

Methodological Research Vectors Of Personality Social AdaptationA. A. Mashanov¹, M. V. Rostovtseva², Z. V. Khokhrina³, V. N. Yurdanova⁴¹Candidate Psychology, Associate Professor Siberian Federal University²Candidate Psychology, Siberian Federal University³Ped.D, Associate Professor, Moscow Psychological Social University⁴Senior Lecturer, Siberian Federal University

Abstract: Main methodological approaches to the study of personality social adaptation, distinguished on the basis of their classification are discussed in the article. The set of theories of social adaptation associated with the description of its static or dynamic - theoretical aspects, which are aspects of human activity, are shown. Justified active nature of social adaptation as a process in which formation and development of man's consciousness, self-awareness, self-control and self-esteem, resulting in the establishment of equilibrium between external influences and internal state, various forms of human behavior are founded in the article.

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A man, being a product of living matter evolution, has his own specific environment - society, which naturally implies a special form of adaptation - social adaptation. The mechanisms and methods of constructing theories that operate flawlessly applied to biological and psychological adaptation, are powerless against person's ability to energetic and creative activity of transformation. This fact is the main conceptual premise uniting the diversity of social adaptation studies. One could even argue that this thesis is fundamental in the most studies, detailed descriptions of which are nothing but their connotative appendage in various semantic, conceptual, philosophical and other aspects.

Special appeal to scientific sources and their qualitative analysis show that the whole array of relevant literature can be divided into three blocks. The basis for the separation is not the specifics of a particular sector approach, and three groups of problems of social adaptation include: 1) the study of its essence and nature [7], 2) the study of specific strategies as the process of social adaptation, and its criteria as a result of a specific activity [1; 14], 3) the search in general and the specific processes of social adaptation and socialization of the individual [4].

It should be noted that an appeal to questions of social adaptation from deep scientific positions (although, even in Plato's and Aristotle's teachings there can be found echoes of the problem) began to be developed since the mid-twentieth century, being not confined to areas outlined above. Undoubtedly, this is due to the scientists' interest in the field of human activity, human capabilities, in its study as a subject of public relations. Being, therefore, firmly established in scientific understanding of biological adaptation as the

process of adaptation of organisms to changing environmental factors, it was inadequate and required additions related to the social characteristics of a person.

There are other reasons for the subdivision of scientific papers related to social adaptation, based on the allocation approaches, representing, in fact, a set of methodological principles of its study: into systematic, informational, cultural, activity, as well as private conceptual research areas: behavioral, psychoanalytic, humanistic and etc. [3; 6, 13]. However, the latter, in our opinion, do not qualify, neither together nor individually, for universal explanatory principles, as characterized by the relative inaccuracy of the methodology and the lack of logical consistency of the theory of adaptation, "taken out" of these concepts. It is based on intuitive contextual guesswork. The authors of this study failed to find any convincing and informative evidence of scientific interest of these areas representatives to the phenomenon of adaptation as it is. Nevertheless, even now some ideas represent a special value in the context of instrumental and technological development, application management mechanisms of social adaptation. Controversial enough seems the first classification, because, in fact, cultural, systemic and informational approaches are aspects of human activity, and therefore represent substructures of activity approach, whereas in scientific literature they are presented as independent directions.

An attempt to synchronize and streamline many research areas of social adaptation led the authors of this work to the conviction that they are all somehow leaning toward one of the two trends. The first involves the study of static and theoretical aspects of adaptation, the second one - its dynamic (applied) aspects. At the

same time, being considered in its "static" aspect, the category of "social integration" is not the basic, but the only one in the context of any changes which are interpreted, as commensurate with the ambitious objective transformations and changes with specialized conditions of life and labor rights. Accordingly, it appears that in the framework of this direction social adaptation is considered as a continuous process of formation and restoration of balance in the "man - society" system. In this sense, the methodological "frame" of philosophical analysis of social adaptation acts as a postulate "adaptation" in response to the impact of the social environment, i.e. reduction of the dynamics of human activity to the maximum process of "convergence" of man with society. As an example present research related to the study of the initial stage mainly "entry" in a particular social environment can be provided [4]. In this case we are talking about the stage of personality adaptation to the basic standards, requirements, different modes of activity, to its new conditions. The most developed and popular enough in this regard are professional studies of human adaptation (D. N. Zavalishina, L.F. Vyaznikova, O.N. Chernyshev, etc.) papers about school and student adaptation, as well as some actual philosophical papers related to research in the process of socialization (S.L.Frank, K.H. Momdzhian, G. Graham, V. S. Barulin etc.).

It should be made clear that this provision is not contrary to the above stated position that the proper social adaptation in the philosophical aspect is associated with creatively transforming activity of the individual. It means that the initial phase of "entry" in any social environment is just an act of "adaptation", assimilation and appropriation of existing social experience. This first step of entering into human society, which is the beginning of its emergency as a subject of public relations, a full member of society, is the foundation on which to set up and which is fused in the process of human development of his personality. Of course, the fact that these aspects, reflecting the initial forms of individual and social symbiosis, cannot remain outside the interests of social philosophy, but in the context of social adaptation, they are keys in the study of its ontological essence.

The second trend in the study of social adaptation is related to its dynamic aspect, which causes so broad interpretation of this process, which can distort, and even, on the contrary, can deny its original definition. At this process characteristics of the "tools", "rebalancing", "homeostasis", "reactivity" of the various changes, in response to the impact of social media cease to be crucial for social adaptation. Those modes transforming activity are: creativity, praxis, the progressive development of human being and his determination. This is clearly contrary to the intent to

remain in a single adaptation paradigms and forces its adherents, in fact, dealing with heterogeneity "counter" human activity, in every possible way to adjust the base and substantially expand the category of "social integration" [8; 9].

One should allocate a special category of social adaptation studies, which constitute some of the theoretical constructs, devoted to the study of its unconscious aspect. But such developments even in the complex can hardly be called conceptual; rather, they resemble the fragmented private research results - byproducts of the principal scientists' goals (Z. Freud, A. Freud, H. Hartmann). We are talking about the unconscious mediated various forms of human activity in the direction of his fight with psychopathological states, neuroses, frustration (here adaptation merges with the main psychological defense reactions) on birth, rooted in the biological structures, attempts of "Ego" to find a balance between irrational human needs and social regulators of its activity; on defining areas of activity that have the greatest chance of adaptive social environment [10; 13] etc.

In domestic philosophical thought significant contribution to the study of social adaptation processes is made by V.Y. Vereshchagin, G.I. Tsaregorodtseva, V.V. Nikonov, M.V. Romm, etc. The results of scientists' research were represented in understanding embodied social adaptation as a process of active adaptation of an individual or group to the changing environment through a variety of social media [8]. Criterion for successful social adaptation is considered to be the result of a balanced relationship between human needs and the requirements of the social environment.

The logical consequence of this definition is the reference to the category of activity and the activity approach, which in this case may rightfully serve as a methodological principle of its study. It can be considered that such a position should be the basic foundation for building any scientific theories and concepts that address the process of implementing the social adaptation process as a special form of human activity.

Of course, being a universal category, claiming to explain natural and social foundations of human development and humanity as a whole category of activity needs to be clarified with regard to social adaptation problems. In this regard, it is important to highlight a few points. The first concerns the nature of social adaptation process having active character. Social adaptation is always a kind of a person's attitude and social environment, their interaction and mutual influence due to determination of at least two important factors: the special features of interacting agents and the influence of the external environment. In this context, it is logical to assume that a similar adaptive

interaction can be described in two organizational levels: internal - between a man and particular social environment and external, appearing as the relationship between a man, society and natural environment. The latter is the actual scientific interest in terms of the environmental dimension of the interaction between humanity and nature predetermining, in its turn, the ecological point of social adaptation.

Secondly, the nature of activity of social adaptation needs to be clarified in terms of the integrated study of the various manifestations of existential human characteristics in a particular activity. It becomes paramount to study the dynamic characteristics of social adaptation as a whole and its individual components, components and determinants that characterize the uniqueness of the phase of adaptation, its stages and phases.

Thirdly, it is necessary to pay attention to the specifics of a person in terms of its internal relations to reality and to oneself at every moment. Moreover, it can be argued that person's attitude is the central, system of wide characterization of the component composition of social adaptation. In this process, it is the level of consciousness and self-consciousness of the individual as the degree of development of the processes of self-regulation, self-monitoring and self-assessment, i.e. the establishment of equilibrium between the external influences, the internal state and the various forms of human behavior.

These three positions are, in our opinion, integrity, covering all levels of the organization of social adaptive process and a qualitative aspect of social adaptation.

Consideration of the problem that interests us in such perspective leads to the thought of two possible ways of methodological analysis of the essence of social adaptation in the context of the activity approach: microanalysis and macro analysis. In the first case, the object of study is a large-scale social and adaptation activities of society, which involves the consideration of the social process as a global real preinstalled nature evolutionary mechanism consisting of people and society in general. However, the use of this method as scientific methodological practices for understanding the social adaptation has a significant drawback. It is connected with the fact that considering social activities, such as special adapting activity aimed at meeting the growing needs of people; there is the actual identification of social adaptation to development and evolution.

Even contextual refinement of positioning and clear social adaptation as a mechanism of socialization, development, and evolution does not clarify possibility to decide the question of its essence. You can find the way out if you go along the way of dialectical opposition of social adaptation and social disadaptation

concepts. Considering these concepts as correlative (for example, the same as the concepts of good and evil), and defining one by the other, it is possible to build a system of social adaptation theory from the perspective of the society evolution. In this form society and livelihood strategy caused its evolutionary development, consistent with the laws of development of the natural environment, and can serve as a criterion of social adaptation, which is not commensurate and respectively social maladjustment. On the other hand, one can argue selecting a different criterion in the same aspect. In the course of social evolution in the activities and social labor, in fact, objectively carried out selective "division" of people having "necessary" features for the full functioning in this society (socio - adapted) and people who do not have those (socially maladjusted) take place.

In other words, social adaptation can be explored from the perspective of the described approaches, at least on two levels of generality, from the most general description of the evolution of humanity in the context of its relationship with the natural environment (macro analysis), to description of certain forms of interaction strategies and specific subjects with a given society in general (microanalysis). Methodological boundary of such analysis in any case would be a dichotomy of "social adaptation - social exclusion", and complex dialectical relationship within it as certain forms and strategies of the society, on the one hand, and activity - specific acts of a person on the other hand; various types of determinations and relationships and society, and a particular person with the natural environment, on the third one.

The principle of system determination plays a crucial role in the process of social adaptation development, determining its specificity at each stage of life and defining its specific criteria. These criteria are relative, but share at least two common grounds, which can be designated as ecological and anthropological. Features of specific historical period of time cause the specification of these criteria, but in any case, from the perspective of the described approaches, they will claim priority of social adaptation over social maladjustment in terms of regulatory evaluation categories of public consciousness. In an extremely generalized form, on the one hand, they will be denoted, respectively, due and "positive" forms of life, the process of effective interaction and relationship with society and nature; on the other hand, negative, ineffective, in reprehensible actions and motives of people in the phenomena of social reality.

The second aspect of social adaptation, in the context of the activity approach, may be disclosed in terms of the study of dynamic characteristics of social adaptation as a whole and its individual components and determinants that characterize the uniqueness of

the phase of adaptation, its stages and phases. This aspect relates methodologically to adaptation to the system approach (being one of the aspects of the activity approach), which reveals the complex dialectical relationship between personal education, on the one hand, and the efficiency of activity of the individual, on the other. It is also an important principle of the system determination, which allows to consider the various components of social adaptation as a determinant of adaptation process development as a whole and at the same time to perform coordinating role at different stages of adaptation, ensuring the implementation of important subject for the purposes of activities that ensures the stability and continuity of the adaptation process.

System analysis allows us to see several reasons for the separation of structural components of adaptation. The most common of them can be defined as evolutionary - ontogenetic, from a position which is possible to consider the biological - physiological, psychological and social adaptation levels as stages determined by the personal development of the individual and his emergency as a subject of activity. Then social adaptation will be the apotheosis, the highest level, which an individual can achieve in the process of resolving its various contradictions in life. In this respect, it appears as a specifically human form of resolving the contradictions that arise in relations system "personality - social environment". In this prospective and fundamental vector of investigation, features of social adaptation structure, in our opinion, will be the study of various strategies of individual behavior in a "difficult" situation.

In the most general form these strategies can be represented in the plane of the progressive development of the individual. At the initial stage, with the predominant biologically adaptive behavior, it will represent passive coping strategies. The main ones are: avoidance, avoiding the problem or its solution parasitic way from the resources of others, i.e. those behaviors that are accepted in the animal world. Such strategic and tactical forms are characteristic not only for children who are in the initial stage of socialization, but rather adult members *Homo sapiens*. However, it is assumed that with the development of the individual, it expands the "catalog" of its operations by continuously multiplying and expanding ties with outside world and social environment. Specificity of these relations determines human personality traits, needs, goals, motives, emotional and volitional, character logical traits. Psychological adaptation aims to achieve internal homeostasis due to meeting the individual needs of their personality in the social environment. In this case, the smaller the "price" of activity, the more adaptive personality is. Therefore, the social structure of the adaptive process will identify these determinants,

reflecting the ratio of specific activities and productivity "psychological costs" of a person. Form of adaptive behavior (coping behavior) will be determined and will depend on the nature of surgery, different combinations of these psychological structures: cognitive, emotional, and behavioral itself.

Finally, social adaptation, the highest form of human relations and social environment in which the individual permits contradictions, choosing active strategies that result in one's personal development, self-actualization and self-realization in the social environment. Dialectics of human life means that he seems reasonable, conscious, active, active being not just assimilates social experience, but learn it individually, different from others, in accordance with their needs, with the features of his personality. Every person throughout his life encounters, in its way, with only a number of problems that person solves, respectively, in his own way, using his individual adaptation resources. If human motives aimed at active overcoming difficulties to find different ways out of the problematic situation for him, the result will increase "new experience" to already existing. This is the basis of self-actualization, self-development, self-improvement of man and mankind in general. In our opinion, the meaning of social adaptation is concluded in this statement, its usefulness and value to the individual and society as a whole, in the fact that the resulting effect of this process was the acquisition by a person of such qualities and characteristics that would help him to become a full-fledged member of the society to which he belongs, to find his place in it. [9]

More specific reasons can be identified for studying structural components of adaptation. However, this line of scientific papers, in fact, is connected with biologists and psychologists who developed methodological research directions, changing only the model and methodology. For example, many researchers agree in the opinion that lies at the heart of adaptation motivational determinants of trust and sense of values and personality characteristics. They define the differences in the strategies and tactics of social adaptation, reflecting its qualitative aspect. [11] Other studies show the structure of professional values in terms of their implementation in the professional activities of adaptive and non-adaptive methods [2, 12]. The third, consider certain human traits and level of morality and those stemming from the essential properties of predictable behavior in difficult situations. [14]. Such a tendency of many scientists to rubrification has a positive effect in the form of deep study of a particular question, aspects of adaptation, but often because of excessive theorizing they lose the idea and break the integrity of the teachings of this phenomenon.

This conclusion causes another methodological

point of research of social adaptation in the context of the activity approach, which manifests itself in the specificity of human activity in terms of its internal relations to reality, to the social environment, to him at every moment. In this regard, application of the subject- active approach seems promising enough and relevant, and within it is laid personal - dynamic aspect, very productively used in the psychological sciences. This approach aims researchers on deep investigation of laws of life in the main form the subject of its activity, the critical areas of socialization: communication, self-awareness, behavior. Based on this study, social adaptation investigations cannot do without the principle of inclusion of personality, which in this context would be regarded by us as a leading system - determinant in the triad "society - activity - personality."

Thus, being the entire object of social-philosophical study, social adaptation may appear to have different faces, but all of them are caused by its active nature. In this respect the diversity of methodological studies of social adaptation can be classified into two groups, the first of which deals with the study of its static-theoretical aspect, the second one with the dynamic aspect. Any study of social adaptation should proceed from the premise that this process is a dynamic multi - phase activity "deployment" of personality, a special type of sequential subject - object transformations within individually "outlined" range of variability defined as personal characteristics and requirements of a particular social environment. The purpose of these changes is to provide acceptable (adaptive) for the individual and the social environment specific mode of behavior in specific situations.

Methodological research program of social adaptation is presented by three main points:

1. Social adaptation - it's always a kind of a person's relationship with social environment, their interaction and mutual influence, deterministic features themselves interacting parties, as well as features of the environment.

2. Analysis of social adaptation involves the movement in the direction of systematic study of its dynamic characteristics due to mental peculiarities of the subject of adaptation, as well as individual components, components and determinants that characterize the uniqueness of the phase of adaptation, its stages and phases.

3. Social adaptation is mediated by the process of developing personality; by the level of consciousness, self - consciousness of the individual development; by

the degree of processes of self - regulation, self-control and self - esteem development, as a result of which is the establishment of equilibrium between external influences and internal state, and various forms of human behavior.

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