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#### **COPING AND AVOIDANCE: POSITIVE AND NEGATIVE MOMENTS IN UPBRINGING AND EDUCATION**

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The students have both study and upbringing in educational establishment. It is in linear correlation with psychological welfare. In turn, it is in positive dependence on atmosphere between teachers and students, between students as well as in the students' families. There exist students' responses factor analyses scales in part in Iran [1, p. 489-513]. Female students and younger American students, students with academic difficulties preferred avoidance behavioral strategy more under stress conditions than male and older students in the USA as well as the ones without academic difficulties (both while studying and upbringing at home) [6, p. 762]. American schoolchildren with coping (in part approach coping) strategy had better effectiveness and better adaptation than the ones with avoidance while changing the elementary school to the junior high school [11, p. 5968], elementary school children demonstrated better self-esteem at problem-solving coping necessary in education and upbringing [12, p. 47-59]. Approach coping strategies following in Hispanic middle school students were accompanied by higher school competencies and fewer psychological symptoms [13, p. 1874], Latino middle school students as well [14, p. 657-676]. Normal adolescents who used less avoidance and more coping (approach in part) were better adjusted [16, p. 45-56]. Interestingly that approach coping is associated with self-effacing humor bigger usage and aggressive humor less usage while it is on the contrary for avoidance in the adolescents [17, p. 255-271]. Unfortunately mothers of children with learning disabilities use avoidance behavioral strategies more comparatively to the ones of healthy children that influences badly on all children development [2, p. 205-217]. The parents of children with mental retardation were depressed more at avoidance strategy following concerning them [9, p. 1462]. Children whose mothers rely more on avoidance expressed bigger vulnerability [3, p.109-127] and were tended to suffer from traumatic brain injury of mild and even hard degree [8, p. 213-226]. Women with alcoholic parents, Black women, the ones with children bigger amount used to rely more on avoidance resulting in adolescents social support lack comparatively to women without

alcoholic parents and Caucasian women with coping strategy (so-called approach coping) [4, p. 247-257]. Sometimes children (in part in India) can identify environmental stressors and even describe their coping responses to them and surely they are easier to be brought up comparatively to the ones who can not and they have better psychological health [5, p. 126]. There are ethno-gender differences in avoidance and coping preference among students (of New Zealand population in a given case): Maori women preferred avoidance (in part cognitive) more than Maori men or than women and men of Pakeha and Asians [7, p. 81-101]. African-American males possessed flexible coping styles [10, p. 1887]. Religious coping is considered to be separate coping type in the Iranians in part in students, is applied successfully under stress conditions, helps in education and upbringing [15, p. 81-93]. Stress doubtly influences on education abilities and upbringing. Iranian psychologists, in part Maryam Aguilar Vafaei in Tarbiat Modarres University in Tehran, studied and study emotion-focused coping in children at stress (interparental conflict) and consider it as a mediator between children's appraisals, self-esteem and health as well as created cognitive theory of stress in school aged children [18, p. 67-84].

Thus, avoidance behavioral strategy is harmful for human health, well-being, is accompanied by difficulties in education and upbringing while coping is good and useful, accompanied by stronger health, better well-being, success in study and upbringing for schoolchildren, students while coming together with ethnic, gender, age typological aspects and their combinations. These data can help in Psychology, Physiology, Pedagogy, Neurology, Pediatrics in part.

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### COPING STRATEGIES ROLE IN UPBRINGING AND TREATMENT

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Coping strategies study represents important and interesting problem which is in scientists focus particularly in upbringing. Laughter Yoga is applied in Iran in depressed nursing students [19, p. 36-40]. The works separate block is devoted to Sudanese children upbringing separated from families in Australia [14, p. 383-388], the ones in the USA [2, p. 259-269], Ethiopia and Kenia [12, p. 203-211]. English psychologists found a link between parental locus of control and the locus of control, self-esteem in children [7, p. 41-55].

There is so-called internalizing syndrome (depression, anxiety) described in part in England in children, adolescents and young men (after these people growing) [10, p. 938-946]. Internalizing behavior has positive correlation in boys further parenting behavior [15, p. 969-986]. These problems are described and compared in the Americans different populational groups [4, p. 22-31].

There are also the terms «externalizing behavior», «externalizing syndrome». In part it is known that children's externalizing behavior predicts maternal and paternal consistency lower levels [6, p. 1-14]. Externalizing problems high levels at 30 and 42 months negatively predict children's effortful control a year later and intrusive parenting in the adulthood [5, p. 953-968]. These problems are also described and compared in the Americans different populational groups [9, p. 838-843]. The scientists from Netherlands found out that there had been a link between borderline intellectual disabilities and externalizing behavior in part concerning parenting [16, p. 237-251]. They also assessed executive functions and processing speed in children with mild to borderline intellectual disabilities and externalizing behavior problems (differences in inhibition and cognitive flexibility were more expressed at impaired executive functions together with externalizing behavior problems that were only at impaired executive functions) [17, p. 442-462].

American dentists assessed children's coping patterns with aversive stomatological treatment [13, p. 236-246], the Irish ones – while anesthetizing at caries [3, p. 30-36]. Romanian orthodontists found out such human features appearance before and after orthodontic treatment as social anxiety, fear of being rejected by peers, conflicts with adults (parents, teachers) especially at defects affecting patients' facials attractiveness [18, p. 147-149].

Locus of control is assessed together with behavioural strategies in part at stress for predicting the Iranian students' general health [8, p. 630-635], in Iranian females at group