

Natalia Kovchyn
Institute of Pedagogy of the National Academy
of Pedagogical Sciences of Ukraine, Kyiv
nkovchin@gmail.com

**Adaptation of individuality in modern society:
challenges and opportunities**

Abstract

The aim of the research: To prove and show the ability of influence on the process of a individuality's adaptation in modern conditions in society.

Methods of research: Theoretical analysis of scientific sources in psychology and contemporary practical researches. Analysis and systematization of the basic concepts of modern psychology, adaptation.

Conclusions. Global transformation processes are taking place in a contemporary society. In this regard, there are problems of adaptation and exclusion of a modern individuality to deep-laid social processes. The problem is deepened by the difference in rates of processes in society and by the speed and efficiency of adaptation processes of an individuality both assimilation and accommodation. That's why a problem of researching modern phenomena and providing psychological assistance to an individuality for increasing efficiency of a individuality's adaptation in contemporary society becomes necessary and urgent.

Keywords: adaptation, individuality, society, exclusion, stress resistance, emotional intelligence.

Introduction.

Nowadays, there are global system changes of transformed nature in the society, nature, geopolitics, environment and technosphere. These profound changes cannot affect the development, activity, active processes of the modern individuality of all ages from primary school to adult, i.e. to adulthood. Due to these processes, modern individuality has a necessity to adapt to transformational changes and, thus, to successfully plan their own life activities, to improve and to realize themselves. However, the lack of timely adaptation can make individuality with cognitive dissonance, disharmony, physical and mental illness as a result of non-efficient adaptation or maladaptation.

The efficient realization of human potential opens chance of success to Europe and the world in today's globalized world in the third millennium. An individuality as a carrier of intelligence, experience, knowledge, social mobility, ability to adapt in transformational world, environment is the main component of the mental national wealth of each country and the main resource of socio-economic development in a globalized and European outlook.

Recently organic adaptability and innovation in social life, in a specific professional or academic activity has been included into competitiveness indicators of individuality that have become traditional.

The process of changes, transformations begins both in Europe and in Ukraine. It is based on the further development of society, the interests of the individuality and the desire to self-fulfilment, self-assortment in harmony with their individual values of nature and society. This will help to overcome some sporadic signs of disharmony, tension and move into a harmonious state. [6]

Modern individuality as a carrier of volitional qualities, competence, self-awareness, moral and spiritual sphere, education, adaptation is an essential driving, active power of today's society. The current stage of human development requires fundamental changes in the whole system of life. Nowadays, due to the philosophers' thought, the vision changes the meaning of life, the subordination of interests of material and spiritual values [6].

So, all this gives the special, sophisticated and systematic, creative tasks to a modern individuality. He / she must realize external processes in society and be prepared to internal transformations, including adaptation.

The problem of adaptation of an individuality in society and nature was explored by M. Amosov, K. Bernard, G. Ball, V. Kremen, N. Kovchyn, W. Canon, J. Piaget, K. Trynus, G. Craig, J. Tsehmistro.

Adaptation (lat. adapto – to be adapted to) means adapting the functions and structure of the body to environmental conditions. The processes of adaptation are aimed at preserving the stability, integrity and homeostasis.

Adaptation is the adaptation of the body, organ, individuality or group to changing external conditions. There are physiological, social and psychological – when the subjects are included into a new group; professional – when someone is included into new working conditions [10].

Adaptation is the basis of stability both holistic and personal life filled with contradictions process. The essence of the adaptation phenomenon deals with the unity agreement with the environment and its disagreement with it [9].

Based on a comparative analysis of a large number of definitions of adaptation, A. Georgiyevskiy formulated the generalized concept of adaptation: “Adaptation is a special form of systems display of the external and internal environment, which manifests itself in its tendency of dynamic equilibrium with it [1].

The adaptation has been defined as a process and as a result for a long time. In the study of adaptation as a process, first the temporal characteristics and stage adaptations are being characterized and the duration (a process) is being examined. This scope and sequence of investigation reveals the fundamental elements of the adaptation process, which eventually connected with a single temporal and logical sequences. The efficient aspect of adaptation is very important in this process. It is the main element in evaluating the success of adaptation as a process [1].

It should be added that Peter Medawar identified and added another special aspect to the two traditional aspects of the study of adaptation (process and result). It deals with the following thing: adaptation is an essence that is explained by that the body, individuality (population) form at themselves something they possess in the potential for further successful existence under conditions that have changed. As a result, A. Rean represented adaptation not only as a process and the result, but also as a base, platform for further formation of tumours of psychological qualities [8].

J. Piaget proves that in its origins, the basis of the nature of thought, consciousness, of course, is biological thing, it is formed of the properties of the behaviour and living organisms in general (including human-being).

The first very important feature is a feature of the organization [7,11].

All intellectual activity is organized activities (mental structures). J. Piaget distinguishes the organization as one of the fundamental “functional invariant” of intelligence. Adaptation is a second important fundamental invariant along with the organization, i.e. the ability to adapt facts of reality to the intelligence [11].

The ability to adapt is precisely the first proof, the evidence of availability of organization in an individuality. This shows the deep unity and interdependence of these two functional invariants of behaviour – they are organization and adaptation. J. Piaget explains the essence of adaptation from the point of view of natural biological basis, fundamentals of formation and development of intelligence. J. Piaget explains and proves the nature of the adaptation process, consisting of assimilation by an individuality, environmental organism and at the same time by accommodation of an individuality to the environment [11].

Intellectual assimilation is the development of elements of the environment through their reflection in the functional intellectual structures of a mind with the aim to further involvement of images appearing in the structure of intellectual activity. By L. Piaget words, mental assimilation is the inclusion of objects in patterns of behaviour that are themselves nothing but canvas of actions with the ability to actively represent.

Thus, we can conclude that the opposite and complementary process is a response (previously formed) of intellectual structure (or patterns of behaviour) to a factor of influence, its change, adaptation and adjustment, adaptation to the structure of the assimilating object. It is intellectual accommodation.

Thus, based on studies of J. Piaget we can conclude that an intellectual adaptation of an individuality is the only process which is closely related to two aspects: assimilation and accommodation. The specific content and details of assimilation and accommodation vary widely in the intellectual process. But intelligent adaptation (adaptation) is obligatory one. In each case, the assimilation of the subject, the phenomenon of intelligence at the same time provides accommodation to individual phenomena or assimilating objects (assimilation would be impossible without this aspect of the process). Any accommodation of schemes person's behaviour appears both as assimilated conversion effects, object, etc., to which individuality tries to accommodate [3,7,11].

Assimilation of environment, society by an individuality and also its accommodation to the environment, society let us deeply understand the main essence of the formation of intelligence, namely as adequate important tool for adaptation to the environment, society, group, working conditions, etc., and at the same time mastering, understanding by all of this during interaction with the environment, society [7].

Knowledge is not “removing” a copy of reality for psychologists. According to J. Piaget, to know the subject means to influence it, to transform it, to change it. To know means to represent object, phenomenon fast. But in order to transform, it is necessary to be able to do this, i.e. to turn, so the knowledge of the environment comes out of the individuality.

Thus, the synthesis of theoretical psychologists' researches make it possible to draw this conclusion: the essence of intellectual adaptation is to achieve a state of mutual balance of acts of intellectual assimilation and accommodation. The process of adaptation of an individuality to the environment, society should have an increase and expand in positive exchanges of an individuality and environment Based on theoretical research, the continuation and expansion of the study of adaptation in practice is a very

important aspect. After all, in practice the adaptation of the individuality often happens to be inefficient. In this case we are talking about maladaptation. Maladaptation means first disappearance or destruction or complete absence of, at least – reduction of adaptation of the individuality in society.

Maladaptation (in psychology) is a violation of behaviour adaptation, or customizing behaviour of an individuality, the personality, due to the result of the effects of certain external or internal causes – excessive or unfair claims of excessive loads, as well as complications as a result of dissent, protest, self-identity and more. The basis of the maladaptation, as a rule, is a conflict, and under its influence there is inadequate response of an individuality to environmental conditions as certain abnormalities in the behaviour of the individuality [10].

In this case, it is necessary to investigate and study the causes and nature of a conflict that led to maladaptation and neutralize them.

In modern psychological literature the concept of adaptation of an individuality is interpreted with an emphasis on individual personal qualities and structure of an individuality as a whole, the specificity of the interaction between the individuality and the social environment, the realization of acquired property and personal potential on the activity of the individuality [4].

Therefore, to ensure successful and efficient adaptation of the individuality to society, the world it is necessary to involve the experts – psychologists, sociologists, therapists et al. to develop specific programs, guidelines, training for the individual or group when there are certain problems. These developments, in their proper use, help to provide a significant increase in the efficiency of the adaptation process.

The factors affecting these processes can be internal and external, they can affect both positively and negatively. The internal ones, for example, can in some way contribute to adapt or create, rather unfavourable conditions. These may be factors of social environment, conflict, confrontation, different views:

political, religious, philosophical, social, psychological, ideological. The external ones can be accommodation (material, etc.).

The internal factors are psychological traits of an individuality: tenacity, stress, coping resources, types of temperament and others.

In the process of adapting the interaction of the individuality with the environment, society, the signs of stress may take place. R. Lazarus explores this issue and introduces the concept of “coping” meaning overcoming stress, stress mastery. Thus, behaviour of an individuality is aimed at reducing, eliminating impact forces caused by the psychological stress factor; the physical condition of the individuality was called coping behaviour or mastering stress. Such strategies applied by an individuality for overcoming stress is the coping-strategies (R. Lazarus). The basis for coping stress by an individuality is a coping-strategy, the basis of personal experience (individual resources or coping resources).

Types of coping resources are divided into the following:

- physical (health, endurance, temperament, etc.).
- psychological (locus of control, self-esteem, motivation, beliefs, psycho-emotional state, etc.);
- social (social relations, various kinds of social support).

The main coping resources, promoting individuality in overcoming stress is individual resources (personal resources):

a) cognitive coping-resources is a holistic knowledge, understanding, memory, thinking ability and critical to adequately assess the impact of the world, society and the environment;

b) internal locus of control is the ability of the individuality and the ability to control their lives and take personal responsibility for it;

c) "Me – concept" is a holistic system of understanding the individuality of themselves, self-esteem, self-regulation, self-correction;

d) integrated motivational structure of individuality;

e) affiliation is the ability to communicate with the social environment, social competence;

f) personal belief system and personal position is relatively common psychological and philosophical categories;

g) empathy is the ability to empathize, while accumulating their own experience.

The social resources have been allocated among individual coping-resources:

a) socio-maintenance process is the ability to find, receive and provide social support;

b) social support (own support staff, society).

The successful adaptation to society, the environment of the individuality depends on the level of individual coping-resources. The individuality that can adequately assess their psychological, cognitive, emotional, stressful, communication and other features, he/she easily evaluates the quality of the environment, assimilates to it and provides accommodation to society.

As it has been mentioned above, in order to ensure efficient and successful adaptation of the individuality to society, the environment under certain difficulties, problems, it is appropriate and even necessary to involve various specialists, psychologists, sociologists, therapists, etc. The developed guidelines, programs, training for these individuals and for other professionals (e.g. social services) can provide timely assistance in the process of adaptation.

For example, the individuality learns to overcome difficulties concerning studying of adaptive features of self-individuality together with professionals of social services, especially psychologists.

But it is necessary to begin the study with external factors, including the formation of an adequate holistic world view. Without this process, as Einstein said, it is impossible both biological survival and social adaptation. The concept

of the picture of the world is very important fundamental for the formation of individuality's outlook.

During ontogeny the specific pictures of the world are created in all spheres of consciousness. The scientific investigations show that the image of the world is being formed in different ways in different pictures of the world. The following forms of understanding reality help to create a holistic image of the world: mythology and religion (prescientific form); philosophy and science (scientific forms); fine art (non-scientific form). During phylum and ontogeny, the following specific pictures of the world are created in all these areas of consciousness: religious, mythological, philosophical, scientific and artistic. According to the assertion of scientists, all of these pictures of the world is not picture variants, they are invariants, so each of them has a role in forming the image of the whole world in consciousness during the whole life [5].

Thus, each of which plays a role in forming the image of the whole world in the consciousness of an individuality during the whole life [5]. Together with the development of critical thinking such picture of the world and knowledge of individuality makes it possible to successfully adapt to the individuality to the society.

With the help of the formed picture of the world, individuality, continuing the process for successful fulfilment and adaption, has to examine various important individual features with the help of experts (as it has already been mentioned). Thus, based on the characteristics of coping-resources (given above), individuality together with a psychologist has to determine its own:

- health (especially the condition of the nervous and cardiovascular systems, etc.);
- stamina nervous system and psychological endurance;

- type of temperament (phlegmatic, choleric, sanguine, melancholic), there are different levels of strength of the nervous system in all types, the flow velocity of nerve processes, their balance (by I.P. Pavlov).

The sanguine are the most adaptive due to such bones as communicativeness, optimism, attention switching speed, low (almost lack of) aggressiveness, tolerance, wide range of interests, gentleness etc.

Choleric, with high efficiency and dedication, high stress contributing to adaptation, has properties preventing integration into the society: - imbalance of nervous system, irritability, a tendency to displays of aggression, low (often) level of tolerance, resentment, revenge, effectiveness etc. These qualities lead individuality to conflicts, complex social situations that hinder adaptation, including assimilation and accommodation [2].

Our research and analysis of researched of Yu. Hilbuha et al. show that such types of temperament as phlegmatic and melancholic, with the slow progress of nerve processes, high tolerance, etc., tend to successful intellectual assimilation and accommodation. But such qualities as less communication can often interfere with this process.

Almost every individual of the four temperament types has different adaptive capacity. Therefore, it is advisable to test, diagnose, advise and correct initially individually or in small subgroups of 3–4 persons, using techniques of reflection, introspection, self-esteem. As a result, the individuality will be more deeply aware of his/her psychological characteristics, and he/she will gradually expand, systematize, complement this knowledge. This will enable to carry out self-correction, self-improvement, self-fulfilment, psychological and social adaptation in society.

In this process it is important to be able to assess the psycho-emotional state, level of anxiety, level of aggressiveness, emotional and volitional

component and so on. It is advisable, in particular, to use non-verbal method of "Lüscher test" and so on.

The process of adaptation is important to determine your individual type of psychological compatibility with other types of temperament and type social types.

Being a kind of psychological coping-resource, an individuality has to learn to identify the locus of control: internal and external. The internal locus of control of an individuality helps him/her to be supported in difficult situations, stress on internal reserves for individual personal features to help adaptation by overcoming stress.

The development of emotional intelligence model opened in 1996 by Reuven Bar is also an important factor for growth adaptability of an individuality in society. The emotional intelligence [EI] is a group of mental abilities that are involved in recognizing and understanding their own emotions and the emotions of others. People with high EI are able to very effectively manage their own emotional sphere. That's why their behaviour in society and work is more adaptive and it is easier for them to reach the goal successfully by interacting with each other. In the future, scientists had shown steady objective relationship between the level of EI and emotional success in the personal, professional and social spheres. So emotional intelligence contributes to the adaptation of an individuality in society.

Conclusions

Due to the fact that the global transformational processes are happening in society, the environment in the world nowadays, it is necessary to first thoroughly study these systemic changes. These changes affect the development, establishment, adaptability of the individual in contemporary society.

There is also the necessity to study the implications on the transformational processes of an individuality of different ages. It means that modern individuality gradually adapts to the surrounding changes, but the efficiency process depends on many external and internal factors that should be explored to take into account their mutual influence today.

So, the problem of adaptation of an individuality in modern society requires a deep study of the system, and assist an individuality in transforming the system processes.

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