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ADAPTATION AND COPING STRATEGIES OF THE POPULATION IN EXTREME SITUATIONS

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Abstract. The article discusses the theoretical problems of adaptive behavior in difficult life situations, the features of their chosen coping strategies. The theoretical basis of the study was publications on psychological, demographic and sociological areas, investigating the problems of population adaptation through destructive and constructive coping strategies. As a result of the study, it was determined that a unified coping strategies typology has not been developed in modern science; there are difficulties in distinguishing coping behavior from psychological defense and adaptation. The purpose of the article is to show and analyze the consequences of the chosen destructive coping strategy - alcoholization. The production and sale dynamics of alcoholic products, the change in the ranking of countries in terms of alcohol consumption are analyzed. Using the method of statistical analysis, the relationship between alcoholization and structural changes in the morbidity and mortality of the Russian population, its impact on crime and an increase in the number of suicides, and on average life expectancy was revealed. The regions - leaders and outsiders - in terms of alcohol consumption are identified, the Sverdlovsk region's place in the regions' ranking is shown accord-

ing to the following criteria: the number of organizations producing alcoholic products, the scale of production and consumption of alcoholic products, mortality and crime.

Keywords: adaptation; coping behavior; coping strategy; alcoholization; mortality; crime; alcoholic beverages.

JEL codes: Z13; R23.

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