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Organization of psychological and socio-cultural adaptation

Summary

The aim of the research: No show and approve the importance of transformation processes in society and features of a modern personality reacting.

Methods of the research: Critical analysis of scientific sources, as well as modern results of practical experience, clarification, analysis of terminological concepts, synthesis, systematization, generalization of basic concepts.

Conclusions. Relating to rapid changes in all spheres of life, that results to system changes in society in the sphere of interpersonal mutual relations, in technical environment and others like that, there is an actual necessity of a modern personality's adaptation for different age to the transforming conditions. If a personality doesn't can, or has no time to adapt, to change his/her own algorithms of behaviour, a way of thinking, a way of life, it can result to exclusion, cognitive dissonance, physical and psychical diseases, as the result of such exclusion.

Keywords: adaptation, globalization changes, personality, social adaptation, coping resource, stress, exclusion.

Today, there are global transformation processes in all areas of life, society and nature of geopolitics in the whole world and in Europe. These changes lead to systemic change in society, living space as a whole, as well as in the system and the nature of interpersonal relationships, changes in the paradigm of education, technical environment.

Such transformation processes in the environment lead to the necessity for changing the modern individuality as a result of adaptation to the new conditions, where it exists, self-fulfilling, self-improving.

The problem of adaptation of an individual in society is quite topical and it requires urgent investigation. The investigation was conducted by J. Piaget, I. Tsehmistro, G. Craig, B. Meshcheryakova, N. Kovchyn, M. Amosov, V. Kremen, K. Trynus, K. Bernard, W. Canon, G. Ball, W. Garbuzov et al.

The transformation of the system of values in modern society, both European and global leads to the necessity of an individual to adequately assess trends in global transformations and to adapt to them, thus avoiding intra-personal and external social conflict, cognitive dissonance. These aspects determine the topicality of modern adaptation of an individual in society, as well as in the environment.

The aim of the article is to outline the social, psychological potential of global research concerning patterns of adaptation process of an individuality, ability to manage this process for the harmonization of human relations in society, its fulfilment, to avoid conflicts, to establish an adequate picture of the world.

The topicality of the adaption problem to dynamic changes in the environment is increasingly growing. Objectively, this process is related to the fact that the adaptation process identifies opportunities, like a human-being to be survived, as well as activity in modern conditions of high environmental stressgenicity, the environment itself, society, constantly and rapidly changing constantly for various reasons.

Studies of modern psychologists, physiologists and other scientists prove that the lack of adaptability to different individual actions of different stresses over time, gradually accumulating, leads at first mainly to a decrease in the adequacy of human activity, and then to appearance of a variety of neuropsychiatric and psychosomatic diseases.

It should be noted that the priority concerning the development of ideas about adaptation at all levels in the primary doctrine belongs to K. Bernard. The

main provisions of the concept of K. Bernard have been developed by W. Canon.

In the most general sense the adaptation of a human-being may be defined as the process of adaption it as a body and as an individual to dynamic changes in living conditions. In a biological sense eight levels of adaptation: from the subjective to the population may be distinguished.

The determination of the following types of adaptation are of particular importance for our study: physiological, psychological, social and psychological, physiological, professional and socio-cultural.

Socio-psychological adaptation is considered as an aspect of mental adaptation, providing organization of microsocial interaction, formation of adequate positive interpersonal relationships, taking into account interpersonal relations of the society, realization of achievements of socially significant goals.

The socio-cultural adaptation as part of the general adaptation of an individual in society, knowledge of the culture of the country, is a very important component for today's youth, its harmonious integration into transformed social space [6].

We believe that the concept of adaptation is essentially physiological. Based on a systematic understanding, adaptation processes of an individual that are predominantly belong to psychological or physiological areas and are closely connected with the process of adaptation to the new range of individual in living conditions, are constantly being transformed [7].

According to the concept of J. Piaget, the development of cognitive processes of the individual (in ontogeny) is the result of long-term aspirations and efforts to promptly adapt to changes in the environment, society and the world [7, 9].

An individual, reacting to the impact of external factors, is forced to improve and some way effectively change mental structures and algorithms activity previously formed if they no longer meet the requirements of adaptation.

If necessary, it even has to form new mental structures and, therefore, survival and adaptation processes are carried out with the help of use of the following mechanisms: assimilation, when consciously or unconsciously an individual seeks new external situation adapt to previously established cognitive structures, different skills; accommodation allowing previously formed, old patterns of behaviour, way of thinking, its intellectual activity modify in order to adapt them to modified or completely new situation [7].

The scientific researches consider the process of learning as a very important way to gradually formation of an image of the world in individuality and intellectual adaptation in transformed conditions. M. Amosov, A. Einstein, G. Craig, J. Tsehmistro find an adequate picture of the world, a complete picture of the world of the individual to be a very essential for efficient operation, adaptation of a human-being and its further socialization [1, 3, 9]. I. Tsehmistro, J. Piaget prove that intellectual accommodation and assimilation are invariants of intellectual individual adaptation of an individual in the environment, in the world (Figure 1) [7, 9].

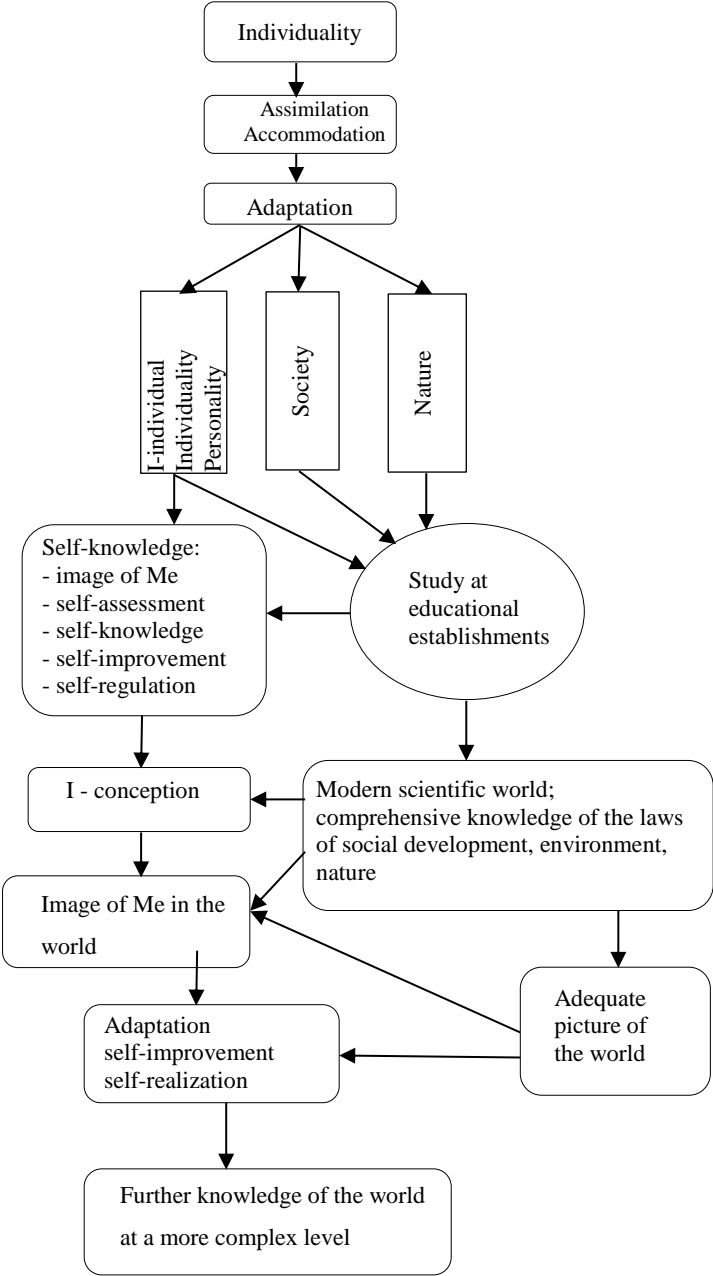
Social and psychosocial adaptation is a process of gaining some individual psychosocial status by an individual, as well as mastering the necessary socio-psychological (role) functions. In the process of social and psychological adaptation an individual seeks in some way to achieve harmony between the external and internal conditions of life and work. Adaptability of an individual increases, it increases as the achievement of harmony (the degree of adaptation to the conditions of life and work).

Due to the form, the adaptability of an individual man be defined as follows:

– *internal*, which can manifest itself in the form of restructuring of functional structures and systems of an individual at a certain transformation of the society, environment of its life and activity. In this case, the external behaviour and activity of an individual vary considerably and begin to meet the

environment requirements, as well as the requirements coming from the outside. There is a generalized complete adaptation of the individual that is taking place [8]

Figure 1. Model of Adaptation and Self-Realization of an Individuality (Kovchyn N. A).



The external (behavioural) adaptation – in this way an individuality changes algorithm of behaviour partially in accordance with the requirements of the environment, maintaining its own independence.

It is important to note that, at the maximum adaptability level and due to this condition, the adequate psychological activity is achieved in the individuality according to the set of environmental conditions, environment, society.

Thus, social and psychological adaptation is represented as a means of protection of an individuality. Due to this phenomenon, the inner psychological tension, anxiety and destabilizing condition are being reduced, diminished or disappears. It can be formed in an individuality while interacting with other individualities, or society as a whole. The individual psychological defence mechanisms in such situations are seen as the ways of psychological adaptation.

At the stage when an individual fully develops the whole psychological defence mechanisms, then it greatly improves the personal capacity, and significantly improves the efficiency and success of social and psychological adaptation. In addition to the functions of social and psychological adaptation, the following mechanisms may also be included:

- self-knowledge and self-correction;
- self-realization of an individuality;
- achievement of the optimal balance in the dynamic system “individuality – social environment”;
- efficiency increase of individuality’s activity who adapting to the social environment;
- efficient and maximum manifestation and development of capabilities and abilities of an individuality;
- mental health preservation [2].

Social adaptation is the process and the result of active adaptation of an individuality or social system to new conditions or altered social environment through harmonization of requirements and expectations of participants.

The subject of social adaptation may be represented with the help of both an individual and social group. At the level of individual, social adaptation is related to the process of socialization, learning cultural norms, values and patterns of behaviour corresponding to the environment.

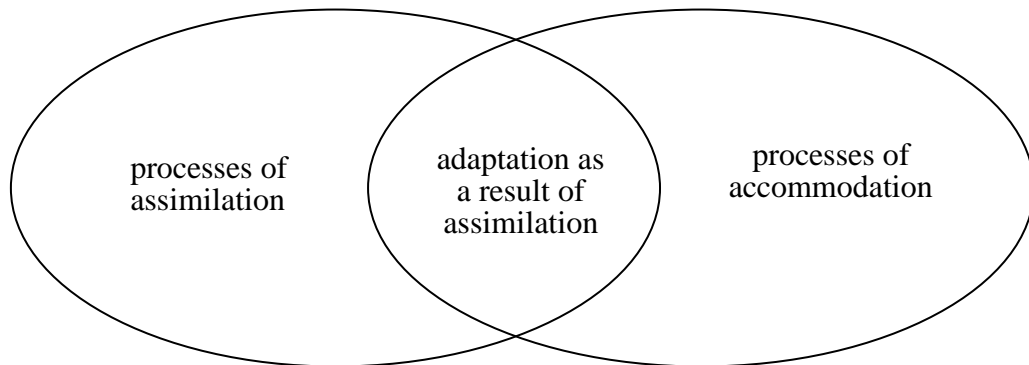
Problems of adaptation in the context of sociology were investigated by H. Spencer, P. Mliyenfeld A. Shefle, R. Worms, A. Esninos et al. They introduced the term "adaptation" in the sociological lexicon, following the analogy between society and the human body. T. Parsons the American sociologist worked on the issue of social adaptation. In his theory the social adaptation is considered in terms of the integration of the social system, ensuring social order. He said that the society will go to equilibrium only when the individual is able to adapt themselves to social change and adapt their own ideals to new requirements or otherwise. Tension and conflict may exist in society.

Stress as a result of inefficient adaptation or maladaptation.

If for any reason the adaptation of an individual does not occur or there is maladaptation, it will be accompanied by an expression of anxiety, psychological discomfort, stress.

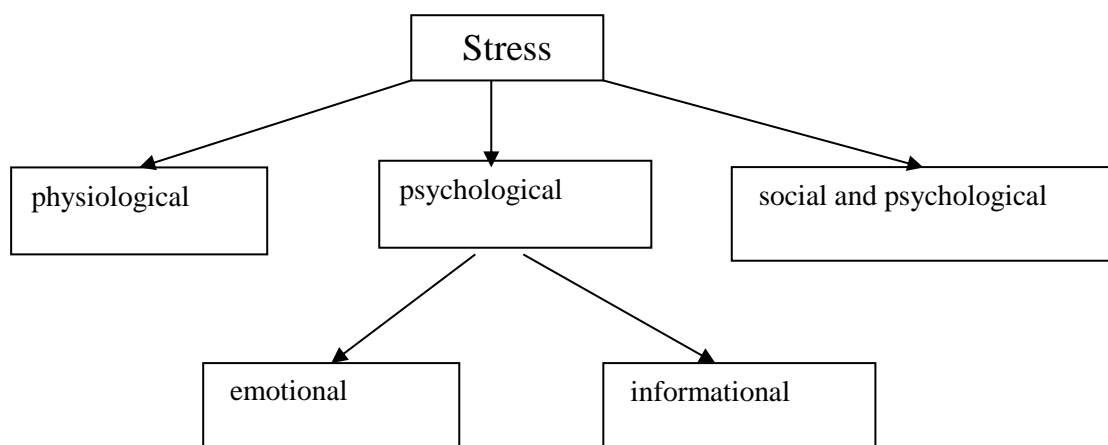
The formation of adaptation is schematically represented on the Figure 1. Assimilation and accommodation are combined in the life of an individual. Adaptation is a result of a dual existence of assimilation and accommodations that have special characteristics of an individuality as a member of society.

Figure 1. Formation of adaptation



Stress is a significant number of states of a human-being occurring in response to various extreme factors (stressors). Depending on the type and nature of its effects there are: physiological, psychological, social and psychological stresses. Psychological stress is divided into emotional and informational ones (Figure 2).

Figure 2. Origin of Stress.



Information stress occurs in situations of information overload where a human-being cannot cope with some tasks and does not have time to make the right decisions at the desired pace.

Emotional stress occurs in situations of danger, threat, injury, exposure to environmental factors in extreme conditions.

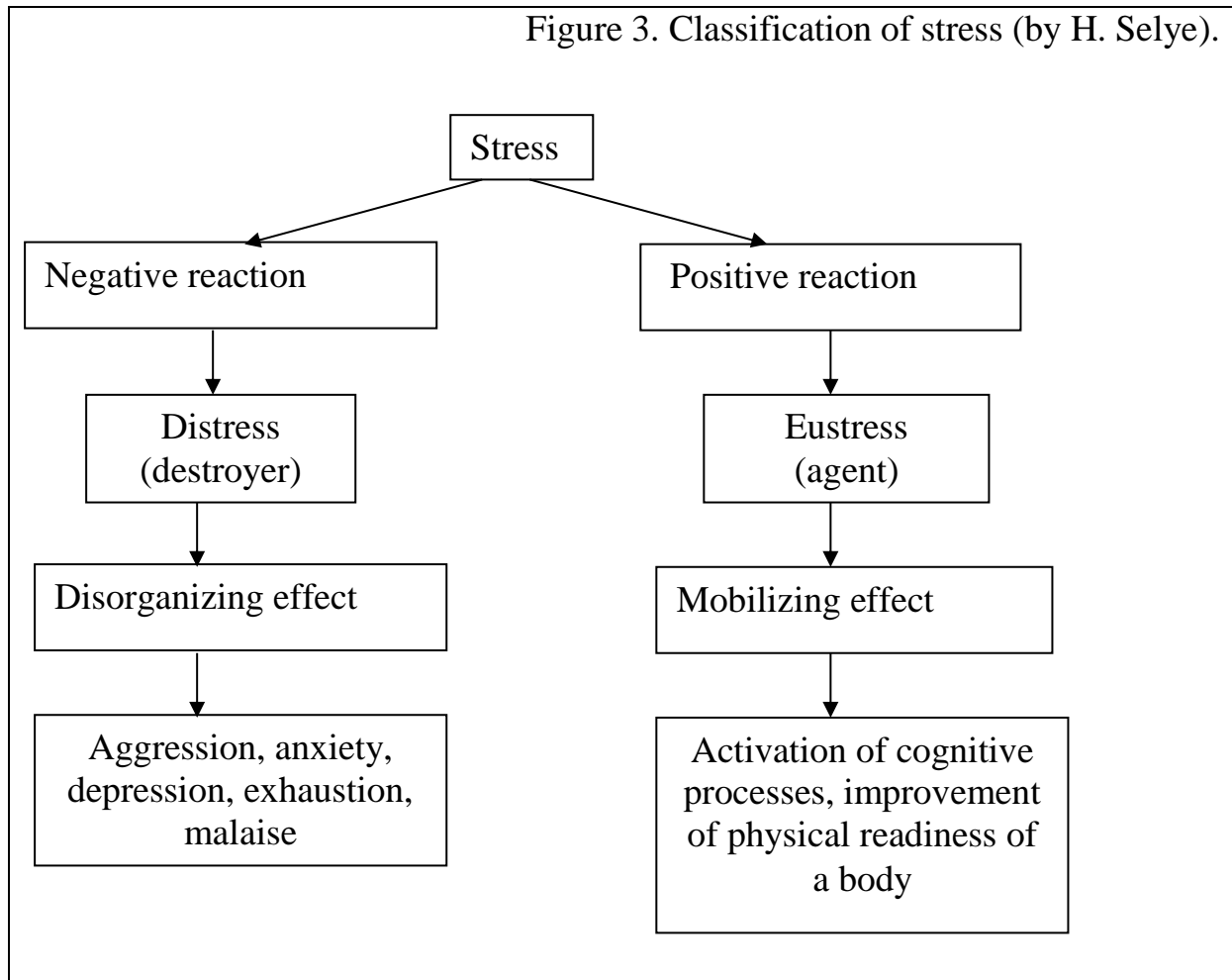
Social (social and psychological) stress occurs when there is an occurrence of certain specified social circumstances, events (change in living conditions, education, work, loss of a family member, conflicts, etc.).

R. Reich and T. Holmes studied addiction in diseases (including infectious diseases and injuries) because of different stressful events. They concluded that people who are sick, before the mental and physical illness there have been a number of life events causing the stress initially and then the illnesses. The scale was composed, where the stressogenicity of various factors, events and phenomena was defined [5].

There are many definitions of stress. In 1936 the stress (English stress – tension) was outlined by H. Selye as a physical reaction in response to external physical and emotional stimulation. This reaction syndrome manifests itself in adapting all systems to the effects. Stress is inherent in any organism, “stress-free life is death,” – said H. Selye. It means that almost everything that surrounds us can cause stress under certain circumstances (sound, light, weather, people, etc.) [8].

Reaction of a body to stress factors can be positive and negative: negative – distress (stress-destroyer), positive – eustress (agent).

Figure 3. Classification of stress (by H. Selye).



Thus the process of adaptation of the individual may take place in different ways, depending on internal factors (individuality traits such as temperament, stress, individual coping resource, “self-concept” way of thinking, the ability to self-knowledge, self-education, self-correction, self-improvement) and on external factors (current events in the environment, favourable environment, predictability of events, availability of external drawbacks, difficulties, etc.).

If there are problems and difficulties in the process of adaptation of an individuality, in particular in the new social environment, the opportunities are necessary to be develop as a special program that would provide specific methods, techniques, etc. to support an individuality or a group. So, the program can be individual and group. The privacy of its implementation depends on the

complexity of processes. Our researches have also shown that the efficiency and success of adaptation depends on the motivation of the individual or group. So during the development of assistance program the preliminary stage shall be provided: formation of motivation in an individuality or a group.

Conclusions

Thus, due to the fact that now there are intense global processes in all areas of life in nature, society, technosphere, geopolitics, there is an urgent necessity to adapt modern identity of all ages to surrounding transforming conditions. The rate of change in the world can lead to the following: due to some reasons, an individuality cannot or does not have time to adapt and change his/her algorithms of behaviour, activities, as well as to improve thinking (critical, creative, system, etc.), way of life, but it can lead to cognitive dissonance, physical and mental illness, as a result of maladaptation that may arise under these circumstances.

Thus, the efficiency of the adaptation process varies depending on the external and internal factors. When there are serious problems in the process of adaptation, particularly in the social environment, it is necessary to develop and implement a program that would include methods, techniques which would help to optimize the process of adaptation of an individual or a group.

The efficiency of the program also depends on the formation of individual motivation, understanding, willingness and ability to use the methods.

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