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PSYCHOLOGICAL DETERMINANTS OF INTERPERSONAL TRUST IN YOUNG PEOPLE

The article presents a theoretical and empirical study of the psychological determinants of interpersonal trust in adolescents. The relevance of the study is due to the complexity and ambiguity of the processes of socialization of youth in modern society, which is characterized by rapid changes, information overload, high levels of uncertainty and psychological pressure. In the face of such challenges, the study of individual strategies for coping with stress becomes particularly important, particularly during adolescence, when basic character traits are formed, the foundations of future interpersonal relationships are laid, and mechanisms of self-regulation and self-support are developed. The aim of the article is to identify the psychological determinants of interpersonal trust in adolescents. The theoretical part of the work analyzes modern approaches to defining the concept of "coping behavior", the classification of coping strategies (problem-oriented, emotional-oriented, maladaptive, etc.), and also reveals the essence of interpersonal trust as a psychological construct that affects the nature of social interaction, emotional comfort, and personal stability. Empirical research has shown that individuals with a high level of interpersonal trust are more likely to use adaptive coping strategies: constructive thinking, seeking support, planning actions, and positive reappraisal of situations. In contrast, young men with low levels of interpersonal trust are prone to problem avoidance, emotional isolation, self-blame, and passive acceptance. The results suggest that interpersonal trust is an important predictor of effective adaptation to stressful influences and plays a key role in the formation of constructive coping behavior. The presence of stable, emotionally supportive interpersonal relationships increases the internal resources of the individual, contributes to the development of self-confidence and the formation of a positive self-concept. At the same time, a lack of trust, emotional closure, and a tendency toward social isolation significantly complicate self-regulation processes, reduce psychological resilience, and can lead to the development of anxiety or depression.

The psychological determinants of interpersonal trust in adolescents are determined by a combination of individual characteristics of the emotional-volitional sphere, the level of self-regulation, self-esteem, as well as dominant coping strategies. According to the results of the study, the development of interpersonal trust is facilitated by the presence of constructive coping strategies, such as positive reappraisal, problem-solving planning, and seeking social support. Individuals with high levels of interpersonal trust demonstrate a higher ability for emotional self-regulation, openness in communication, and greater confidence in themselves and their surroundings. At the same time, young people with low levels of trust tend to have a predominance of unique or maladaptive coping strategies, which indicates the need for psychological support and the development of emotional intelligence.

Keywords: coping behavior, adolescence, interpersonal trust, stress resistance, psychological adaptation, coping strategies, emotional regulation.

У статті здійснено теоретико-емпіричне дослідження психологічних детермінант міжособистісної довіри в осіб юнацького віку. Актуальність дослідження зумовлена складністю та неоднозначністю процесів соціалізації молоді в сучасному суспільстві, яке характеризується швидкими темпами змін, інформаційним перевантаженням, високим рівнем невизначеності й психологічного тиску. В умовах таких викликів особливої ваги набуває вивчення індивідуальних стратегій подолання стресу, зокрема у віковому періоді юнацтва, коли формуються базові риси характеру, закладаються засади майбутніх міжособистісних відносин, розвиваються механізми саморегуляції й самопідтримки. Метою статті є виявлення психологічних детермінант міжособистісної довіри в осіб юнацького віку. У теоретичній частині роботи проаналізовано сучасні підходи до визначення поняття «копінг поведінка», класифікації копінг-стратегій (проблемно-орієнтовані, емоційно-орієнтовані, дезадаптивні тощо), а також розкрито сутність міжособистісної довіри як психологічного конструкта, що впливає на характер соціальної взаємодії, емоційний комфорт та особистісну стабільність. Емпіричне дослідження дозволило констатувати, що особи з високим рівнем міжособистісної довіри частіше використовують адаптивні стратегії подолання: конструктивне мислення, пошук підтримки, планування дій, позитивну переоцінку ситуацій. Натомість юнаки з низьким рівнем міжособистісної довіри схильні до уникнення проблем, емоційної ізоляції, самозвинувачення та пасивного прийняття. Отримані результати дозволяють стверджувати, що міжособистісна довіра є важливим предиктором ефективної адаптації до стресових впливів та відіграє ключову роль у формуванні конструктивної копінг поведінки. Наявність стабільних, емоційно підтримувальних міжособистісних зв'язків підвищує внутрішні ресурси особистості, сприяє розвитку впевненості в собі та формуванню позитивної Я-концепції. Водночас дефіцит довіри, емоційна закритість та схильність до соціальної відстороненості значно ускладнюють процеси саморегуляції, знижують психологічну стійкість та можуть призводити до розвитку тривожних або депресивних станів.

Психологічними детермінантами міжособистісної довіри в осіб юнацького віку визначено поєднання індивідуальних особливостей суб'єктивного контролю, мотивації афіліації, а також домінуючих стратегій копінг-поведінки. Згідно з результатами дослідження, розвитку міжособистісної довіри сприяє наявність конструктивних копінг-стратегій, таких як позитивна переоцінка, планування вирішення проблем, пошук соціальної підтримки. Особи з високим рівнем міжособистісної довіри демонструють вищу здатність до емоційної саморегуляції, відкритість у комунікації, більшу впевненість у собі та оточенні. Водночас у молоді з низьким рівнем довіри спостерігається переважання неадаптивних копінг-стратегій, що свідчить про потребу у психологічній підтримці.

Ключові слова: міжособистісна довіра, копінг поведінка, юнацький вік, мотивація афіліації, суб'єктивний контроль.

Introduction. Modern society is characterized by high levels of social tension, instability, information overload, and rapid change, which places significant psychological strain on the individual, especially during adolescence. This period is a critical stage in the formation of identity, self-awareness, autonomy, and social maturity. The ability to effectively overcome life's difficulties, adapt to stressful situations, and maintain emotional balance is of particular importance in the context of preserving the mental health of young people.. One of the important factors influencing the effectiveness of coping with difficulties is interpersonal trust - the ability of an individual to establish open, sincere, safe relationships with other people, to rely on social support and emotional acceptance. Despite significant interest in the problem of interpersonal trust, its psychological determinants have not been sufficiently researched. There is a need to identify typical coping strategies inherent in young people with different levels of interpersonal trust, which will allow for a deeper understanding of the peculiarities of their psychological response to stressful situations, as well as to determine the level of motivation for affiliation and subjective control as important factors influencing the formation of trusting interpersonal relationships.

Theoretical foundations of research. The studies of L. Kolomiiets, G. Shulga & I. Lebed indicate the appropriateness of taking into account the level of trust of an individual in himself when analyzing interpersonal trust, since "a high level of trust in himself symbolizes the individual's experience of a state of inner harmony, psychological well-being, self-acceptance, orientation towards life achievements, achieving success, and an optimistic attitude towards life. On the contrary, a low level of self-confidence is accompanied by insecurity, misunderstanding of oneself and one's own needs, inadequate self-esteem, experiencing intrapersonal conflict, fear of difficulties and failures, inability to use one's own personal resources, which disintegrates the "I", worsens adaptability, reduces the feeling of satisfaction with life, negatively affects the establishment of social contacts" [3, p. 413]. Therefore, interpersonal trust is a certain attitude towards others, with the aim of harmonizing social relations. In modern conditions of social, political and economic transformations, youth, as the most sensitive to external influences, requires special attention. Adolescence is accompanied not only by physiological and emotional changes, but also by the formation of personal identity, worldview, value system and patterns of behavior in difficult life situations. During this period, the need for autonomy, emotional support and social recognition increases, which increases vulnerability to the influence of stress factors. At the same time, insufficient life experience and the formation of self-regulation mechanisms can complicate overcoming difficulties, which makes it necessary to study the coping behavior of young people. Coping behavior is not only an adaptation mechanism, but also an indicator of the internal psychological organization of the individual. The specific stress coping strategies a young person chooses indicate their level of emotional maturity, communicative competence, self-confidence, and attitude toward others. That is why the analysis of coping behavior in connection with interpersonal trust is relevant - a phenomenon that underlies the building of social contacts, empathy, willingness to seek help, and openness to joint problem solving.

Theoretical ideas about the adaptive mechanisms of the personality began to form within the framework of the psychoanalytic approach. A significant contribution to the development of ideas about psychological defenses was made by A. Freud, who proposed the concept of the development of defense mechanisms using the example of childhood. She emphasized that defenses are not purely innate properties, but arise as a result of the child's interaction with the social environment, primarily with parents, significant adults, and the environment in general. In her works, the researcher emphasized that defense mechanisms are activated in situations when the "I" experiences danger from internal conflicts or external stimuli. They function as a barrier between the "I" and the destructive influence of excessive activity of interpsychic impulses. The views of A. Freud were deepened and supplemented by other representatives of the psychodynamic direction. In particular, A. Adler noted that at the age of four or five years, a behavioral model is formed in children, which reflects both a defense mechanism and an attitude towards themselves. Such an early appearance of protective mechanisms indicates the laying of the foundation of a single adaptive system, which subsequently transforms and becomes more complicated as the personality develops. Thus, in the process of ontogenesis, there is a gradual transition from elementary forms of psychological defense to more complex, conscious coping strategies that provide a more flexible and purposeful response to stressful situations [6, p. 204].

In modern society, which is characterized by dynamism, high intensity of information flows, uncertainty, and increasing levels of social tension, the problem of psychological well-being of youth is of particular importance. Adolescence is a critical period of psychosocial development of the individual, accompanied by intensive formation of self-awareness, social identity, moral guidelines and self-regulation skills. During this period, a young person acquires the ability to make independent decisions, masters models of behavior in conditions of uncertainty, and forms a system of interpersonal relationships. Therefore, the study of coping behavior and the factors that influence it, in particular the level of interpersonal trust, is extremely relevant. Coping behavior is an individual way of responding to stressful situations, aimed at overcoming internal or external difficulties and maintaining psychological balance. According to the classification of modern researchers, coping strategies are divided into problem-oriented (active problem solving), emotional-oriented (emotion regulation), social-oriented (support seeking) and maladaptive (avoidance, isolation, etc.) [4, p. 291]. The effectiveness of coping behavior largely depends on such psychological characteristics as the level of reflexivity, emotional stability, self-esteem, and the level of interpersonal trust. Interpersonal trust is the willingness of an individual to interact with others, assuming positive intentions, honesty, and support from the

environment. This phenomenon plays a key role in social adaptation, emotional stability, communication competence, and overall mental health. Trust promotes openness in communication, reduces interpersonal anxiety, and makes it easier for a person to seek help in critical situations.

The purpose of the article. The aim of the article is to identify the relationship between the level of interpersonal trust and the prevailing coping strategies in young people, as well as to outline the psychological portrait of a person with a low and high level of interpersonal trust.

Methods. As part of the psychological study of coping behavior in adolescents with different levels of interpersonal trust, a number of valid psychodiagnostic techniques were used, which allow for a comprehensive assessment of individual psychological characteristics of the personality. Each of the methods is aimed at studying a separate aspect - motivational, cognitive, behavioral or emotional component, which provides a comprehensive approach to the analysis of the phenomenon under study. In order to determine the level of an individual's need for recognition, the "Affiliation Motivation" (AfM) method (A. Mehrabyan) was used. The questionnaire "Level of Subjective Control" (J. Rotter) allowed to assess the ability of the subjects to take responsibility for their own life events. The method "Indicator of Coping Strategies" (J. Amirkhan) allowed to find out the main ways of overcoming stressful situations of adolescents. «The Interpersonal Trust Scale» (J. Rotter) is designed to measure the level of trust in other people in various areas of life..

Sample. The sample of the study subjects consisted of 60 people, students of the Chernyavsky Lyceum of Vinnytsia region, Vinnytsia district, the average age of the subjects was 17 years. In this study, the gender composition of the sample was not taken into account separately, since the ratio of men and women was balanced and consistent with the general population norm, which allows for reasonable conclusions to be drawn without the risk of significant gender bias in the results.

Results and discussion.

The results according to the "Coping Strategies Indicator" method (J. Amirkhan) are given in Table 1.

Table 1.
Features of the expression of coping strategies studied using the method of "Coping Strategies Indicator" by J. Amirkhan

The name of the scale	High	Medium	Low
Problem solving strategy	20 (33,5%)	29 (50%)	11 (17,5%)
Strategy for seeking social support	24 (40%)	24 (40%)	13 (20%)
Avoidance strategy	22 (36,5%)	25 (44,5%)	13 (20%)

The results of the study allowed us to divide respondents into groups according to the level of severity of each strategy: high, medium, and low, which made it possible to trace general trends in the choice of ways to overcome stressful situations. The largest number of respondents (50%) demonstrated an average level of expression of the "Problem Solving Strategy", which indicates the partial use of active, constructive approaches to solving complex situations. 33.5% of people have a high level, which indicates the dominance of orientation towards problem analysis, planning and decision-making under stressful conditions. Only 17.5% of the respondents showed a low level – this is a sign of insufficiently developed self-regulation skills and problem-oriented behavior. In general, these data demonstrate a tendency to use adaptive strategies, although for some young people the issue of forming the ability to effectively solve problems remains relevant.

On the "Social Support Seeking Strategy" scale, high and medium levels of expression are equally represented (40% each), which indicates a tendency to seek help from significant social circles (friends, parents, mentors). This behavior is a sign of high interpersonal trust and psychological maturity. The 20% of individuals who showed low levels of support seeking may have difficulties with communication, emotional expression, or trust in others, which requires additional psychoprophylactic work.

In general, the indicators for the "Avoidance Strategy" demonstrate a fairly positive trend in the youth environment. The prevalence of the average level in 44.5% of individuals indicates that some respondents use avoidance as a temporary defense strategy, but do not make it the leading one. 36.5% of individuals showed a high level of expression of this strategy, which may be an alarming signal: avoiding problems can cause the accumulation of emotional tension, anxiety, and frustration. Instead, 20% of respondents have a low level of avoidance, which indicates a desire to directly resolve situations without emotional detachment. Thus, although avoidance as a coping strategy is present in the behavioral patterns of the subjects, it does not dominate, but its high severity in some cases requires attention. Adaptive coping strategies – problem solving and seeking social support – predominate among young people, which indicates a potentially high level of stress resistance and social competence.

Analysis of the results shows that most adolescents are dominated by adaptive coping strategies, in particular problem-solving strategies and seeking social support, while avoidance strategies are less common and less pronounced. This indicates a sufficient level of psychological maturity, emotional openness, and social competence of the subjects. However, individual respondents with low scores on the support-seeking scale or with high scores on avoidance require additional psychological attention, as they may be at risk for developing maladaptive stress responses. The data obtained are important for further analysis of the relationship between coping strategies and the level of interpersonal trust, as well as for the development of psychological support programs for youth in educational institutions..

Analysis of the results of the level of interpersonal trust according to the method of J. Rotter showed the dominance of high indicators in 62% of the subjects (Table 2).

Peculiarities of expressing interpersonal trust

Table 2.

according to the method of the "Interpersonal Trust Scale" (J. Rotter)

The name of the scale	High	Medium	Low
Interpersonal trust	47 (62%)	17 (28%)	6 (10%)

Most of the respondents have positive social experiences, are emotionally open, ready to cooperate, and are able to seek help in difficult life situations. This level of trust correlates with adaptive coping strategies, in particular, seeking social support and active problem solving ($r = 0.371$, $p \leq 0.05$), which indicates a favorable social environment in which personality is formed, as well as the availability of resources to effectively overcome life difficulties.

About 28% of respondents showed an average level of trust, which may be an indicator of selectivity in social contacts. Individuals with this level are not always ready for deep emotional interaction, may demonstrate caution or limited openness in communication, especially in conditions of uncertainty or tension. This is a neutral zone between openness and defensive distance, and in most cases does not indicate the presence of serious psychological barriers in the interpersonal sphere. Only 10% of respondents demonstrated a low level of interpersonal trust, indicating reduced confidence in the reliability of others, emotional withdrawal, a tendency to solve problems independently without involving outside help, or even negative experiences with social contacts in the past. Such individuals may be more likely to engage in avoidance, isolation, or passive acceptance coping strategies. Low levels of trust are a risk factor for developing social anxiety, emotional burnout, or a reduced overall quality of life. Overall, the results indicate a positive trend — possessing a high level of interpersonal trust, which creates a favorable basis for the use of constructive coping strategies and effective social functioning. However, identifying individuals with low levels of trust is important for further targeted psychological support aimed at developing communication skills, emotional openness, and creating a safe social environment.

According to the results of the "Level of Subjective Control" diagnosis (J. Rotter), indicators at medium and low levels prevail (Table 3).

Table 3.
Features of the expression of subjective control according to the method of "Level of Subjective Control" by J. Rotter

The name of the scale	High	Medium	Low
Achievements	11 (18,5%)	27 (45%)	22 (36,5%)
Industry of failures	9 (15%)	30 (50%)	21 (35%)
Family	16 (26,5%)	15 (25%)	29 (48,5%)
Industrial relations	8 (18,5%)	30 (50%)	22 (36,5%)
Interpersonal relations	29 (48,5%)	11 (18,5%)	20 (33,5%)
Health	9 (15%)	18 (30%)	33 (55%)

According to the results obtained, 18.5% of the respondents have a high level of control in the area of achievements, which indicates confidence in their own efforts, determination, initiative, and active desire to achieve their goals. This is a positive indicator that demonstrates the internally motivated behavior of applicants, but 45% of individuals and 36.5% have an average and low level, respectively, which indicates a partial shift of responsibility for success or failure to external factors.

According to the internality indicator in the field of failures, the average level prevails in 50% of the respondents, which indicates an ambivalent attitude towards failures - they recognize part of the responsibility as their own, and attribute part to circumstances. At the same time, 15% of people have a high level, which means the ability to critically reflect on their own mistakes and work on overcoming them. Instead, 35% of respondents showed a low level, indicating shifting the blame for failures onto others or "fate," which can negatively affect motivation for personal growth.

48.5% of respondents have a low level of subjective control on the internality indicator in family relationships, which may indicate passivity, the belief that family events depend on the will of other family members or external circumstances, but 26.5% of those surveyed have a high level - these are individuals who take responsibility for harmony and communication in the family, and 25% is the average level, indicating a mixed position.

The internality indicator in industrial relations also exceeds the average level in 50% of the respondents, which characterizes our respondents as those who do not always consciously relate to their own social role in interpersonal interaction, perhaps due to insufficient experience or unclear professional orientations. 18.5% of people have a high level, which indicates a developed sense of responsibility in the production sphere, while 36.5% have a low level - such applicants may perceive production events as uncontrolled.

In the area of interpersonal control, a high level is observed in 48.5% of the respondents, which indicates an active position in interacting with people, a desire to establish contacts, as well as the ability to influence social situations. An average level was found in 18.5% of people, and a low level in 33.5% of people, which indicates a certain insecurity, emotional caution, or a tendency to avoid responsibility in relationships.

The situation in the health sector is of greatest concern, as 55% of those surveyed demonstrated a low level of subjective control, which indicates that the majority do not feel responsible for their own physical and mental state, which is manifested in indifference to prevention and neglect of a healthy lifestyle or the notion that health is determined solely by heredity or "chance." Only 15% of individuals have a high level of control, and 30% have an average level, indicating a need for psychological education.

Since the motivation of affiliation is one of the basic social needs of the individual, its study allowed us to determine the level of desire for emotional closeness, mutual understanding, approval and belonging to a group of young people. The results obtained using the IAF method (A. Mehrabian) are presented in Table 4.

Table 4.

Features of expressing motivation according to the IAF method, A. Mehrabian

The name of the scale	High	Medium	Low
Motivation for affiliation	20 (33,5%)	26 (43%)	14 (23,5%)

According to the obtained indicators, the subjects are dominated by a high level of affiliation tendencies – 43% of the subjects, which indicates a balanced attitude towards interpersonal interaction – such individuals may value closeness, but at the same time not be overly dependent on the opinions of others. They demonstrate flexibility in social behavior: they can both seek support and act independently. This level is optimal in many social situations, as it allows for maintaining autonomy without losing social involvement [2]. A high level was determined in 33.5% of the subjects, indicating a pronounced need for establishing positive emotional contacts. Such individuals are usually open to communication, sensitive to social support, strive for harmonious relationships, and easily integrate into the team. A third of the studied individuals demonstrate sufficient social activity and empathy [5].

Respondents with low affiliative motivation - 23.5% of all respondents - demonstrate a low need to establish close interpersonal relationships, which characterizes them as individuals prone to emotional distancing, caution in interaction, and a tendency to social avoidance. Henry Murray attributes this to a low need for belonging and affiliation, which leads to emotional restraint, detachment, and avoidance of social contact. This may be due to personality traits (introversion, anxiety) or previous negative social experiences [1, p.189].

Thus, the tendency of our sample is the predominance of medium and high levels of affiliation motivation, which indicates a positive orientation of the subjects towards social contacts, readiness for interaction and need for approval. In contrast, the group with a low level of motivation is of socio-psychological interest due to possible difficulties in the area of emotional closeness and mutual support.

In order to determine the individual characteristics of interpersonal trust, a correlation analysis was conducted using the Pearson correlation coefficient, which revealed a positive correlation of medium strength between the level of interpersonal trust and problem-solving strategy ($r = 0.313$, $p \leq 0.05$), which indicates that individuals with higher levels of trust in other people are more likely to use active, problem-oriented ways of coping with stressful situations.

A positive correlation of medium strength was also found between the level of interpersonal trust and the strategy of seeking social support ($r = 0.371$, $p \leq 0.05$), which confirms our assumption that individuals with a higher level of trust in other people are more likely to seek help, advice, and emotional support from their social environment in difficult life situations.

The relationship between the level of interpersonal trust and the avoidance strategy was weaker ($r = 0.201$) and did not reach statistical significance ($p > 0.05$), which may indicate that the choice of the avoidance strategy depends less on the level of interpersonal trust compared to other strategies. However, when comparing groups with different levels of trust, it was found that individuals with low levels of interpersonal trust used the avoidance strategy more often than individuals with high levels of interpersonal trust, at $p \leq 0.05$, which indicates the presence of a certain relationship.

Analysis of the relationship between the indicator "Interpersonal trust" and indicators of subjective control using the method "Level of subjective control" by J. Rotter revealed weak negative correlations with the scales "Achievement" ($r = -0.198$, $p > 0.05$) and "Area of failures" ($r = -0.231$, $p > 0.05$), which do not reach the level of statistical significance, but indicate a certain tendency towards a decrease in the level of trust in individuals with a higher level of internality in these areas.

The correlations between interpersonal trust and subjective control indicators in the areas of family relations ($r = -0.131$, $p > 0.05$), industrial relations ($r = 0.046$, $p > 0.05$), interpersonal relations ($r = 0.024$, $p > 0.05$), and health ($r = 0.073$, $p > 0.05$) were statistically insignificant, indicating the absence of a pronounced relationship between the level of trust and locus of control in these areas of life in adolescents.

Analysis of the relationship between the indicator "Interpersonal trust" and the indicator "Affiliation motivation" according to the method of A. Mehrabian revealed a negative correlation of medium strength ($r = -0.272$, $p \leq 0.05$), which may seem paradoxical, since it would be logical to expect a positive relationship between the desire for communication and trust in people.

Analysis of the relationship between the indicator "Affiliation Motivation" and subjective control indicators revealed negative correlations with the scales "Achievement" ($r = -0.272$, $p > 0.05$) and "Health" ($r = -0.323$, $p \leq 0.05$), with the latter reaching the level of statistical significance.

Analysis of the relationship between the indicator "Affiliation Motivation" and coping strategies revealed negative correlations with the scales "Problem Solving Strategy" ($r = -0.251$, $p > 0.05$) and "Social Support Seeking Strategy" ($r = -0.196$, $p > 0.05$), as well as a weak positive correlation with the scale "Avoidance Strategy" ($r = 0.157$, $p > 0.05$). Although these correlations do not reach the level of statistical significance, they indicate certain trends in the relationship between affiliation motivation and the choice of coping strategies in adolescents.

Analysis of the relationship between the indicator "Problem Solving Strategy" and subjective control indicators revealed a positive correlation of medium strength with the scale "Health" ($r = 0.355$, $p \leq 0.05$) and weak negative correlations with the scales "Area of Failure" ($r = -0.273$, $p > 0.05$) and "Family" ($r = -0.127$, $p > 0.05$).

Analysis of the relationship between the indicator "Social support seeking strategy" and subjective control indicators did not reveal statistically significant correlations, however, weak correlations with various scales can be noted. In particular, negative correlations with the scales "Achievement" ($r = -0.258$, $p > 0.05$) and

"Industrial relations" ($r = -0.128, p > 0.05$). Positive, albeit weak, correlations with the scales "Family" ($r = 0.119, p > 0.05$), "Interpersonal relationships" ($r = 0.109, p > 0.05$), and "Health" ($r = 0.177, p > 0.05$).

Analysis of the relationship between the indicator "Avoidance Strategy" and indicators of subjective control revealed a statistically significant positive correlation of medium strength with the scale "Family" ($r = 0.372, p \leq 0.05$), which indicates that adolescents who take responsibility for family relationships are more likely to use the avoidance strategy in stressful situations.

Based on the results obtained, the main types of coping behavior in adolescents with different levels of interpersonal trust were identified. In individuals with a high level of interpersonal trust, the active, problem-oriented type of coping behavior prevails; in individuals with an average level, the mixed type; in individuals with a low level, the passive, avoidant type. This indicates that the level of interpersonal trust is an important factor that influences the formation of a certain type of coping behavior.

Conclusions. In modern society, which is characterized by high dynamics of social changes, information overload, and a growing level of stress, the problem of psychological adaptation of youth is becoming particularly relevant. Adolescence is an extremely sensitive period of personal development, in which self-concept, interpersonal trust, emotional stability, and behavioral strategies in difficult life circumstances are intensively formed. One of the key adaptation mechanisms is coping behavior - a system of individual ways of overcoming stress, which depends on personal traits, social experience and internal resources. Interpersonal trust as a personal characteristic plays a significant role in the formation of effective coping behavior. A high level of trust in other people allows a person to attract social support in critical situations, reduces anxiety, and promotes constructive behavior. On the other hand, a low level of trust is usually accompanied by emotional detachment, isolation, avoidance of help, and the choice of less adaptive coping strategies. That is why the analysis of psychological characteristics of coping behavior depending on the level of interpersonal trust is important for understanding the overall level of psychological well-being of an individual. Empirical research has shown that individuals with high levels of interpersonal trust are significantly more likely to use adaptive coping strategies, including active problem-solving and seeking social support. Such individuals exhibit openness to interaction, the ability to ask for help, emotional balance, and high motivation for affiliation. Their behavior under stress demonstrates internal psychological resilience and social maturity. At the same time, among individuals with low levels of trust, there was a tendency to predominantly use an avoidance strategy, as well as low affiliative motivation. Such respondents tend to experience difficulties on their own, limit the circle of emotionally significant contacts, and do not use available social resources. They may have an external locus of control in certain life areas, in particular in the areas of health and family, which reduces the effectiveness of their adaptation.

The most balanced pattern of coping behavior is demonstrated by respondents with an average level of interpersonal trust. Their strategies depend on specific situations: in some cases they seek support, in others they solve the problem themselves or distance themselves from it. This indicates the flexibility of behavioral models, which can both contribute to adaptation and require correction in the event of an increase in psycho-emotional stress.

A perspective for further research. The study outlines only part of the broad and profound phenomenon of psychological adaptation in adolescence. The results obtained confirm the important role of interpersonal trust in shaping coping behavior, but they also indicate the need for further study of this relationship in the context of other psychological variables, in particular, the level of anxiety, emotional maturity, attachment styles, self-esteem, and motivational sphere. One perspective is to study gender differences in coping strategies in more detail depending on the level of interpersonal trust, because the social roles that are formed in young men and women can significantly influence both the manifestation of trust in the environment and the chosen ways of coping with stress.

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