

## **Adaptation Issues in Social Psychology**

***Ibragimova Odina Kamoldinovna***

*Andijan State University Senior Lecturer, Department of General Psychology (PhD).  
gulomjonovandu@gmail.com*

**Abstract.** This article discusses the phenomenon and significance of the adaptation of each individual to the environment from a socio-psychological point of view. In addition, social adaptation, in turn, is a type of interaction between an individual (social group) and the social environment, during which certain requirements are imposed on certain participants. That is, it is about the processes of adapting the subject to the requirements of society, compliance with social requirements by the group due to prohibitions for certain actions.

**Key words:** Adaptation, social environment, individual, social norms, values, role conflict, stress, communication, motivation, psychological support, social stability, self-awareness.

### **Introduction**

The phenomenon of human adaptation to the environment has been considered in various fields of science: philosophy, biology, psychology. In a broad sense, the term "adaptation" is understood as the adaptation of the organism to the conditions of existence. Thus, according to the psychological dictionary, biological adaptation (or adaptation at the physiological level) is the adaptation of the structure and functions of the body aimed at maintaining the constancy of the internal environment.

Social adaptation, in turn, is a type of interaction between an individual (social group) and the social environment, during which the requirements imposed on certain participants are agreed upon. That is, it is the process of adapting the subject to the requirements of society, establishing compliance with social requirements by the group at the expense of prohibitions for certain actions.

Social adaptation is the process of an individual's adaptation to the social norms, values, roles, and standards that exist in society. This process is based on the interaction between the individual and the environment. The main goal of social adaptation is for the individual to satisfy his or her own needs and meet the demands of society.

**Below we will discuss the factors that influence the process of social adaptation:**

#### **1. Personal factors:**

- Temperament and character traits.
- Psychological state and abilities of the individual.
- Motivation and level of self-awareness.

#### **2. Social factors:**

- Social values and norms of society.
- The influence of family upbringing and the immediate environment.
- Educational and work communities.

### **3. Cultural factors:**

- Cultural characteristics of the society in which the individual lives.
- Cultural diversity and the individual's relationship with it.

### **Here we talk about the stages of social adaptation:**

1. Acquisition stage: The individual learns the demands of the new environment or society.
2. Integration stage: The individual adapts and adjusts to the demands of society.
3. Stabilization stage: A balance is established between the individual and society.

### **Adjustment problems: In some cases, a person may have difficulty adjusting to society or the environment. The reasons for this may be:**

- Stress and psychological pressure.
- Social withdrawal or isolation from society.
- Role conflicts or excessive social demands.
- Culture shock (especially in individuals who are in a new cultural environment).

### **Methods of facilitating adaptation:**

Psychological support: Individual or group support provided to an individual by professionals.

1. Developing communication skills: Strengthening social connections through effective communication.
2. Stress management: Training to reduce stress and psychological pressure.
3. Increasing motivation: Developing self-awareness and helping an individual achieve their goals.

Social adaptation is important for the stability of society and improving the quality of life of individuals. Therefore, this issue is studied in depth in social psychology and other areas.

Psychological adaptation is a process that occurs in response to a significant novelty of the environment, including the formation of motivation for adaptive behavior, goals and programs of behavior and life, influencing the effectiveness of adaptive activity, as well as giving dynamics.

### **Results and Discussion**

The initial studies of the adaptation mechanism are associated with the names of J. Buffon and H. Obert (17th century) and are determined by the direct impact of environmental conditions on organisms that change accordingly. Later (early 19th century) in the works of J. Buffon, Lamarck, H. Spencer, Ch. Darwin, the problem of adaptation began to go beyond the framework of evolutionary theory and general biology and penetrate into psychology, medicine, sociology, ecology and other sciences. The issue of human adaptation to the social environment surrounding him was also addressed from the point of view of philosophical thought. So, from the point of view of the philosophy of human nature, people have always assumed the existence of something that constitutes its essence. However, in its real manifestation, the essence is found in the existence of a person in the environment, in his adaptation to its conditions, as well as in the ratio of the influence of natural and social factors on historical and individual development. The adaptation of a person to the environment in the process of his development was achieved through labor activity and in a natural way, changing his hands, adapting them to primitive tools, forming his language as a means of communication. In the future, language became a means of penetrating into the essence of things and processes, it adapted to the surrounding reality, strengthening important connections and relationships in itself. In other words, through labor activity, a person changes the internal properties of systems that adapt to environmental conditions, in accordance with the goals of survival and maintaining qualitative reliability.

However, for several tens of thousands of years, a person has kept his body structure unchanged, while changing his lifestyle: people adapt to the environment not by passively adapting their body to

its requirements, but by actively changing the environment in accordance with their needs. Human nature, this specific uniqueness, includes the integrity of biological, social and psychological aspects. According to Lazursky, this uniqueness is manifested primarily at the personal level, which allows us to conclude that adaptation to the environment is the main task of the individual.

Taking into account the specific features of human nature, it is appropriate to consider the essence and content of the phenomenon of adaptation from the point of view of biological, social and psychological approaches.

Thus, the biological level of the study of human adaptation is based on the work of domestic and Western researchers Berezin, K.A.Ajibekova, A.I.Volzhin, Yu.K.Subbotin, A.L.Ukhtomsky, G.Selye, L.A.Kitaev – Smik.

From the point of view of F.B.Berezin, human biological adaptation is associated only with structures that are specific to humans. These structures are manifested in the biological structure of the hands, throat, mouth, etc., in the functions of the second signal system. In turn, the second signal system is a biological element and is unique in that it is predetermined by social conditions. K.A.Ajibekova speaks in her research about the need to distinguish between biological and social adaptation in human adaptation.

Ukhtomsky in the process of adaptation of the whole organism and its interaction with the environment, which led to the discovery of the mechanisms of adaptation of the organism to the external environment. At the same time, this adaptation, common and hereditary for all organisms, is the most conservative part of the evolution of all living beings, and by its very nature helps to maintain the qualitative stability of the species. The accumulation of information accumulated about the body expands the adaptive capabilities of the individual experience organism; increases the level of its reactivity. With relatively unchanged environmental conditions, the organism has a sufficient amount of information to adequately respond to the usual effects of the environment.

A.I. Volzhin and Yu.K. Subbotin in their research distinguish such a phenomenon as adaptogenesis, which is the process of accumulation of adaptive properties and mechanisms provided by heredity, the struggle for existence through natural selection. In other words, adaptogenesis is the process of forming the adaptive abilities of the species. Individuals are formed in their own conditions, that is, in the process of individual development of the organism. Thus, biological adaptation reflects both the biological organization of a person, which is common to all living organisms, and his special nature, which has a social essence.

The problems of biological adaptation were clearly developed in the research of G. Selye's "Theory of General Adaptation Syndrome" (GAS). According to this theory, the process of adaptation of a person is a non-specific response of the body to any demands placed on it. The specificity of the response lies in the need for adaptive reactions in accordance with the emerging demands, in contrast to specific reactions that are a natural consequence of the body's response to some higher influence. As a condition for the emergence of the adaptation syndrome, the author indicates the presence of any stress factors that cause stress and, as a result, non-specific adaptive reactions of a person. According to G. Selye's concept, stress has stages that reflect the essence.

The first stage is the anxiety reaction, that is, the necessary external demands to restructure the body's activity, which, in fact, signals the presence of some negative impact, mobilizing all its reserves.

The second stage - the stage of resistance is a natural consequence of anxiety reactions, when the body adapts to relatively balanced stress and resource requirements, which are mobilized in accordance with the requirements of its functions. However, for a sufficiently long period of exposure, the stage of resistance to the stress factor, the use of certain resources, energy limits and the transition to the next stage.

The third stage is a state of fatigue and difficult adaptation, which leads to disruptions in the functions of body systems.

A typical example of the theory of general adaptation syndrome G. Selye - the adaptation of an older preschool child to a new stage of development, especially the environment of the preschool educational organization, requires a certain level of development from him. Thus, when the environment is aggressive

and meets with it, the child experiences a certain stress, since there are certain boundaries of behavior that affect his activity. Accordingly, if the child does not fit into these frameworks, he is expected to face external prohibitions and there are specific punishments for him. This causes internal anxiety and fear. According to G. Selye, the body's internal defense mechanisms are activated, and the child begins to try various forms of movement. Taking into account the adaptive capabilities of unusual children, it is necessary to note the features within the framework of G. Selye's UAS theory: the work of the central nervous system of these children deteriorates, there is a lack of internal adaptive resources, which, in turn, leads to their emergence. As a result, the older preschooler may not fully master the acquired skills, knowledge, abilities, or he may not have enough opportunities to find the necessary and correct way of acting. This leads to the phenomenon of difficult adaptation, in which difficult behavior, due to the accumulation of negative emotions, leads to a decrease in the child's self-esteem. The use of primitive forms of behavior and attracting attention from peers and adults, protection from the formation of psychological deviations, etc. Psychological studies of stress based on the theory of G. Selye and the concept of "General Adaptation Syndrome" are fully expressed in theoretical psychology. In other words, if a person does not have a "General Adaptation Syndrome", a tendency to stress arises, in a stressful process, the stressful state soon decreases, the child calms down somehow. If adaptation is disturbed (or absent at all), then some psychosomatic diseases or disorders may appear. In particular, the author proposes the structure of the UAS from the point of view of a psychological understanding of the biosocial nature of a person, as a phenomenon in the form of various adaptive subsyndromes, the interaction of which forms the mechanism of human adaptation. One can agree with the point of view of L.A. Kitaev-Smik. He notes that the study of stress is aimed at studying general, non-specific signs of adaptation. These symptoms are more fully and clearly manifested when a person is exposed to excessive stress factors for himself, which in turn confirms the above example. Thus, the biological form of adaptive activity in relation to the external environment is inherent in man, but while preserving his biological nature, man is a social being who frees himself (as much as possible) from the power of evolutionary mechanisms.

The adaptation process is social in nature, leads to changes in the environment, and also affects the human mind and psyche, the effectiveness of a person's adaptive activity, giving it an individual emotional coloring. In connection with these foreign psychological schools, it is customary to consider psychological and social adaptation in a common unity, and thus talk about the inseparability of psychological and social. Thus, the adaptation of a person to social conditions is a purely socio-psychological process. Thus, the neobehavioristic definition of adaptation, which is of great importance in foreign psychological thought, has become widespread, for example, G. Eysenck and his followers (J.J. Watson, N. Miller, D. Homans, Thorndike, R. Honka).

According to the neobehavioristic point of view, adaptation has a two-sided nature. On the one hand, it is a state in which the needs of the individual and the requirements of the environment are fully satisfied. This is a state of harmony between the individual and nature (social environment). On the other hand, the process of achieving this harmonious state R. Honki, according to the general concept of neobehaviorists, distinguishes adaptation as a process that takes the form of changes in the environment and changes in the organism through the use of actions (reaction, response) appropriate to a particular situation. These changes are biological, but from our point of view, this definition does not reflect the importance of using the real mental mechanisms of adaptation and changes in the psyche. At the same time, according to the definition of neobehaviorism, social adaptation is a process of physical, socio-economic or organizational changes in specific group behavior, social relations or culture (or a state achieved as a result of this process). Functionally, the meaning or purpose of such a process depends on the prospects for improving the survival ability of groups (individuals) or a way to achieve meaningful goals. This term is used to designate the process by which an individual (group) achieves equilibrium in the sense of not experiencing conflict with the environment.

Thus, the concept of "social adaptation" refers to the problem of socio-psychological adaptation, since this position is clearly visible in the behavior of the category we are studying. Children, not possessing certain skills, from childhood come into conflict with the interaction, the environment. This in turn strengthens the process of maladaptation. Within the framework of L. Philips's interactionist theory, all levels of adaptation are also conditioned by interpsychic factors. Effective adaptation of the subject is considered as a state of

satisfying the minimum requirements and expectations of society. The peculiarity of this theory is that its representatives, interactionists, distinguish between adaptation and adaptability. Thus, T. Shibutani argues that, taking into account the forms of adaptation, each individual is characterized by a combination of techniques that allow him to overcome difficulties. It is these techniques that can be considered as components of adaptation.

## **Conclusion**

In our opinion, this approach clearly shows the difference between situational adaptation and general adaptation to typical problem situations. It should be noted that the approach to the interactionist concept differs from the behaviorist concept, which does not use the distinction between adaptation and adaptability. In social psychology, adaptation issues study the process of a person's adaptation to society, the environment, and interpersonal relationships. This process is aimed at harmonizing the individual's personal needs and the demands of society. Adaptation is important for a person to behave effectively and feel comfortable in various social situations.

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