The article considers the problem of a person's life path from the perspective of a subject-activity approach, describes crisis events as personally significant, nodal moments of the life path, and considers indicators of the subjective significance of events. The classification of stressors of different levels underlying crisis events is presented.

In the late XX – early XXI centuries in psychological science and practice, the views of scientists regarding the role of personality in the construction of their own individual history have changed significantly. Personality began to be considered not only as an element of social relations, but also as an independent subject capable of creating and regulating his life. The process of being a subject was endowed with dynamism and plasticity due to the high variability of individual situations of human behavior – behavior acting as a solution to the continuous flow of life tasks.

This idea was most fully revealed within the framework of the event-biographical approach, whose representatives emphasized the uniqueness of the fate of each person, due to the individual way of experiencing the events of the life path. Since that time, the systematic study of the life path and the biographical method (as the main method of its research) have occupied an important place in the sciences of man. The life path of a personality is characterized by integrity and continuity: each element of life is prepared by the course of past events of individual history, determines the self-realization of the personality in the present and affects the subsequent direction of life. The dynamics of this process can be represented as a constant change of personality in the direction of constructing oneself as a subject of one's own life path. The latter becomes possible thanks to higher personal formations (consciousness, activity, responsibility, maturity, etc.), which perform the functions of organization, regulation, ensuring the integrity of the life path [1].

The primary role in a person's life is played by personally significant events these are events of a "special kind", defined by S. L. Rubinstein as "nodal moments and turning stages of an individual's life path, when, with the adoption of a decision for a more or less long period, the further life path of a person is determined" [11, p. 643]. The significance of such events is determined by the fact that they are connected with the "inner core" of the personality, its value-semantic structures, require special emotional and cognitive transformation and reflection in the inner world of a person [10].

A significant event acquires a significant significance for a person as its accomplishment, outcome (positive or negative), changes his current state [12, p. 258]. Indicators of the subjective significance of events are: actualization of the life plan or, on the contrary, a sense of the meaninglessness of life, awareness of the need to rethink the stages of the life path, their reassessment, the need to search for new ways of life, the desire to change oneself, one's life, re-examination of values, transformation of goals, etc. [12].

In some cases, a significant event can be assessed by the subject as a "crisis event", i.e. complex, critical, beyond control [2]. Such an event requires a person to be particularly active, to mobilize resources in order to cope with the situation, in order to overcome it. In a brief psychological sense, the concept of "crisis" (from Greek. crisis - decision, turning point, outcome) is defined as "an emotionally significant event or a radical change of status in personal life" [8, p. 174].
Characteristic signs of a crisis event are the urgency of the onset; excess for a given person; dynamic, progressive changes in the situation, in the conditions of life, in social roles; complication of life processes due to the appearance of previously unknown and unparalleled in the human experience of uncertain elements of life; the emergence of contradictions with oneself or others that require prompt resolution and at the same time the lack of human experience in solving a conflict of this kind; the transition of the situation into a phase of instability, reaching the limits of human adaptive resources. As L. A. Pergamenshchik noted, the system-like elements for the category under consideration are "the negativity of the phenomenon" and "joint danger" [9, p. 11].

The criticality of such events lies in the fact that they "create a potential or actual threat to the satisfaction of fundamental needs" [14, p. 816]. At such moments in life, a person is aware of the presence of a problematic situation, "from which he cannot escape and which he cannot resolve in a short time and in the usual way" [13, p. 525]. The number of crisis events include the death of a loved one, a serious illness, separation from parents, family, friends, a change in appearance, a change in social status, marriage, abrupt changes in social status, etc. [3, p. 17].

Individual reactions of a person to a crisis event and their intensity are diverse, therefore it is more appropriate to classify not the consequences (types of reactions), but the events themselves as more objective parameters of the psychotraumatic experience [6]. For example, R. Stensrud proposed a classification, the criterion of which is the localization of a stressor in the environment, and on this basis identified environmental stressors (existing in the physical environment); stressful life events; annoying little things of life; self-induced stressors are lifestyle stressors and consciously used stressors (caffeine, nicotine, medications) [cit. on 10, pp. 852–853].

In modern psychology, one of the most complex is the classification of stressful events of a person's life path, developed by S. A. Vekilova on the basis of approaches already existing in the scientific literature [5]. Based on the analysis of genograms and content analysis of texts of family histories of 85 multi-generational families (5,608 people), S. A. Vekilova compiled a general list of 27 events divided into corresponding groups. Crisis events caused by macro-social stressors occur unexpectedly, develop in an avalanche-like manner and cause a state of social anomie in a person. Such events have an impact on large groups of the population, pose a direct threat to life, dramatically reduce the level of predictability of events and make it impossible to control them. The cause of the crisis events of the second group are social stressors (a change in the immediate social environment, but the preservation of the general cultural system of values and life orientations of the subject).

Within the framework of this work, critical events arising in interpersonal relationships (conflicts in the family; divorce; deprivation of parental rights, abandonment of a child; adoption, custody; exposure to various kinds of violence, leaving the family or death of a family member) deserve special attention. Such events occur most often on the life path of a person, and in addition to high stress, they also cause a violation of the system of habitual social support for a person, lead to a decrease in the level of emotional security, an increase in the sense of vulnerability, vulnerability. Some of these events violate the system of human values (for example, the absolute value and inviolability of human life, the value of the institution of the family). As S. A. Vekilova notes, often in the process of experiencing such events, the subject develops a hypertrophied sense of guilt, which pushes him to "expiate guilt" actions [4]. So already in childhood, "order-bearers", "champions", "heroes" (compensation mechanism) appear in the family, who then choose professions related to helping others (psychologist, teacher, doctor, etc.) or with the need to restore justice, save the victims, punish the guilty (an employee of law enforcement agencies, the Ministry of Emergency Situations, the Ministry of Internal Affairs, a lawyer, a prosecutor, etc.) [7].

The fourth group includes crisis events related to personal stressors, which include role conflicts of personality, destruction of life prospects, goals and values, as well as events related to awareness of the limitations of one's own capabilities and the finiteness of one's life. This group includes the facts of alcohol and drug use, which are the result of stress already suffered and, in turn, are self-induced stressors, since they lead to stress escalation in the user and his relatives [4].

Any stressful situation can become the main cause of mental and emotional disorders. The consequences of stress, especially long-term (prolonged) can be: a feeling of emptiness and
inferiority; depression; suicidal thoughts (it would be better if I didn't exist); violation of communicative interaction, fears, neurotic and obsessive states, psychosomatic diseases, etc. However, mental disorders develop under the influence of a whole range of conditions, and therefore many people who have experienced, for example, a divorce or the death of their parents, cope with a crisis state and build their future lives quite effectively. But in any case, the stressful event experienced leaves an imprint on the mental state and psycho-emotional stability of the individual.

The need to submit to the influence of a crisis situation can simultaneously cause both resistance in a person (the law of homeostasis as the basic law of the development of any system) and the need for changes, i.e. the need to transform value-semantic formations in order to cope with the situation, for the purpose of socio-psychological adaptation to the changed conditions of external and/or internal life. In other words, under the influence of a stressful situation, a value-semantic conflict arises in the consciousness of the subject, which can become both an impulse to self-development in the direction of post-traumatic growth, and act as a destabilizing factor preventing the choice of constructive coping behavior.

In previous studies, factors of psychological well-being of boys and girls who survived a crisis event in the family were identified. The relationship of the level of psychological well-being of the individual with such parameters as age at the time of the crisis event and the experience of experiencing crisis events at previous stages of life is revealed. It has also been proved that the possibility of maintaining the level of psychological well-being and the productivity of coping with a crisis state are determined by the following conditions: attitude to oneself, the presence of a reference person who is able to provide support, the meaningfulness of what is happening, the ability to plan one's own life (time perspective), as well as methods used in a crisis situation to overcome life difficulties. The most sensitive and susceptible components of psychological well-being are life goals and social competence (environmental management). This means that for a person who has experienced a crisis event, it is especially necessary to restore the lost sense of direction, meaningfulness of life, to form / strengthen beliefs that contribute to the realization of the purpose of life in the present, as well as to increase the level of competence in managing the environment. This will make it possible to control external activities to a greater extent, effectively use the opportunities presented, capture or create conditions and circumstances suitable for meeting personal needs and achieving goals [15].

Thus, an event that is subjectively regarded by a person as unexpected and/or excessive becomes a crisis for a person, since it carries a threat of destruction of the subject's internal balance and leads to a violation of the stability of the flow of his life path.

The cause of a crisis event can be stressors of different levels. The described groups of stressors are not independent: the stressful experience of the overlying level will inevitably lead to stressful experiences of each next level, as it changes the personal characteristics of a person and reduces his adaptive capabilities. At the same time, it is the crisis events that arise in interpersonal relationships that most often cause intrapersonal crises, since they lead to a change in the value and semantic orientations of the individual and disrupt the network of social support.

**List of literature used**

In the article, the system of personality values is considered as one of the most important factors regulating human behavior. Particular attention is paid to the problem of the values of young people studying, because in the future it is the activities of highly qualified specialists that will determine the level of development and stability of the country in various spheres of life.

The value-semantic sphere regulates the behavior of a person, is a criterion of choice, a moral assessment of actions. In modern psychology, more and more attention is paid to the consideration of a person as a subject of life changes, the importance of a subjective understanding of the world is recognized, the importance of value and semantic aspects of human existence is increasing.

In foreign psychology, values and value orientations as the main characteristic of the value-semantic sphere of personality were studied by A. Maslow, M. Rokich, S. Schwartz, E. Spranger, V. Frankl and others. In Russian psychology, the problem of the development of the value-semantic sphere was covered in the works of L. S. Vygotsky, A. N. Leontiev, B. G. Ananyev, B. S. Bratusya, A. G. Asmolov, V. V. Stolin, D. A. Leontiev, V. A. Yadov, F. E. Vasilyuk, N. K. Kashirsky, S. V. Merzlyakova, S. V. Molchanov and others, while in the Republic of Belarus – by E. M. Babosov, S. E. Babosov, K. V. Gavrilovets, V. T. Kabush, A. I. Kochetov, G. M. Gribov, L. G. Titarenko, S. Ya. Ermolich, A. M. Golub, A. L. Aisenstadt, N. V. Babosov, K. V. Gavrilovets,