Enriching the coping behaviour repertoire and motivation of the unemployed using metaphors

Inokentii Komienko, Beata Barchi

Abstract: This article provides an overview of the research in the area of coping behaviour and motivation of the unemployed and analyses work incentives for the unemployed applied in Ukraine. In addition, the article provides the analysis of motivation to work of persons registered as being unemployed using metaphor. It was found out that, in relative terms, unemployed should be interested in taking enriching their own coping behaviour strategies and in motivation using metaphors. Metaphor is an indispensable element that reveals the person’s individual worldview. World scientific knowledge, the approach to the knowledge of existence through the disclosure of the content of entities, allows the person to really, rationally look at existence itself, identify him/herself with it, occasionally present in existence and make sure that this presence is real in the same real existence. Findings of the survey of persons registered as jobless have showed that satisfactory level of coping behaviour repertoire is the strongest factor motivating persons to overcome the unemployment.

Index Terms: coping behaviour, coping skills, motivation, metaphor, resilience, unemployed

1 INTRODUCTION

The sorrowful situation of our planet toward the start of this new millenary is the aftereffect of human activities that have decreased the personal life quality of both mankind and different individuals from the Earth commune. Differed endeavours on all dimensions of government, business, and common society have been and are being made to change the circumstance. Nonetheless, no genuine or enduring advancement in improving the life quality on the planet and individuals can be made without a basic appraisal of an individual’s or society’s esteem framework and its regularly understood perspective. Unemployment is a financial and social occurrence, and it is real notwithstanding when on the labour market the provision of labour is less then request for it; along these lines, there are less candidates for an occupation than opportunities. Subsequently, the issue of unemployment has practical, yet generally social and mental segments. This problematic situation is urgent in Ukraine, particularly at the present phase of the advancement of the nation and its change to the market economy, in light of the fact that the higher is the unemployment rate, the lower is the dimension of finance and social improvement. The joblessness problem legitimately influences each working resident who pays a specific measure of cash from his compensation to the necessary state social protection against unemployment. So as to consider the issue of unemployment, it is important to know how to help and support this group of society. Losing the employment can be a standout amongst the most excruciating and horrible accidents that individual will ever need to persevere. It can influence each part of the life, from relational connections to rest patterns. It can cause sentiments of annoyance, deficiency, dread, disgrace, disappointment, seclusion, and shame, to give some examples. Insistently, a situational depression may ensue, if individuals stay jobless for an extended period. Losing a job is regularly an unpleasant and damaging knowledge, especially when it comes unexpectedly as a shock. Workers who have been laid off, ended or left own accord may have inquiries concerning continuation of medical advantages, unpaid wages, or even the legitimateness of the activity itself. The individuals who leave an occupation have bounty to do: applying for joblessness protection, refreshing the resume, reaching references, and searching for different employments. In the meantime, unemployment normally makes a lot of money related hardship and can dissolve one’s mental prosperity. As indicated by the yearly Stress in Ukraine overview, most Ukrainian unemployed of any age are in stress and a critical extent feels their adapting capacities as insufficient. Further, they report feeling that this stress is influencing their wellbeing, both physiologically and inwardly. The review results will in general vary a little every year, except the results which demonstrate a similar example: jobless individuals need to discover powerful approaches to diminish worry in their lives, and they face an assortment of stressors. Also, these discoveries can all around likely apply to individuals of all nations as we as a whole face stress in the lives. With unemployed individuals feeling increasingly more worried as they ponder contending needs, requesting calendars and worry because of money, stress is more the standard than the special case. With every one of these things going on, it may be simple for the wellbeing to be affected. It’s essential to deal with the feelings of anxiety in a solid manner with the assistance of the coping strategies and motivation that may control better the circumstance of being jobless. Unemployment frequently prompts antagonistic life changes so individuals must take in coping strategies to manage this upsetting occasion. It isn't only an individual issue; work misfortune impacts salary and includes social and spiritual importance that ought to be tended to by scientists and policy makers. Walch and Gordon [12, 44] underline the connection among work and social personality in that people’s self-recognition is regularly connected to their employments and work identicalness. This relationship makes spells of unemployment significantly horrible so a scope of coping strategies must be received. These strategies speak to the intellectual and social endeavours to manage joblessness [19]. For the business it is significant both inspirational motivations to work and accessibility of occupations. What’s more, the accessibility of employments is mostly affected by coping strategies.

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2 THEORETICAL BASES OF THE RESEARCH

The scientific reflection of crisis processes occurring in the plane of employment relationships requires a thorough understanding and conceptual development of the most urgent problem areas associated with their constructive overcoming. Overcoming the crisis phenomena relevant to the field of employment, is associated with the motivation of behaviour. Motivation in this case acts as the most meaningful operational equivalent for fixing processes that unfold in the plane of subjective-semantic activity of the individual, since it substantially specifies its transformative activity in the conditions of a crisis, deduces it beyond the limits of simple restoration of equilibrium, thereby providing the design of a new social employment situation. At the level of theoretical-empirical generalizations one can state the polyphenomenological representation of the motivation of behaviour caused by the crisis in subjects of professional exclusion. A.M. Saks, B.E. Ashforth mentioned three personal changes that affect the job search and employment status of university graduates: general self-esteem, self-efficacy in the field of job search, a sense of control over possible search results. In their study, the personal parameter "self-efficacy" turned out to be the most prognostic predictor of the employment status of graduates at the time of school completion [41]. In the framework of the theory of "expected value" N.T. Feather [16] specially investigated the problem connected with finding a job for the unemployed. It turned out that the frequency of these actions among the unemployed graduates of schools positively correlated with the subjective value of work, but she did not find connection with the factor that included the confidence of the person in her search and the idea of controlling his/her own situation of unemployment. The longer the unemployment period was, and the more unsuccessful employment attempts were, the lower the indicators were on the basis of "confidence and controllability". A lot of research studies, analysing motivation of the unemployed an exceptional spotlight put on the examination of joblessness benefits frameworks and their effect on motivation just as on the span of unemployment spells. Absar, Bui, Young [1] analysed whether the expansion of unemployment protection advantages diminution specialists' motivating force to return into the work advertise. The results of their examination upheld the speculation that the expansion of unemployment protection advantages is decidedly correlated with state unemployment rates. Lalive, Van Ours, Zweimüller [27], additionally examined the connection between unemployment advantages and inspiration of the jobless to work. The result of their examinations demonstrated that both warning and enforcement positively affect the leave rate out of unemployment and that expanding the checking force decreases the span of unemployment of the nonsanctioned. The motivation affects the process and the result of professional activity; contains leading and minor motives. Motives of professional activity include "social" (reflected by the person's social needs) and "personal" (manifestation of internal activity); the motives of professional activity are related to those gender and / or personal specifics; motivation of professional activity can be both internal and external [4]. The motivation criteria for defeating expertly decided emergencies [28] are: reclamation or improvement of social wellbeing and status, the goals of a contention circumstance, the worthiness of conduct for the prompt condition, its consistence with social standards, keeping up a positive confidence, decreasing the dimension of pressure, keeping up physical and psychological wellness. The entire arrangement of potential criteria can be partitioned into two gatherings: objective (behavioural, status, physiological) and subjective (those that lie in the plane of feelings, considerations, and appraisals). All mentioned above arrangement of criteria settle itself to the abnormal state of individual resilience and solidness. We as a whole take a stab at more resilience to fight off the impacts of living with affliction. The best approach to accomplish high resilience is the utilization of helpful constructive coping repertoire. Customarily, we have thought of coping strategies as something to be appreciated: a strong individual, association or network is one that can withstand the worries of radical change to the norm, one that does not surrender to pressure. As indicated by Erica Frydenberg and Ramon Lewis [15], the idea of "coping" as created by analysts has gained an assortment of implications that are frequently utilized reciprocally with so many ideas as authority, safeguard and adjustment. The working definition utilized in their investigation is that created by Richard Lazarus and partners which stated that coping consisted of efforts, both action oriented and intra psychic, to manage (i.e. master, tolerate, reduce, minimize) environmental and internal demands and conflicts. The definition perceives both the upsetting parts of feeling and the likelihood of potential satisfaction or delight. They likewise perceive that the adaptive result is uncertain with the goal that the points of confinement of the individual's adaptive skills are approached. To guarantee superb execution, it is significant for an ostracize proficient to be motivated to cope viably all through the pressure. There is wide understanding in the writing that coping strategies can be isolated into problem-focused and symptom-focused strategies [21, 30, 31]. While issue centred strategies, suggest practices that endeavour to take out the wellsprings of stress, side effect centred systems endeavour to lighten the worry without settling the issue. Instances of issue centred incorporate quest for new employment, preparing, and topographical movement; though side effect centred methodologies are described by mentioning financial or enthusiastic help, among others. The underlying assumption is that symptom-focused strategies eliminate symptoms of stress, namely loneliness or anxiety, but are unable to remove the source. Lattack et al. [29] include a qualification between escape and control-centred strategies. The last alludes to proactive strategies went for finding an answer; swirling or forsweearing are escape strategies. In spite of endeavours to fragment coping strategies into fresh bunches, writing has indicated two particularities. From one perspective, individuals receive an assortment of strategies to diminish or ace upsetting occasions [28]. Then again, "coping is conceptualised as oblique (overlapping) rather than orthogonal (independent)" [29, p.317]. So, we propose the jobless all the while embrace various types of procedures. In this manner, exact proof would show covering techniques that join feelings just as endeavours to take care of the issue or proactive endeavours to wipe out the wellsprings of stress. Not to be overlooked in any overview of adapting techniques, is the utilization made of different frameworks of incredible extravagance in which a solid component of natural understanding is required utilizing metaphor as an impetus. The utilization of such procedures by approach creators isn’t well-reported, despite the fact that there is much narrative proof of its utilization in Asian nations at the most abnormal
amounts. The thought of enterprising instinct has now exposed the unadulterated truth [14]. Sonia Stairs has contended the case for more noteworthy utilization of instinct in open basic decision-making [42].

Key models are:

1. **Astrology:** Historically this is one of the most established advisers for coping to a clearly capricious future. There is at present much episodic proof of the utilization of soothsaying in the board circumstances, even in the West. It could be contended that for the customer, crystal gazing not just assesses the trademark adapting aptitudes related to an especially point by point character profile, yet in addition explains how which of those abilities can best be conveyed because of a specific arrangement of conditions [23].

2. **I Ching:** Otherwise known as The Book of Changes, this exemplar content has been a noteworthy effect on Chinese reasoning for more than 3000 years. As confirmed by R G H Siu [38]: "For centuries, the I Ching has served as a practical guide in China on how to govern a country, organize an enterprise, deal with people, conduct oneself under difficult conditions and contemplate the future. It has been studied carefully by philosophers, like Confucius, and men of the world, like Mao Tse-Tung". It has been adjusted to business and basic leadership in the West [10].

3. **Tarot:** Like soothsaying, the tarot keeps on being utilized as a manual for the ID of fitting coping strategies [2]. It is one of the favoured instruments of certain expensive advisors on business choices.

Esoteric and "secret" coping strategies are:

1. **Secret societies:** It could be contended that a significant explanation behind keeping up the mystery of the numerous mystery social orders in various societies is to guarantee the mystery of their techniques for coping with, and controlling, their condition. It would be very primitive to acknowledge that the systems of significant global gatherings, similar to the freemasons or their conventional rivals, are restricted to cautious types of magnanimous activity as is frequently openly pronounced. Regarding the allegorical accentuation to this article, it is intriguing that these various dimensions of understanding are related with sets of images or emblem. Progression inside freemasonry, for instance, has been depicted as far as a "symbolic journey" [37].

2. **Magic:** It would be an error to overlook the proceeding with significance of enchantment as offering a conventional collection of coping strategies, particularly in case of the breakdown of "civilized" structures. Numerous writings authenticate the expanding significance of enchantment, even in the most edified technocratic social orders. Its relationship with the recuperation of a more grounded comprehension of the woman role [22], or of indigenous societies [11], are notable precedents. Coping behaviour of an individual is activated in a situation that requires response and decision-making and is located in the continuum: from evolutionary and programmatic mechanisms that are unconscious to a well-understood purposeful behaviour. The key goal of psychological learning is to adapt to the variability of external influence, therefore adaptation and psychic activity in the set of self-regulation play a pivotal role in solving life problems [24]. Metaphors of structural space are worried about coping strategies and inspiration of the unemployed. They mirror a feeling that information has a structure, which must be developed by the jobless. This does not infer, in any case, that information is just guaranteed; it tends to be built by students or students related to consultant. Numerous metaphors of basic space are sorted out around the possibility that foundation builds the learning as a process, with every stage or layer resting on the one before; understanding is when what is discovered is identified with officially existing reasonable structures. Extremely broad use is made of metaphor. As individuals, we have all the earmarks of being designed to think with the help of metaphors and we are likewise designed to react to allegory through narrating, stories, and so on. Sue Knight in her 2009 book NLP at Work expresses that metaphors permeate our lives. They are symbols for what our unconscious mind is saying. The more we can learn to listen to the metaphors in our life, the more we can draw on the power of the unconscious mind [26]. Sociologically situated examinations contend – like Lakoff [18] from the etymological viewpoint expresses that metaphors are utilized to build and mirror the social world [8, 25, 34]. That is, metaphors may define the nature of the situation, the respective roles of the key actors and the proper procedures or even outcomes to be followed/attained [35]. Metaphors execute certain interpretations of circumstances by barring others. They provide a central role in defining action as legitimate, necessary, maybe even as the only "realistic" opinion for a given situation [35]. As far as hierarchical basic leadership and political talk, utilizing metaphor to oversee significance is an utterance of strength through which the truth is characterized for other people. Metaphorizing can happen at various dimensions: it tends to be constrained to characterizing unmistakable circumstances, devices or objectives of activities; or it tends to be extended to a definition grasping the entire of a specific reality being referred to. Metaphors are significant both as markers of the manners in which we think and as energizing weeps for specific perspectives. Aspin [3] contends that metaphorical locution is a kind of "persuasive definition" (p. 33), while Edwards et al [13] note that the use of metaphors are partly about mobilizing "insider" groups". Thusly, an examination of the manners in which similitudes are utilized in academic discussions is lighting up of the suppositions that support those talks and the ideological duties (conscious or unconscious) of the individuals who use them. Any sort of experience can go about as a metaphor. At whatever point there is a need to depict theoretical, mind boggling or passionate circumstances, we are probably going to utilize an increasingly solid allegory to pass on data to other people, regularly bypassing the more cognizant, basic resources. Metaphor was inevitably consigned to talk and scholarly style, with the disastrous impact that ages of language specialists overlooked the theme until the turn of the twentieth century, when Breal, a French linguist’s Essai de Semantique started new interest, particularly among American language specialists and...
philosophers. Breal contended that representation was more than decorative [7]. It was an omnipresent element of language and a central gadget of etymological change [20]. Hausman clarifies that he was trailed by Richards [32] who presented unique phrasing: the ‘vehicle’ (the term used metaphorically), the term to which it is connected is the ‘tenor’ or ‘topic’ (the primary thought that will be verbalized in the metaphor). His connection hypothesis alludes to either the manner in which the parts of the metaphor interface with each other to create something else from the importance of or the majority of the segments [20]. The significance of the metaphor is known as the ‘ground’. Afterward, Max Black [6] likewise dismissed Aristotle’s perspectives as excessively short-sighted. Black contended that metaphor is a method for imparting that worked on a more profound dimension of reasonable structure as opposed to on unimportant word meaning. He extended Richards’ cooperation hypothesis via cautiously portraying the nuances of collaborations which Richards depicted just quickly [20], as per which representations are comprehended by watching the ‘tenor’ idea as far as the ‘vehicle concept’ to create a ‘ground’ that consolidates and rises above their exacting meanings (‘metaphorical greatness’). Black was properly reprimanded for his obscure record of non-literal greatness.

3 RESEARCH METHODOLOGY
3.1 Participants
There were 80 (50 female, 30 male) participants who were all from Mukachevo, Ukraine. All participants were unemployed for more than six months. Participants’ ages range from 25 to 50. The sample was selected by using non-probability sampling technique according to accessibility to the researchers. Participation was voluntary.

3.2 Measures
Much effort in vocational guidance and human resource development is concerned with determining the kinds of coping skills and motivational profile which people have in order better to match them to a career. In this sense, particular coping strategies and motivational preferences may be assumed to be natural to particular personality types. Conversely, personality types may be usefully defined by the preferred copy strategy profile. The skills may of course be over- or underdeveloped.

Ways of Coping Questionnaire
Coping skills were measured using a modified version of the revised Ways of Coping Questionnaire (WCQ). With regards to this methodology, adapting is considered as a significant procedure that guarantees human adaptation to the environment. As per the hypothetical thoughts of the creators about the elements of coping, the survey was isolated into 2 scales, characterizing issue and feeling focused coping [28]. Later this adaptation was re-examined: a 4-point size of answers were presented, changes were owned to the rundown of expressions and the name. The aftereffect of this work was the “WCQ” system. The consequences of the writers acquired based on its application are distributed in 2 articles [17, 28]. WCQ is portrayed by the makers as a poll, which incorporates 66 articulations describing the reaction to a distressing circumstance.

The highlights of the procedure are:
1. centre around a particular life circumstance that must be depicted by the subject himself/herself;
2. the chance to contemplate both one kind of circumstance (counting at various phases of its improvement) and situational settings of various substance;
3. the fluctuation of the factor structure;
4. a few changes to the directions for portraying circumstances by respondents are permitted (for instance, a scientist can indicate the sort of circumstances, compose a meeting);
5. some portion of the announcements isn’t utilized in the figuring on the scales yet fills in as “filler”.

Change Assessment Scale
The four scales of the Change Assessment Scale—precontemplation, contemplation, action, and maintenance—were used to measure internal motivation [36]. Individuals must realize that they have a problem (i.e., not deny their problem—precontemplation), contemplate acting to address the problem (contemplation), take specific action (action), and, after taking action, use strategies to maintain changes (maintenance). Individuals rated each item on a scale of 1 to 5 ranging from strongly disagree to strongly agree. Each factor score consisted of the mean score of the eight items comprising each particular factor.

Data Analyses
SPSS Statistics 22 (Chicago, IL, USA) was used for statistical analysis. The comparison between the groups as performed using t-test.

Setting and Procedures
Windle, Bennett and Noyes [45] conducted a metanalysis of 19 resilience measures reported as reliable and valid. They concluded that there is no gold standard measure of resilience. A number of interesting scales are in the early stages of development; however, all require further validation work. Well-characterized appraisals can be utilized as a reason for individual or departmental training. Though, there are different methodologies for creating coping strategies just as psychometrics. It very well may be useful to utilize settings, references and past encounters as a measure which can give profound mindfulness prompting bits of knowledge and long-haul learning, which develops singular resilience, especially when upheld by the correct dimension of training support. Images of Resilience toolbox is a training apparatus that contains numerous duplicates of 16 deliberately structured pictures attracted an alluring animation style. The pictures speak to metaphors, delineating a scope of encounters and feelings connected with the topic of resilience. The Images Resilience toolbox was created to give a concentration and a structure to preparing and training around the subject of coping strategies because of the nonattendance of some other reasonable material. EI4Change has adapted much to deliver this valuable asset and the feedback has been extremely reassuring. The toolbox was not structured as a scientifically validated tool. In testing, the pictures appeared capable to consistently represent aspects of coping strategies in an allegorical way. They have created results that help learning and self-improvement through workshops and instructing with regards for utilizing similar types of training material. All the
methods and techniques described above can be applied to coaching with metaphor with or without the toolbox Images of Resilience. They are all tried and tested techniques adapted from Burgess [9], Knight [10], Sullivan. Rees [43], with tremendous learning potential for both coach and coachee. Challenging people to think deeper about these images and the metaphors has given rise to insights far beyond those expected.

5 RESULTS
Keeping focus on Endurance, Self-Management, Tolerance, Determination, Feeling in Control, Drive and Motivation, Guidance and Flexibility are all purported dimensions of resilience. The procedures used in the experiment have been designed to help the participant experience these within the moment. The results of the experiment are shown in Table 1.

### TABLE 1
Mean and Standard Deviation before and after the Experiment

<table>
<thead>
<tr>
<th>Scales</th>
<th>Before M</th>
<th>Before SD</th>
<th>After M</th>
<th>After SD</th>
<th>p-level (Sig.)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Change Assessment Scale</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Precontemplation</td>
<td>2.01</td>
<td>0.76</td>
<td>2.58</td>
<td>0.83</td>
<td>&lt;0.05</td>
</tr>
<tr>
<td>Contemplation</td>
<td>4.06</td>
<td>1.06</td>
<td>4.09</td>
<td>1.05</td>
<td>&lt;0.05</td>
</tr>
<tr>
<td>Action</td>
<td>3.98</td>
<td>1.02</td>
<td>4.48</td>
<td>1.11</td>
<td>-</td>
</tr>
<tr>
<td>Maintenance</td>
<td>3.42</td>
<td>0.98</td>
<td>3.44</td>
<td>1.01</td>
<td>-</td>
</tr>
<tr>
<td><strong>Ways of Coping Questionnaire</strong></td>
<td></td>
<td></td>
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<tr>
<td>Problem solving</td>
<td>12.02</td>
<td>2.12</td>
<td>12.15</td>
<td>2.02</td>
<td>-</td>
</tr>
<tr>
<td>Social support</td>
<td>9.25</td>
<td>1.02</td>
<td>11.21</td>
<td>1.21</td>
<td>&lt;0.05</td>
</tr>
<tr>
<td>Positive reappraisal</td>
<td>11.35</td>
<td>1.32</td>
<td>13.25</td>
<td>1.28</td>
<td>&lt;0.05</td>
</tr>
<tr>
<td>Confrontation</td>
<td>9.81</td>
<td>0.89</td>
<td>9.77</td>
<td>0.92</td>
<td>-</td>
</tr>
<tr>
<td>Self-control</td>
<td>11.21</td>
<td>1.43</td>
<td>11.18</td>
<td>1.32</td>
<td>-</td>
</tr>
<tr>
<td>Responsibility</td>
<td>8.16</td>
<td>0.88</td>
<td>8.20</td>
<td>0.89</td>
<td>-</td>
</tr>
<tr>
<td>Distancing</td>
<td>9.33</td>
<td>1.03</td>
<td>7.99</td>
<td>1.15</td>
<td>&lt;0.05</td>
</tr>
<tr>
<td>Escape</td>
<td>10.21</td>
<td>1.87</td>
<td>8.87</td>
<td>1.78</td>
<td>&lt;0.05</td>
</tr>
</tbody>
</table>

The results for coping skills showed significant differences in mean scores for four of the eight scales. Problem-solving methods were used equally before and after the discussion with using Images of Resilience toolbox. However, in response to very stressful situations, the participants after the training were more likely than before to report using the coping mechanisms of seeking social support, positive reappraisal, and less — escaping and distancing. Significant differences were found for two of the four scales of the Change Assessment Scale—precontemplation and contemplation. However, the participants did not report differences in their taking steps toward behavioural change or using strategies to maintain change.

4 CONCLUSIONS
The test of creating coping strategies isn’t limited to governments, partnerships or different collectivizes, at whatever dimension of society. Vital reasoning is normal to both collectivizes and people [40]. The "ordinary person", in truth each person of whatever social class, will in general be mindful, regardless of whether intentionally or unwittingly, to the improvement of coping strategies. Creators, masters, address circuits and syndicated programs do a lot to furnish specific adapting systems. From this viewpoint an individual should almost certainly draw upon an assortment of such strategies – exchanging between them as conditions request to build up claim resilience. Enduring a specific measure of pressure is a typical piece of ordinary work and shows a dispute that everybody must adapt to. There ought to be adequate test for individuals to feel extended so as to create and adjust with the goal that they can cope. Motivation is the main thrust that leads towards the accomplishment of objectives. Creatures have an interior compass that drives them to make adventures of a huge number of miles crosswise over new territories to breed, for nourishment or to live in progressively ideal conditions. These examining instructing articulations took into consideration an investigation of the illustration delineated to explore what strength implies for the individual, the circumstances when resilience is required and the characteristics and aptitudes that can be created to improve the utilization of resilience. It is expected that the pictures are utilized in close discourse with a mentor/facilitator as a component of an improvement program to increase most extreme advantage. Metaphors are significant phonetic gadgets. They are one of our essential methods for conceptualizing the world. Their capacity is gotten from their capacity to acclimatize new encounters to commonplace examples of observation; to extend one learning space onto another to permit the more up to date or extract area of experience to be comprehended as far as the other and increasingly solid one. Be that as it may, illustrations are frequently utilized undeniably as sound judgment articulations with which one has grown up. Metaphor legitimizes or destroys universes similarly as emblematic universes genuine social foundations, jobs and values and can jeopardize and annihilate contradicting social universes by testing their symbolic universes. We can, in this way, truly translate coping conduct procedures and inspiration of the unemployed in the manner that illustrations are deciphered, opening new conceivable outcomes for the rebuilding of representative universes dependent on root similitudes (or conceptional analogies). In a perfect world what is required is a visual analogy which can take justifiably "healthy" or "unhealthy" forms. The test for the individual at that point moves toward becoming to reframe adapting practices through the arrangement of solid structures [39, 43]. In the meantime, there is a need to build up the way of life craft of intentionally thinking about the "ecology" of dynamic metaphors in the coping collection. In such a unique circumstance, a yearning advisor would do best to build up his or her own metaphor-coded bundle in manners that overlook crafted by antecedents. Every along these lines attempts to make the impression of a sufficient vital collection. Based on our survey we can conclude that metaphorical approach did helped to improve both motivation and coping behaviour repertoire. Additional research is needed to confirm whether these findings will be replicated among other samples. The stability of differences relevant to the theoretical underpinnings of cognitive–behavioural programs is crucial to the development of relevant programs. The discussed results of our research also give us possibility to approve the necessity of reforming the educational system in Ukraine and state the actualization of humanistic and cultural co-operation the philosophy of education, and its strategic goal is to become creative and humanitarian personality as a holistic subject of culture. The basis of the learning process is to put a new one a world-view installation, a new type of personality, and, accordingly, and
change the methodology of education and training. All this can help to breed a person with higher resilience and richer coping-behaviour repertoire. Formation of the creative-humanitarian, planetary-cosmic type of personality is possible with the use of methodological apparatus. One of them is Images of Resilience toolbox, which has been used in our research. In order to improve the coping-behaviour, motivation, resilience. To increase the quality of life and possibilities to cope all possible life situations better we define the necessity of implementing special courses which should be based on the following principles [5]:

1) the formation of each listener of the planetary-space worldview;
2) training of responsible, creative, active young people, people who, on the one hand, respect the diversity of cultures, on the other hand, take into account strategic activities in their activities the goals of the philosophy of education, which are in the quest for rallying nation, civilization for the achievement of the higher goals;
3) form in the system of views of the younger generation the image of personality and civilization capable of organizing high-quality interaction on the scale of the Earth and the universe, the image of the human future using metaphor as a psychological foundation.

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