the characteristics of behavior formation and manifestation.

An experimental study was organized to study the manifestation of stress resistance of athletes of the mentioned sport. Observations, testing and data processing methods were used for the studies, as a result very important conclusions were made. Various manifestations of stress resistance and self-control behavior among Thai boxers were revealed in the studied groups. In athletes, a high tension was observed in the self-monitoring behavior of positive reappraisal and seeking social support. This can be said to characterize Thai boxers as individuals who are focused on the personal, philosophical, reinterpretation of the problematic situation and are included in the broader context of the individual's self-development work. Perception of social support also indicates athletes' focus on interaction with other people, their support,

attention, advice, sympathy, and expectation of concrete effective help. The dominant self-control behavior stress behavioral strategies of athletes are distraction and social distraction from the problem. An indicator of the level of neuropsychological stability or stress resistance is negatively correlated with self-control behavior strategies of taking responsibility and planning for problem solving, as well as problem solving strategies.

"I will be strong and pure, I will always act with integrity, I will always watch my behavior both in and out of school (muay thai). I will never boast of my strength and persecute the weak. I will obey my leaders and be loyal to my nation. All of us, students and teachers, will love each other, be united in our goals and thoughts, and always help each other."

Code of Conduct for a Muay Thai Fighter

Keywords: *athlete, Thai boxer, stress resistance, behavior, self-control, tension, strategy, resources, problem, situation.*

Introduction: Learning successful ways to deal with stress is extremely important for an athlete. Sport (sporting activity) is inherently stressful for elite and novice Thai boxers, both of them equally exposed to stress during training and competition and need appropriate psychological support.

The topicality of the topic lies in the fact that stress resistance and the characteristics of self-control behavior, the importance of their mutual connection is one of the most important problems of sports psychology. This is due to the peculiarities of sports activities, which inevitably depend on external and internal factors: stress and emotional tension, overfatigue, etc. Studies of stress resistance in psychology began in the 90s of the previous centuries and continue to this day (Muzymbaev K. 1998, Kryukova T. 2004, Belorusova 2005, Либина И. 2008, Tenn O.R. 2010 and others.) There are a lot of studies dedicated to stress resistance in sport Маклаков А. Г. 2000, Safonov V.K. 2003, Sopov V. F. 2020, Babayan H.A. 2015, Stepanyan A.G. 2022 and others [4; 6; 8; 9; 10]. Sports activity is always a special activity in a particular sport. Sports qualities that are formed during it depend on the specifics of that sport. Even in domestic conditions, for example, the behavior of a wrestler or a weightlifter is different from the behavior of a boxer or a Thai boxer. Some are distinguished by greater persistence, slowness of movements and behavior, others by speed of decision-making and impulsiveness of movements. If a high-quality Thai boxer is characterized primarily by such qualities as willingness to take risks, self-control, determination, then long-distance runners need persistence, observation, purposefulness, etc. [4; 9].

Muay Thai training encourages continuous development of all skills. Conditions are created there for the expression of character, volitional qualities, individual

characteristics. A system of skills is formed, thanks to which the athlete shows a fighting character in extreme competitive conditions. In addition to these general personal characteristics, the contact sport that is Thai boxing is characterized by a high level of motivation, a pronounced desire for leadership. Muay Thai involves assessing the opponent, identifying his strengths and weaknesses, variability in fighting strategy and rapid change of tactics. You have to adapt to the opponent and the conditions of the fight. This means that logical and analytical thinking develops. The Thai boxer develops the ability to endure pain, to overcome unpleasant feelings, which are manifested in conditions of maximum load and fatigue. This is what makes him physically fit and a head above the rest [9; 10].

The purpose of the research is to identify the characteristics of the formation and manifestation of stress resistance and self-control behavior in Muay Thai athletes.

The research problems are:

1. To justify the importance and relevance of stress resistance.
2. To study the relationship between endurance and self-control behavior among representatives of Muay Thai sport.
3. To study the features of formation and manifestation of stress-resistant and self-controlling behavior of athletes practicing Muay Thai.
4. To organize an experimental study to study the manifestation of stress resistance of athletes of the mentioned sport.
5. Draw conclusions for studying the obtained data.

The following methods will be used in the work:

1. Research and analysis of scientific methodical literature
2. Viewing and Chatting
3. Testing
4. Analysis of results

The object of the research is:

Young athletes practicing Muay Thai in Yerevan sports clubs.

The subject of research is:

Psychological characteristics of the manifestation of a person's self-control behavior strategy in sports.

Research Hypothesis:

It is believed that the sport of Muay Thai effectively contributes to the formation of stress resistance and self-control behavior in young athletes.

The theoretical and practical significance of the work:

The theoretical significance of the research is that, based on the obtained results, additional characteristics of this psychological phenomenon and links to the manifestation of features are given, which enrich the scientific information about the self-control behavior of the athlete and the self-regulation patterns of the mental state.

The practical significance of the research:

The data obtained as a result of the research, which were assumed for analysis, were compared with the theoretical literature and are applicable in the processes of psychological preparation and support of athletes.

Research results. The research was conducted with the athletes of the RA "Muay Thai" Federation. 25 athletes aged 17-26 took part in the research. During the research, 4 psychodiagnostic methods were used.

"Prediction" and "Perceptual assessment of stress resistance" (Fetiskin N. P) methods were used to study the characteristics of stress resistance among Thai boxers.

The results of the "Prediction" methodology in athletes are shown in figure 1.

The obtained data indicate that almost half of Thai boxers (48%) have a low probability of neuropsychological problems. Neuropsychological problems are possible in 40% of athletes, especially in extreme conditions. A high probability of neuropsychological problems is present in 12% of Thai boxers.

Thus, the results of the "Prediction" method show that in the group of Thai boxers there are people with signs of neuropsychological instability (3 people), who have low stress resistance and are maladapted (show poor adaptation) to the stressful situation.

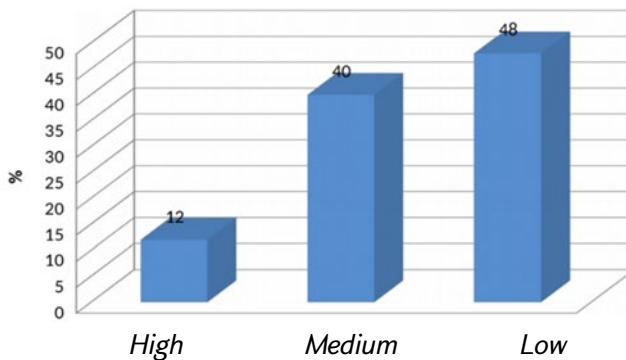


Figure 1. Distribution of Thai boxers according to likelihood of psychological problems.

Most of the athletes in the study group have a medium or high level of stress resistance and are not prone to neuropsychological disorders, some of them easily adapt to stressful conditions, some show signs of maladaptation only in severe extreme situations. The group of athletes, in general, is characterized by a medium and high level of stress resistance.

The data obtained from the results of the study of the "Stress Resistance: Perceptual" type indicate that 56% of Thai boxers tend to or belong to type A, and 44% of athletes in the study group tend to or belong to type B (in figure 2).

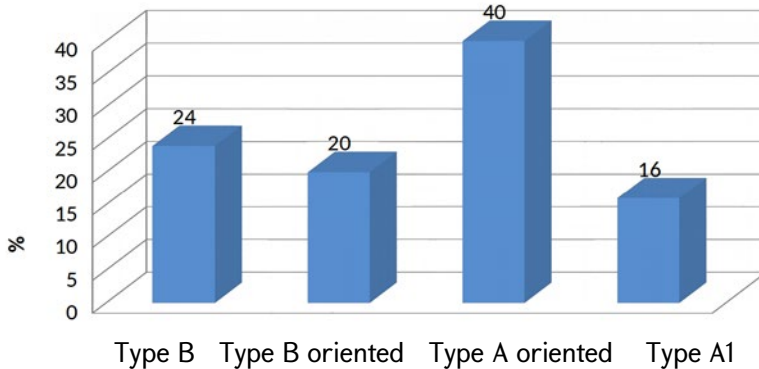


Figure 2. Distribution of athletes according to propensity towards perceptual types.

40% of athletes have a moderately expressed tendency towards perceptual type A. Among these athletes quite often instability due to stress can be found. 24% of Thai boxers have type B of perception, they often define the goals of their activity and choose the optimal options to achieve them, strive to overcome difficulties independently, analyze difficulties and their occurrence, make correct conclusions. 24% of athletes in the research group are stress-resistant.

20% of athletes also tend to be type B, they often show resistance to stress, but not always. And 16% of the Thai boxers in the research group have low stress resistance, they are characterized by the desire to compete, to achieve goals, they are usually not satisfied with themselves and the circumstances and start rushing towards a new goal, often show aggressiveness, impatience, hyperactivity.

The observation and comparative analysis made with the "Prediction" and "Perceptual assessment of stress resistance" methods indicate that most of the studied group of athletes tend to have a high or medium level of stress resistance, and that only a small part of athletes (12-15%) is that has low stress resistance.

To study the self-control behavior strategies of Thai boxers, we used the Lazarus "Methodology of Self-Control Behavior" questionnaire and "Self-Control Behavior in Stressful Situations" (S. Norman, D.F. Endler, D.A. James, M.I. Parker, adapted version by T. by A. Kryukova) [1; 2; 7].

Among the athletes, R. The results of the Lazarus Self-Control Behavior Survey are shown in Table 1.

Table 1:

The tension level of self-control behavior in Thai boxers (%).

	Confrontation	Removal(save space)	Self-control	Seeking social support	Acceptance of responsibility	Escape avoidance	Problem planning	Positive review
Low tension	16	24	24	20	40	32	40	12
Middle tension	60	28	44	20	12	60	24	28
High tension	24	48	32	60	48	16	36	60

Defining ways to overcome difficulties (coping mechanisms, self-control behavior strategies) in different areas: difficulties at work, difficulties in the field of study, communication difficulties, love difficulties showed that athletes are more inclined to withdrawal self-control behavior strategies (48%), seeking social support (60%), taking responsibility (48%) and positive reappraisal (60%).

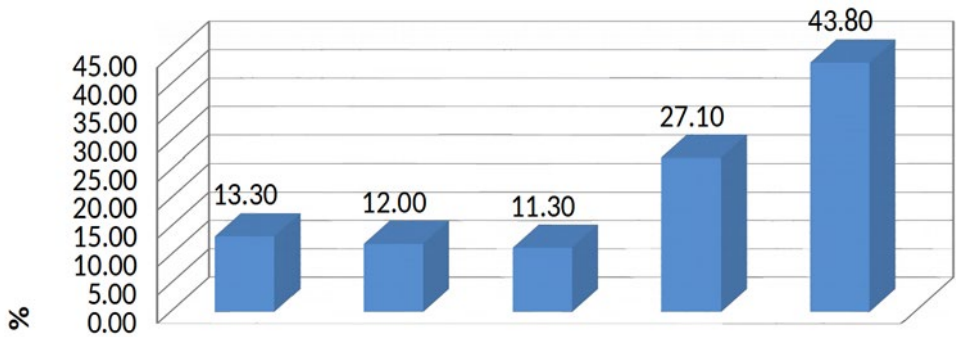
High tension in terms of withdrawal self-control behavior strategy is observed in 48% of athletes, and in 28%, there is an average tension of this self-control behavior strategy.

The choice of self-control behavior strategy of seeking social support by 60% of athletes shows that they solve problems by involving external (social) resources, seeking informational, emotional and effective support. Taking responsibility, the self-control behavior strategy is used by 48% of Thai boxers, they accept their role in causing the problem and responsibility for solving it, with a clear component of self-criticism and self-blame in a number of cases.

For 60% of athletes, the high tension of positive re-evaluation of self-control behavior strategy is also typical.

The obtained results show that Thai boxers have a high tension (more than 70%) in the self-monitoring behavior of positive reappraisal and seeking social support.

The data obtained as a result of the study of "self-monitoring behavior" (S. Norman, D. F. Endler, adapted from T. A. Kriukova, год?) are presented in figure 3.



Problem solving emotions avoidance distractions social distractions
Figure 3. Expression of self-control behavior of athletes in a stressful situation

Thus, in a stressful situation, the reaction of social deviation is more pronounced, which indicates that athletes try to share existing problems and difficulties with their friends, relatives and family. The dominant self-control behavior stress behavioral strategies in athletes are problem distraction and social distraction.

In order to reveal the relationship between stress resistance and self-control behavior of Thai boxers, the obtained empirical data were subjected to correlational analysis (Figure 4).

The neuropsychological stability level indicator is negatively correlated with self-control behavior strategies of accepting responsibility ($r = -0.78$ $p \leq 0.001$) and planning problem solving ($r = -0.73$ $p \leq 0.05$).

The level of neuropsychological stability is also negatively correlated with the problem-solving strategy ($r = -0.74$, $p \leq 0.001$), that is, the more Thai boxers are prone to neuropsychological problems, the less they tend to solve the problem in a stressful situation, while athletes with a high level of stress resistance tend to are to solve the problematic situation.

The index of tendency towards a certain type of perception is negatively correlated with self-control behavior strategies of accepting responsibility ($r = -0.72$ $p \leq 0.001$) and planning problem solving ($r = -0.65$ $p \leq 0.001$).

The negative correlation of perceptual type with problem solving strategy ($r = -0.77$, $p \leq 0.001$) shows that athletes with type A tendency and low stress resistance are less inclined to solve problems in a stressful situation, while athletes with type B tendency are going to solve the problem situation.

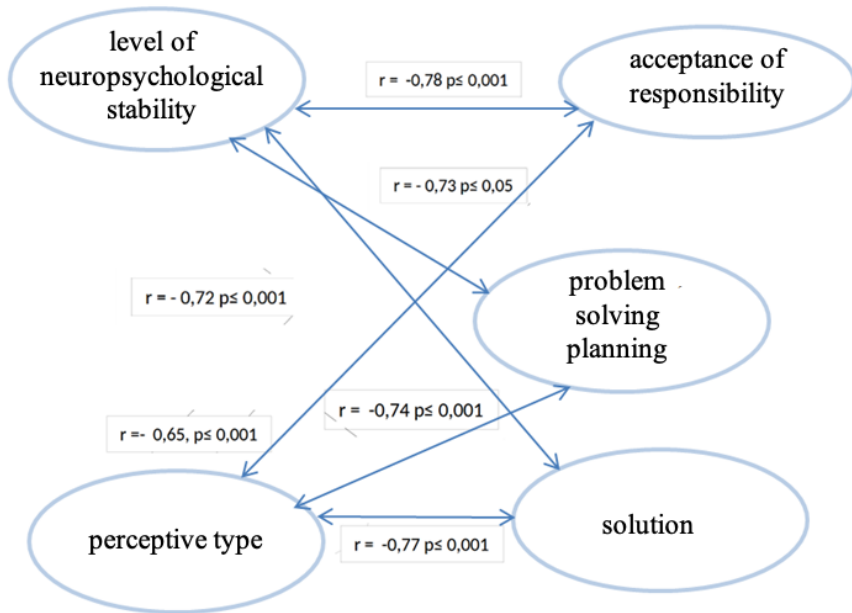


Figure 4: Correlation structure of stress resistance and self-control behavior strategies in Thai boxers

Thus, the higher the level of stress resilience in Thai boxers, the more they tend to use the self-control behavior strategy of taking responsibility and planning a problem solution, and the more they tend to dominate the problem-solving strategy in a stressful situation.

The obtained results indicate that the hypothesis put forward during this research was confirmed. There is a reciprocal relationship between stress resistance and self-control behavior strategies in Thai boxers.

Conclusions.

In the group of Thai boxers, there are people with signs of neuropsychological instability (3 people), who have low stress resistance and are maladapted to the stressful situation. The majority of athletes in the studied group have a medium or high level of stress resistance and are not prone to neuropsychological problems.

In the group, 24% of Thai boxers have a high level of stress resistance, and 16% have a low level of stress resistance, the rest of the studied group tends to type A or B.

Athletes have been shown to have a high strain on positive reappraisal and self-monitoring behavior of seeking social support. This characterizes Thai boxers as individuals focused on a personal, philosophical reinterpretation of a problematic situation, including it in the broader context of the individual's self-development work. The search for social support also indicates that athletes are focused on interaction

with other people, their support, attention, advice, sympathy, and the expectation of concrete effective help.

The dominant self-control behavior stress behavioral strategies of athletes are distraction and social distraction from the problem.

The indicator of the level of neuropsychological stability or stress resistance is negatively correlated with problem solving, taking responsibility and planning self-control behavior strategies, as well as problem solving strategies.

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ОСОБЕННОСТИ ФОРМИРОВАНИЯ И ПРОЯВЛЕНИЯ СТРЕССОУСТОЙЧИВОСТИ И САМОКОНТРОЛЯ МУАЙ-ТАЙ БОКСЕРОВ

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Ключевые слова: спортсмен, тайский боксер, стрессоустойчивость, поведение, самоконтроль, напряжение, стратегия, ресурсы, проблема, ситуация.

Статья посвящена работе предпринята попытка выявить особенности проявления стрессоустойчивости и формирования самоконтроля у спортсменов тайского бокса, изучить взаимосвязь между стрессоустойчивостью и самоконтролем поведения и особенностями формирования и проявления поведения.

Изучение эффективных способов борьбы со стрессом чрезвычайно важно для спортсмена. Спорт (спортивная деятельность) по своей природе является стрессовым, и как элитные, так и начинающие тайские боксеры одинаково подвержены стрессу во время тренировок и соревнований и нуждаются в соответствующей психологической поддержке.

Практически все тайские боксеры находятся в состоянии высокого или выраженного стресса. При этом мужчины и женщины одинаково подвержены стрессу при занятиях спортом. Для преодоления стресса такие спортсмены широко используют в своей деятельности несколько самоподдерживающих стратегий поведения, причем большинство из них достигают высокого уровня экспрессивности.

В работе предпринята попытка выявить особенности проявления стрессоустойчивости и формирования самоконтроля у спортсменов тайского бокса, изучить взаимосвязь между стрессоустойчивостью и самоконтролем поведения и особенностями формирования и проявления поведения.

Организовано экспериментальное исследование по изучению проявления стрессоустойчивости спортсменов данного вида спорта. В исследовании использовались методы наблюдения, тестирования и обработки данных, в результате которых были сделаны важные выводы. В исследуемых группах выявлены различные проявления стрессоустойчивости и самоконтроля поведения у тайских боксеров. У спортсменов наблюдалась высокая напряженность в самоконтроле поведения, положительной переоценки и поиска социальной поддержки. Можно сказать, что это характеризует тайских боксеров как личностей, ориентированных на личное, философское, переосмысление проблемной ситуации и включенных в более широкий контекст работы по саморазвитию личности. Восприятие социальной поддержки также свидетельствует о направленности спортсменов на взаимодействие с другими людьми, их поддержку, внимание, совет, сочувствие, ожидание конкретной действенной помощи. Доминирующими поведенческими стратегиями стресса, самоконтроля спортсменов являются отвлечение и социальная отвлеченность от проблемы. Показатель уровня нейропсихологической устойчивости или стрессоустойчивости отрицательно коррелирует со стратегиями поведения самоконтроля принятия ответственности и планирования решения проблем, а также со стратегиями решения проблем.

**ՄՈՒԱՅԹԱՅ ՄԱՐԶԱԶԵՎԻ ՄԱՐԶԻԿՆԵՐԻ ՍԹՐԵՍԱԿԱՅՈՒՆՈՒԹՅԱՆ ԵՎ
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ԱՌԱՆՁՆԱՀԱՏԿՈՒԹՅՈՒՆՆԵՐԸ**

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Հանգուցային բառեր¹ մարզիկ, թայ-բոնցքամարտիկ, սթրեսակայունություն,
վարք, ինքնավերահսկում, լարվածություն, ռազմավարություն, ռեսուրսներ, խնդիր,
իրավիճակ:

Աշխատանքում փորձ է արվել բացահայտել սթրեսակայունության և ինքնավերահսկիչ վարքի ձևավորման դրսևորման առանձնահատկությունները մուայթայ մարզաձևով զբաղվող մարզիկների մոտ, ուսումնասիրել սթրեսակայունության և ինքնավերահսկիչ վարքի փոխադարձ կապը և վարքի ձևավորման և դրսևորման առանձնահատկությունները:

Սթրեսը հաղթահարելու հաջող ուղիների յուրացումը չափազանց կարևոր է մարզիկի համար: Սպորտը (սպորտային գործունեությունը), ըստ էության, սթրեսային է, և ինչպես բարձրակարգ, այնպես էլ սկսնակ թայ բոնցքամարտիկների մոտ է, որ մարզումների և մրցումների ժամանակ հավասարապես ենթարկվում են սթրեսային ազդեցության և կարիք ունեն համապատասխան հոգեբանական օգնության:

Գրեթե բոլոր թայ բոնցքամարտիկները գտնվում են բարձր կամ արտահայտված սթրեսի վիճակում: Միևնույն ժամանակ, տղամարդիկ և կանայք, սպորտային գործունեության ընթացքում, հավասարապես ենթակա են սթրեսի: Նման մարզիկները, սթրեսը հաղթահարելու համար, իրենց գործունեության ընթացքում լայնորեն կիրառում են մի քանի ինքնավերահսկիչ վարքի ռազմավարություններ, ավելին, նրանցից շատերը հասնում են արտահայտվածության բարձր մակարդակի:

Աշխատանքում փորձ է արվել բացահայտել սթրեսակայունության և ինքնավերահսկիչ վարքի ձևավորման դրսևորման առանձնահատկությունները մուայթայ մարզաձևով զբաղվող մարզիկների մոտ, ուսումնասիրել սթրեսակայունության և ինքնավերահսկիչ վարքի փոխադարձ կապը և վարքի ձևավորման և դրսևորման առանձնահատկությունները:

Կազմակերպվել է փորձարարական հետազոտություն նշված մարզաձևի մարզիկների սթրեսակայունության դրսևորման ուսումնասիրման համար: Ուսումնասիրությունների համար կիրառվել են դիտումներ, թեստավորումներ և տվյալների մշակման մեթոդներ, որոնց արդյունքում կատարվել են կարևոր եզրահանգումներ: Հետազոտվող խմբերում բացահայտվեցին թայ բոնցքամարտիկների միջև սթրեսակայունության և ինքնավերահսկիչ վարքի տարբեր

դրսևորումներ: Մարզիկների մոտ բարձր լարվածություն է նկատվել դրական վերազնահատման և սոցիալական աջակություն որոնելու ինքնավերահսկիչ վարքի նկատմամբ: Սա կարելի է ասել թայ բռնցքամարտիկներին բնութագրում է որպես խնդրահարույց իրավիճակի վերանձնային, փիլիսոփայական, վերաիմաստավորման վրա կենտրոնացած այն անհատի ինքնազարգացման աշխատանքի ավելի լայն համատեքստում ընդգրկվող անձանց: Սոցիալական աջակցության ընկալումը ևս վկայում է մարզիկների՝ այլ մարդկանց հետ փոխգործակցության, նրանցից աջակցության, ուշադրության, խորհրդի, համակրանքի, կոնկրետ արդյունավետ օգնության ակնկալիքի վրա կենտրոնացած լինելու մասին: Մարզիկների գերիշխող ինքնավերահսկիչ վարքի սթրեսային վարքագծային ռազմավարություններն են շեղումը և սոցիալական շեղումը խնդրից: Նյարդահոգեբանական կայունության կամ սթրեսակայունության մակարդակի ցուցիչը բացասաբար է փոխկապակցված խնդրի լուծման համար պատասխանատվություն ստանձնելու և պլանավորելու ինքնավերահսկիչ վարքի ռազմավարությունների, ինչպես նաև խնդրի լուծման ռազմավարության հետ:

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