



Personal Psychological Adaptation and its Characteristics

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Abstract: The article is devoted to the study of the problem of social adaptation in psychology. It is also emphasized that psychological adaptation is considered as a process of establishing adaptation between an individual and a group, society and the environment.

Keywords: individual, society, social adaptation, social group, social norms, patience.

INTRODUCTION. In the process of social-psychological adjustment, a person continuously tries to achieve harmony between the external and internal conditions of life and activity. During the implementation or implementation of this process, the level of adaptability to the environment in a person increases. Only after full realization of adaptability in different situations, the individual achieves the adequacy between the specific conditions of the environment and his activity.

The problem of social adaptation is an important part of research in psychology. Because psychological adjustment is considered as a process of adjustment between the individual and the group, society and the environment.

Social adaptation is mainly divided into 3 levels. They are: society (macro environment), social group (micro environment), individual himself (internal adjustment of the person).

At the level of society, the social adjustment of the individual is distinguished in the context of socio-economic, political and spiritual growth of the society. It helps to take into account the learning motives of the adaptation process at the level of the social group, to determine the differences in interests of the individual with the social group (work team, family, etc.). The internal adaptation of a person has the character of striving to achieve harmony, the balance of the internal position and his self-evaluation by the position of other individuals.

MAIN PART. Researchers such as E. P. Belinskaya [1], I. K. Kryajeva [7], A. V. Sidorenkov [9], O. A. Tikhomandritskaya [1] have studied the micro and macro social environment levels of socio-psychological adjustment .

F.B.Berezin [2], A.A.Nalchandjian [8] and others mean psychological adaptation as meeting the actual needs of an individual and realizing important goals related to it, while adapting behavior to the requirements of the environment in accordance with the psychological adaptation of the individual. enablers define it as the process of establishing optimal compatibility between the individual and the surrounding environment.

A number of psychologists explain psychological adaptation as: "adaptation of a person in the formation of a person in this society in accordance with the demands of society and his own needs."

Based on different criteria, L.A. Gordon [4], G.G. Diligensky [9], M.A. Shabanova [10] and other researchers distinguish different forms and forms of adaptation as "voluntary" and "forced",

"negative" and divided into "positive". Adaptation can also be divided into active and passive, constructive and destructive forms.

I.G. Zaynishev divides social adaptation into the following stages:

1. The initial stage - the adapting individual learns only the rules of behavior, but does not recognize the system of social values from the inside.
2. Patience - recognizes the equal value of the basis of behavior in the social environment and the individual in their relations with each other.
3. Acclimatization - associated with mutual concessions, the individual recognizes and accepts the system of values of the environment.
4. Complete adaptation - the individual rejects the previous patterns and values and accepts a completely new one [6].

Thus, the main source of psychological adaptation is the interaction between the individual and the society, and as a means of implementation is the internal structure of the individual's needs, foundations, and goals, in accordance with the requirements of this society.

It can be said that adaptation can be defined in its various expressions as qualitatively specific structural components, more general (the interaction of the individual with the environment) and, on the contrary, in this interaction, the specific characteristics of the social environment surrounding him (the assimilation of norms and values of the group that are new to the individual, his attitude towards them). It can be placed between specific poles that cover specific actions related to the formation of attitudes, the mastery of interpersonal relations and activity systems, the degree of its involvement in activities and relations, problems of realizing personal potential).

According to A.N. Zhmyrikov [5], socio-psychological adaptation shows the process of acquiring social experience, communication skills, active assimilation of social roles.

It should be noted that an important feature of the adaptation process is to understand the psychological environment, to create and test new tactics and strategies of behavior and activity, to achieve the goal and to develop decision-making tools in accordance with the assigned tasks.

I.K. Kryajeva in relation to socio-psychological adaptation, its character is aimed at the formation, manifestation and development of individuality in the conditions of socially limited activity, and it actively manifests itself in entering the community through individual psychological characteristics [7].

Thus, socio-psychological adaptation is distinguished as a type of adaptation in general by localization of the analysis of the environment and its characteristic composition.

M.I. Bobneva states that the attitude and interaction of an individual in society depends on his position in the macrostructure, which is mandatory for all types of social interaction and social communication [3]. However, these objective relations must be shown by the individual as a member of a different social group. This influence of objective attitudes on the individual is carried out with the help of social norms. Social norms indicate and predetermine a certain form of behavior in certain circumstances [3].

The author sees social norms as a consequence of the normative quality of the system that arises and is manifested in the system of social control. The following occur as normative components:

- ✓ societies and groups that develop standards;
- ✓ the norms that regulate relations in this system;
- ✓ individuals who accept norms and implement them in their behavior, as well as have a negative impact on society and groups by changing these norms.

Social norms are a predetermined process that indicates and regulates the interaction and relations of members of social groups within society. They turn the impersonal demands of society and the group

into standards, patterns of behavior that are prohibited when necessary. Social norms create external conditions for adaptation.

As well as the set of social norms that lead to the emergence and existence of a certain status in the system of social relations, the concrete status itself implies the existence of a certain set of social norms specific to it.

CONCLUSION.

Currently, social psychology views socio-psychological adaptation as the realization of its potential and as a type of interaction of a person or a social group with the social environment, as a result of which the requirements and desires of its participants are coordinated.

Thus, it is known from the analysis of the above literature that the socio-psychological process associated with acquiring one or another socio-psychological role functions and gaining a socio-psychological position (status) among people is called adaptation.

Also, the adaptation process is directly related to psychocorrection, completion of mental reconstruction, repeated formation, partial reconstruction of some functional system of the individual's psyche.

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