

В журнал Life science Psychology of Well-Being - Activity Nature Of Social Adaptation Of PersonalityA. A. Mashanov¹, M. V. Rostovtseva², I.A. Kovalevitch³, O.V. Shaydurova⁴¹Psy.D, Associate Professor Siberian Federal University²Psy.D, Associate Professor Siberian Federal University³Psy.D, Associate Professor Siberian Federal University⁴Senior Lecturer, Siberian Federal University

Abstract: The authors of this article reasonably prove that the activity approach is the perspective and methodologically significant social and philosophical approach in the research of the social adaptation. This approach allows analyzing social adaptation at macro and micro levels and synthesizes the search of common foundations of social adaptation's process. The structure of the social adaptation's process is justified by the authors of this article. This structure includes the following aspects: the problematic social situation actualizing adaptation process, adaptation resources (available, sufficient and necessary) for its solution and social relations which arise in the process of resolving contradictions by the personality and take the form of adaptation strategies. And the fourth aspect is the result of adaptation which is expressed in the social adaptiveness or exclusion of the individual. It should be emphasized that in a context of activity approach, the features of social adaptation process can be opened from the point of view of researches of dynamic characteristics as all process as a whole, and its individual components and the determinants, characterizing the originality of the phases of adaptation, its stages and phases.

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How to explain the wide popularity of the research of social adaptation in our time? Certainly, it is explained by the dynamism of our life. The world is changing so fast, that even with the "universal" approach to the study of personality, that is a social-philosophical, that structure of personality, those forms of behaviour that were adaptable five-ten years ago, today they can be disadaptive and disruptive factor. If, in the recent past, the individual, after graduating from the University, and after gaining of work experience, could live quietly on earned money, but today the personal rigidity and unwillingness to use the latest achievements in science can quickly turn authoritative personality into a relic. That's why, the task of social philosophy is not only to define the problem and the main direction of its solution but to indicate how to solve it.

The actuality of considered issue is caused by the need to understand the problems of formation and development of human qualities which are necessary for the adequate choice of new philosophical principles and the ways to achieve the purposes of the activity in today's unstable social situations.

Constant innovations and inability of members of the society for effective development characterize such type of development of our society in which the problem of social adaptation finds maximum expression. And thanks to the decision of new methodological challenges connected with its social – philosophical understanding, it is possible to find out

the prospects and trajectories of influence on this process and increase adaptive ability of the Russian society as a whole and of each person, in particular. The most perspective and methodologically meaningful approach of social adaptation's research in social philosophy is an activity approach.

It's worth of noting that the category of activity and its related aspects are well studied in the scientific literature. Such founders of philosophy as I. Fichte, F.Schelling and G.Hegel, K.Marx, F.Engels developed a scientific category that can express the essence of the human being and his social nature through the role of labour in the social and individual life and through the products of own work. Activity in philosophy, a specifically-human way of the relation to the world-«subject activity» (K.Marx); is the process in which a person reproduces and creatively transforms nature, thereby making an active subject. In this case a person does not simply interact with nature, but he includes the nature in the composition of his material and spiritual culture. It allows to speak about adaptive-adapting form of human relationship to reality. It is based on his ability to adapt to the environment as well, and adapt it to yourself, convert, modify it through creating the conditions and means missing or presented little in this environment. [2].

In the broad sense, the term «activity» means the process of creating conditions of existence by subject and development, the transformation of the

surrounding world and himself in accordance with their needs and goals.

As we talk about social adaptation, it is logically to focus on social activity which is in the basis of social adaptation.

Social activity is a dynamic system of active interaction of the personality (social group) with the surrounding world in the process of which the change and transformation of natural and social world is carried out [4]. The activity of personality, its creative qualities, motivation, actions are in social activity.

Thus, understanding the dialectic of human activity in relation to the surrounding reality is achieved. Activity is deeply dialectical in its nature, not only from the point of view of its realization as the process but its results. The most paradoxical of contradictions, in our view, is shown in the analysis of cause and effect relations, penetrating both individual acts and large-scale public work.

Russian scientists K. Tsiolkovsky, N. Fedorov, and others talked about the problem of social adaptation in a global scale, namely, about the need to find a point of equilibrium in the system called «society-nature». This problem, in our view, is determined by the objective development of our society and the solution of this problem is possible only in that case, if a man will be able to limit his needs. Unfortunately, the direction of development of the person as being reasonable is directed towards needs of comfort. To explain this to modern Russian people in a state of permanent unconsciousness and permanent readiness to "revolt" is almost an impossible task. The decision is complicated by the fact that human values, despite some timid attempts to instill the modern generation, are finally forgotten.

If we are not able to show mercy, tolerance, reticence, responsibility and love to people, what we can say about the relation to the environment, surrounding us, and for many people it remains an abstraction. The authors of this article consider that a man must aware and understand the natural foundations of social being, in accordance with them he builds his way of life, developing his natural personality, abilities, inclinations.

Thus, the macro-analysis of social adaptation of people gives the possibility to search the beginning the process of social adaptation, however, it is necessary to take into account the nuances of its manifestation in different spheres of social reality and in the process of adaptation of personality, in particular. This aspect in the context of the activity approach can be disclosed from the point of view of the study dynamic characteristics as the whole process of social adaptation in the whole and its separate components and determinants characterizing the originality of the phases of adaptation, its stages and phases. In this

regard, the systematic-structural analysis in the context of the activity approach must play a decisive role. It allows allocating, arising from the nature of the personality the following characteristics of adaptation: level, subjectivity and objectivity and degree of generalization (general, special, individual). On the basis of their relationship and interdetermination three categories of social adaptation process are distinguished.

These substructures will be the basis and universal «skeleton» of social adaptation.

The first substructure is hierarchical. It coincides with the level of organization and development of the subject and it is formed, in our view, by the following aspects: physiological, social-psychological and social.

The second substructure is governing or coordinating one, where regulating of the characteristics and processes of adapting individual on the basis of subjectivity and objectivity. Two moments are important here. The first one relates to the identification and definition of objective characteristics and factors of the adaptation process, and also subjective experiences of the individual on the level of consciousness and the unconscious. This provision does not require substantiation because the principle of the unity of the "external" and "internal", the subjective and objective was adopted in science long ago. (S.I. Rubinstein).

The second moment is bound up with the searching that point of balance when subjectivity and objectivity are harmoniously combined, without contradicting each other and determine each other. Here we are talking about the estimation of individual variability of adaptive reactions and their correlation with certain norms and the objective laws of social development and the environment.

The third substructure consists of three groups of characteristics: general, special, individual. Of course, the identification of common ontological characteristics or attributes has paramount importance for the study of social adaptation in social-philosophical aspect. Social philosophy, in our view, finds out some basic points, the foundations that contribute to unity in diversity of the various manifestations of the adaptation process, which are realized in the form of tendencies uniting the richness and diversity of the phenomena of adaptation in the system. This task seems difficult in solving, but it is methodologically solved.

It is necessary to change the focus of attention from the specific characteristics of an adaptable subject (this tendency is a modern adaptation theory) on specific attributes of the process of social adaptation. We consider the following attributes: they are problematic social situation, adaptive resources

(available, sufficient and necessary) to its permission, social relations arising in the process of resolving personal conflicts in the form of adapted strategies, and the result of adaptation which is expressed in social adaptability or disadaptability of the individual. In our opinion, these basic attributes present those structural elements that lead to the unity in diversity of social adaptation process and represent the key points of structural scheme of the system approach to the study of social adaptation [6].

Disclosure of individual, specific patterns can usually be achieved through analysis of specific characteristics of a subject's adaptation.

However, identification of individual characteristics of the person may be just an intermediate stage of analysis. The complete cycle involves the identification the particular and then general. in the individual characteristics.

This conclusion leads to another methodological study of social adaptation in the context of the activity approach. It is reflected in the specifics of human activity in terms of his internal relations to the environment, and the social environment, and to himself at any time. This approach also aims the researchers on deep studying the patterns of subject's life in the main forms of his activity, the most important spheres of socialization: communication, consciousness, behavior. For the researches of social adaptation it is necessary to use the principle of personality's inclusion, which will be considered by us in this context as the leading system-forming determinant in the triad «society-activity-personality». The study of the diverse relations that represent a special form, trajectory of individual in a social environment is a quite difficult challenge.

The most successful attempt to solve it, in our view, is the concept of a Russian scientist Mikhail Romm. He proposed the classification of adaptive strategies based on the separation of main approaches to the study of social adaptation: normative, interpretive and bifocal. The author considers any purposeful activity associated with the satisfaction of subjective and objective human needs, as having an adaptive orientation and, therefore, it is estimated by him as the universal adaptive strategy. This strategy defines the whole system of adaptive-activity relationship of the individual and society. The scientist divided adaptive strategies (strategies related to the activity and human creativity); interpretative (range of diversity determined by the ways of interpreting and understanding social reality by a man depending on the subjective satisfaction (adaptability) or dissatisfaction various parties and, finally, bifocal (complex) adaptation strategies, which represent many of the structural-functional and interpretive processes

that achieve real consistency in the research strategies of social adaptation of identity [5].

Having analyzed and concretised the strategies of the selected approaches, the author made a conclusion that these strategies were informatics - logical algorithm copied or constructed by the personality. It seems to us, this position is enough idealized by the author. Social adaptation as complex phenomenon and similar methodological progress is required to understand and describe its ontological entity. All logical conclusions by M. Romm seem to come from an axiomatic postulates that any adaptive oriented personality is always ideal model of that result to which the person seeks, and ideal ways and means to adapt that are subjectively interpreted by a person. According to the Romm's conception, an adaptive process is not a linear motion and a continuous cycle in which these personal senses can be constantly changed. Thus, a social situation (problem) can be replaced with another problem because there is some probability when a subject will force to adapt oneself to these own internal changes and their consequences. So, inside a general adaptive cycle, there will be a great number of others - intermediate, not directly connected with a primordial problematic situation.

It's worth of noting that that successful social adaptation of a man, and more precisely, its result - social adaptation is determined by the change of structure of intercommunications between them. These intercommunications determine the general orientation of behaviour (strategies of adaptation) of individual in one or another problematic situation. For this reason, speaking about social adaptation in any sense, we always speak a man being in a state of activity. From this point of view, the process of social adaptation is a dynamically active multiphase development of personality. It is a special type of consistent personal transformations within individual range of variability, defined both the individual features and requirements of a specific social environment. The main purpose of these transformations, first of all, is to provide enough reliable, acceptable ways of the behavior for the individual in specific life situations, which makes structure of the personality an adaptive one in this social environment.

In our opinion it is necessary to pay much attention to the problem of the dialectical relation of the subject-object activity in the personality's formation.

It is not enough to identify and fix some qualitative changes and formations in the structure of the personality and it is necessary to disclose the dynamics of these formations. This problem can be

solved in our view, using dynamic direction of subject-activity approach.

L. I. Antsyferova described the essence of this direction saying that it is focused on the study of the regularities of the constant movement of the individual in the space of their qualities. This direction is enough perspective because it defines social adaptation as a process of active overcoming and resolving the various social contradictions by a man: metasystem and internal system. These contradictions do not exist in isolation from one another [6].

The development of «subjectivity» in our view is a finding the way of realization of requirement in activity, in communication, in self-expression by a man. [7].

The essence of social adaptation, in our view, is that, this process, caused by «external» and «internal» factors begins to act as a «buffer» mechanism which prevents transformation of a man into a slave of his own needs, and his immediate interests. Social adaptation defines such option of life, in which a man finds the relation between degree of adaptation to the society and the degree of their autonomy, as the ability to withstand public pressure.[8].

Thus, the methodological «frame» of the philosophical definition of social adaptation is a special model of human development as the subject of a labour, based on the specifications of each phase of this development through the definition of the main strategies of life that will identify qualitative changes of any personal formations which are the basis of such activity.

Moreover, considering the problem of social adaptation in the scale of life strategy, we can define two main formations: at first, a set of subjectively important human relations (to society, subjects and himself). Secondly, is a way of organization of his own life? These tendencies determine the appearance dimensions of adaptation in terms of the activity approach.

The first tendency presents the continuous complexity in the description of the various models of adaptive behavior beginning from the simplest scheme «stimulus-reaction» and ending with the actual modern developments of concepts of social behaviour. This tradition was started by behaviorists, in the focus of which was a wide range of behavioral acts and intercorrelated configurations of factors. On the other hand, activity nature of social adaptation implies a direct connection with features of the subject and its relations with the surrounding social environment, implying cognitive- estimated and emotional formations. The mental structures of personality as a reflection of the evolving relations and connections with significant forms of social being, play the leading role in the effectiveness of the adapted process. Today

the second tendency dominates because it closely connects social adaptation with the problem of individual human development.

To sum it up, we try to define the main positions of this research. A complex and multi-component structure of social adaptation requires the use of a systematic approach to study it. The essential characteristics of social adaptation from the position of system-structural analysis are: the levels (urovnevost), subjectivity-objectivity and degree of generalization. They define three categories of social adaptation process: the hierarchical (it corresponds to the level of organization and development of the subject), the second one is coordination (it estimates the individual variability of adaptive reactions and correlates them with the objective laws of social development and nature environment). The third category is generalizing (it allows to select a general, special and single in the structure of adaptation process). The common systematic attributes of social adaptation's process are: the problematic social situation actualizing the process of adaptation, adaptive resources (available, sufficient and necessary) and social relations arising in the process of resolving personality conflicts in the form of adapted strategies, and the result of adaptation expressing through social adaptability or disadaptability of the individual.

The main methodological points of social adaptation's research are conceptually reflected in the following pattern: activity approach - subject-activity approach, personal- dynamic aspect of the subject-activity approach-the principle of personality's inclusion. The principle of inclusion is the leading determinant in the study of social adaptation allowing this process to act as a factor, self-organization and self-expression of the personality in the process of active overcoming and resolving various social contradictions by a man. Activity nature of social adaptation can be disclosed from the point of view of studying two tendencies. The first tendency describes the different models of adaptive behavior; the second tendency is related to the study of mental structures of personality (cognitive evaluative, emotional, actually behavioural) and its relations with the surrounding social environment.

Social adaptation carries out the functions of organization and development of the person as a subject of social relations and a subject of activity, allowing a person to become a full member of the society to which he belongs. Dynamically-active multiphase «expansion» of personality is the base of this process.

This expansion of personality is a special type of coherent subject-object transformations within individually «outlined» range of variability, given

how personal features and the requirements of a specific social environment.

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