

## **SOCIAL ADAPTATION OF THE INDIVIDUAL: THEORETICAL-METHODOLOGICAL APPROACHES AND MODERN INTERPRETATIONS**

In contemporary psychological and pedagogical science, the phenomenon of socio-psychological adaptation is regarded as one of the key mechanisms of an individual's interaction with the social environment. Researchers emphasize that adaptation involves the alignment of an individual's internal world with the demands of society, which is in a state of constant change and increasing structural complexity [1]. Therefore, social adaptation is considered not merely as a reaction to external conditions but as an active, multifaceted process encompassing various domains of individual functioning.

In the scientific literature, socio-psychological adaptation is defined as the process of gradual integration of an individual into a new social environment, collectives, social groups, and types of activity regulated by the norms of a given society [1]. Researchers note that adaptation has a complex structure, including social, socio-psychological, moral-psychological, and axiological transformations occurring both at the individual and group levels. Thus, adaptation is not only the adjustment to social expectations but also a mechanism that determines the harmonious development of personality and its interaction with the world.

Modern conceptualizations emphasize that socio-psychological adaptation is a key factor in the formation of social maturity. A person does not simply internalize social norms but actively reinterprets them, forming their own system of values, attitudes, and social expectations. Hence, adaptation is a process of transforming experiences from the external environment and integrating them into the individual's internal world [2]. The capacity for such reinterpretation determines the level of autonomy, responsibility, and social competence of the individual.

A crucial function of socio-psychological adaptation is to ensure effective interaction of the individual with society and integration into its structure. Adaptation involves acquiring social status, fulfilling role responsibilities, and integrating into interpersonal systems. This process is continuous, as both social conditions and the individual evolve. According to N. Sviridov, adaptation within a collective is based on the exchange of activities conducted according to the division of labor, which serves as a fundamental principle in the organization of social systems [1].

Some theoretical approaches interpret social adaptation as the individual's ability to overcome complex situations, maintain emotional balance, and sustain harmonious relationships with others. A. Nalchadjan defines adaptation as a state in which an individual can satisfy their needs, perform social roles, and avoid intrapersonal conflicts. Successful adaptation, in his view, implies not only fulfilling social functions but also achieving internal coherence and psychological well-being.

Contemporary studies highlight the integration of emotional, cognitive, behavioral, and motivational components within the adaptation process. Digital environments, social networks, and online communities significantly influence this process, creating new opportunities for interaction while simultaneously posing

additional adaptive challenges. The effectiveness with which an individual masters these new forms of social presence determines the speed and quality of their adaptation.

Modern approaches distinguish three forms of normative socio-psychological adaptation: defensive, non-defensive, and mixed. Defensive adaptation activates psychological defense mechanisms (e.g., aggression, projection, rationalization) and has a compensatory nature. Non-defensive adaptation relies on cognitive processes, conscious situation analysis, cooperation, and constructive interaction without engaging emotional defenses. The mixed form combines both mechanisms and occurs in situations of partial frustration when an individual faces practical tasks alongside internal tension. The effectiveness of mixed adaptation depends on the optimal balance between emotional-protective and rational-intellectual processes.

As a result, socio-psychological adaptation serves as an important indicator of an individual's overall social integration. The degree to which an individual overcomes adaptive challenges affects not only the quality of their current functioning but also prospects for personal, professional, and cognitive development. Effective adaptation lays the foundation for psychological resilience, emotional competence, and self-regulation. It also determines social inclusion, the ability to build constructive interpersonal relationships, and active participation in collective activities [5].

Thus, socio-psychological adaptation is viewed as a complex process combining external behavioral manifestations and internal personality changes. Its type, depth, and orientation shape the style of interaction with the social environment and determine vectors for further professional and personal development, influencing psychological stability, social competence, and the capacity for effective self-realization. The type, depth, and direction of adaptive changes define not only the level of social integration of the individual but also the prospects for their professional, personal, and psychological growth.

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