

## PREFACE

The second issue of “Vestnik of Saint Petersburg University. Psychology” presents research on a wide variety of psychological themes, which reflects the breadth of research interests of modern psychological science.

The issue opens with a collective article by A. V. Egorova, A. A. Rean, O. A. Tikhomandritskaya “Gender and age-related peculiarities in manifestation of different aggression types in older adolescents”, presenting the results of a large-scale empirical study in which almost 11 thousand adolescents took part. A lot of research has been devoted to this topic, including those presented in the review part of the article, but it never loses its relevance. The phenomenology of aggressiveness is sociocultural in nature; its manifestations are associated with the characteristics of the macrosocial situation, requiring constant monitoring. The publication presents data reflecting gender differences in the manifestation of aggressiveness: thus, according to the results of the study, it was found that physical aggression is more pronounced in male adolescents, and hostility and anger are more characteristic of girls. Also interesting are the data indicating the dynamics of manifestations of aggressiveness in connection with the age of adolescents: the level of physical aggression in the period of 15–18 years decreases significantly, and in terms of anger and hostility it remains stable after 15 years. The research results presented in the article generally expand the existing psychological understanding of the nature of aggression and contribute to its better understanding.

Another publication in the issue is devoted to another area in the study of human age — the psychology of aging. Article by M. D. Petrash, O. Yu. Strizhitskaya and K. M. Krupina “Adaptation of the Russian version of the Aging Perceptions Questionnaire (APQ)” continues a series of works by the authors devoted to the period of aging and tools for its study. It is recognized that a positive perception of aging is a predictor of quality of life in old age and contributes to various aspects of health in old age. The article presents the results of a psychometric test of the reliability and validity of the English version of the Perceptions of Aging Questionnaire, confirming the possibility of its use for assessing the image of aging. The publication includes the text of the questionnaire, as well as the average values of the indicators of its six scales, obtained as a result of a survey conducted by the authors, which makes it possible to use it by other researchers.

The next two articles are devoted to the topic of special life situations experienced by people.

Article by E. Yu. Korjova, O. N. Tuzova, A. M. Karasaeva and A. V. Povkhova “The life situation of post-guardianship in the representations of members of kinship guardian families” describes the period of completion of guardianship and the changes that arise at this stage in the family and its relationships. The publication rightly notes that this stage of life of

guardianship families is not sufficiently reflected in scientific research. In their study (more than 200 people, orphans and their guardians took part in it), the authors used a specially designed questionnaire, which revealed subjective assessments of the changed life situation, the level of maintaining social contacts, the readiness of guardians to transfer responsibility to the wards, their readiness for independent living, etc. The data obtained reflect the difficult process of transition to a new system of relations between guardians and wards after the end of the guardianship period. Despite the obvious objective changes in their life situation, these changes, according to research results, are not always realized and accepted, and the relationship between guardians and their wards is not always easy, despite the consanguineous ties between them. The article will undoubtedly be of interest to those who work with guardianship problems; the data presented by the authors allows us to see the practical possibilities of psychological support for these difficult processes in families with guardianship.

Article by A. I. Grekova-Kononova “Dynamics of the personality’s world image in a situation of loss of a loved one” is also devoted to a difficult situation in people’s lives. The subject of attention of the authors is the image of the world and its changes in a person experiencing the loss of a loved one. The purpose of the study and the tasks set by the authors were realized during a longitudinal study in which 80 people who experienced the death of a loved one from one month to two years ago took part. The results obtained demonstrate the heterochronicity of changes in various components of the image of the world. Among the identified trends are an increase in the value of life, the acquisition of new meanings, an increase in the openness of life, etc. It is interesting that factors such as the time that has passed since the loss, who (the degree of family closeness) the person lost, as well as the age and gender of the person experiencing the loss, have a very limited influence on changes in the image of the world in the process of gradually experiencing loss.

The next two publications are devoted to the topic of stress.

In the analytical review Yu. V. Kuznetsova and E. V. Gutkevich “Toward the study of the relationship between psychological defenses and psychosocial stress factors in modern foreign science” presents various approaches to the consideration of psychological defenses in psychology. Despite the long history of their description and study in psychology, attention to the phenomenology of psychological defenses does not wane due to the recognition of their role in the functioning of the individual, as well as their significance for the practice of psychological work. The publication provides data on new trends in research on this phenomenon in foreign psychology in the first decades of the 21<sup>st</sup> century, in particular research on psychological defenses within the framework of the theory of “stress inoculation”, “minority stress”, etc., the “work” of defenses in case of gender discrimination, negative consequences of the use of immature and neurotic psychological defenses, etc. The article is of interest to psychologists of a wide range of profiles, including those engaged in practical advisory activities.

The topic of stress continues in the collective article by V. O. Anikina, S. S. Savenysheva, M. E. Blokh, I. A. Arintsina and I. V. Grandilevskaya “Stress with regards to the COVID-19 pandemic during pregnancy and postpartum”. The topic of experiencing the COVID-19 pandemic and its psychological consequences continues to be the focus of research attention. The publication presents the results of a longitudinal study of women (360 people) during pregnancy and in the first year of a child’s life. Based on the results of the study, the leading mental health problems and the main stress factors of anxiety and anxiety experienced by women were identified. After the birth of a child, the severity of mental health

problems weakens and stress levels decrease. Other trends related to the experience of pregnancy and attitudes towards motherhood have also been identified. The results of the study make it possible to develop a number of practical recommendations aimed at psychological assistance to women during pregnancy.

The next publication in the issue is a collective article by E. O. Pakhomova, A. D. Nasledov and L. O. Tkacheva “Age-related changes in autism spectrum disorder symptoms among children 3–9 years old: Experience of using the autism scale” is at the intersection of developmental and clinical psychology. The subject of the study conducted by the authors was the variability of symptoms of autism spectrum disorder in children aged 3–9 years. Symptoms were grouped into characteristics of communication, emotional disturbance, sensory disintegration, disinhibition/hyperactivity, and overall symptom severity.

The findings indicate that symptoms in children with autism decrease with age in the domains of communication impairment, sensory disintegration, and overall severity of symptoms of the disorder. The authors also draw attention to the tendency of parents to underestimate the severity of autistic symptoms, which, in their opinion, indicates the need for a partnership between a parent and a specialist for a more objective assessment of the child’s condition and building effective work on psychological assistance to parents and children.

Article by E. A. Granovskaya “The factor of emotional non-acceptance of the disease in patients addicted to synthetic cathinones” is devoted to the problem of motivating patients to refuse to use psychoactive substances. It is known that it is the motivation of the patient himself that acts as one of the key factors determining the effectiveness of treatment and rehabilitation measures, while the unwillingness of drug addicts to realize their condition and admit the fact of their own illness becomes an obstacle to their implementation. Comparison of individuals with different indicators of emotional rejection of the disease made it possible to identify a number of factors associated with patients’ attitude towards their condition. Among the most important conditions that contribute to the acceptance of the disease and, accordingly, the development of motivation to quit using drugs are a high level of family support, financial security of the family, a positive attitude of parents towards the patient, etc.

The following publications in the issue relate to problems of personality psychology.

The article by Zh. Zhou “Features of purpose determination of meaningfulness of life in different cultures” describes the results of a comparative study conducted by the author among representatives of Russian and Chinese cultures. Data were obtained indicating universal patterns of target determination of human behavior: regardless of cultural background, the significance of a person’s goals in the main areas of life is associated with an assessment of the possibilities of achieving them in his life situation, and a person’s active life position and his satisfaction with his life situation are positively correlated with meaningfulness life. At the same time, some cultural differences were also identified — the presence of important life goals and the high probability of achieving them for representatives of the Chinese culture become a stronger incentive to change in order to achieve them than for representatives of the Russian-speaking sample. At the same time, their experience of meaningfulness in life is significantly influenced by goals and assessment of the possibilities of achieving them, and for Chinese respondents, family values play the most important role. The results of the study generally confirm the importance of focusing on achieving life goals as a factor in meaningful life.

The next publication of the issue also relates to “life” themes — the article by A. N. Provorova “Metacognitive strategies, beliefs and type of reflexivity in persons with different types

of life orientations”. The results of a study are presented, the purpose of which was to study the characteristics of the metacognitive experience of persons with different types of life orientations. A comparison of individuals belonging to different groups formed depending on the type of life orientation revealed significant differences between them in a number of parameters of the metacognitive sphere, primarily metacognitive strategies and metacognitive beliefs. The objectives of the study were formulated by the author basing on the need to study the contribution of metacognitive processes to the regulation of mental activity and, in general, to increasing the level of productivity.

The final article of the issue is a collective work by A. N. Sidneva, D. V. Chumachenko, A. M. Kalimullin and A. D. Lobanova “Psychology and education in the 21<sup>st</sup> century: Analysis of the Russian teachers’ beliefs regarding the use of modern psychological knowledge in practice”, which will attract the attention of not only those who are focused on pedagogical topics. The article discusses the results of the authors’ research on what teachers think about the use of psychological knowledge in their practice. Various aspects of teaching work were identified, regarding which teachers’ beliefs were assessed: the role of the teacher in the effectiveness of teaching, lack of belief in myths about teaching and learning, psychologically safe environment, creating and maintaining student motivation, management class, assessment of student achievements. The level of teachers’ confidence in evidence-based psychological principles revealed significant variations depending on which specific aspects of the activity were discussed. It is interesting that the more senior the teacher is, the lower the level of conviction he demonstrates and the more often he believes in myths about teaching and learning. At the same time, teachers’ assessment of their psychological competence is not related to how convinced they are of evidence-based psychological principles. In general, teachers consider psychological knowledge to be necessary more often in non-standard, difficult situations (children with low educational motivation, low level of educational skills, conflicts, strong emotional reactions of students) and less in demand in everyday work in conducting lessons and interacting with students and their parents. The results of the study demonstrate the need for further work on psychological education of teachers.

We are grateful to our authors for submitting their research for publication. The journal’s editors do everything to make the process of working with authors more efficient. The result of our joint work is the growing level of quality noted in the psychological community of those published in the “Vestnik of Saint Petersburg University. Psychology” articles.

We invite colleagues to publish their articles in our magazine!

Editor-in-Chief of “Vestnik of Saint Petersburg University. Psychology”

*Natalia Grishina*