

Katarzyna Mariańczyk

Instytut Psychologii

Katolicki Uniwersytet Lubelski Jana Pawła II

Wojciech Otrębski

Katedra Psychologii Rehabilitacji KUL

Instytut Psychologii

Katolicki Uniwersytet Lubelski Jana Pawła II

**SOCIAL ADAPTATION AND STRATEGIES OF COPING
WITH PSYCHICAL LOAD IN SITUATION OF PROFESSIONAL
WORK AMONG HANDICAPPED PERSONS**

(Summary)

Professional work is a significant element of mature people's life. In case of handicapped people, work acquires additional significance. It provides not only personal and material independence, but also increases self-esteem, social usefulness, compensates limitations resulting from disablement and gives a possibility of active participation in social life. Apart from its obvious advantages, professional work, is also a source of various tension causing situations, stress or anxiety. In case of handicapped people at work, the stress burden is increased by the awareness of attitudes towards disablement.

The subject of the analysis of the article are strategies of coping with psychical stress in situation of work among handicapped people and their diversity in respect of social adaptation.

The analyzed problem was formulated in following way: How does the level of social adaptation diversify the strategies of coping with psychical load in situation of work among handicapped persons?

Forty six handicapped persons were embraced by the studies. Two methods were used: CPI California Psychological Inventory by Harrison G. Gough for defining social adaptation and AVEM questionnaire (Occupational Stress and Coping Inventory) by Tatiana Rongińska and Werner A. Gaida for defining the strategy of coping with psychical load in situation of work.

Results of the studies, analyzed statistically, allowed for making following statements, many handicapped people experience different difficulties in social functioning and what is more there are differences in coping with psychical load at work by handicapped people in respect of level of social adaptation. The better social adaptation of the person, the more effective, for psychical condition, strategies of coping with psychical load in situation of work he/she applies (healthy type). On the other hand, among people with worse social adaptation, one can perceive more frequently high intensity of negative emotions and relatively low feeling of social support. These persons give up more easily in case of suffered loss and demonstrate features that allow for assigning the strategies applied by them to the model of behaviors defined as a burnt-out type.

Korekta językowa – Katarzyna Ostrowska