

**THEORETICAL AND METHODOLOGICAL ASPECTS OF THE  
DEVELOPMENT PROBLEMS OF SOCIO-PSYCHOLOGICAL COMPETENCE OF  
THE INDIVIDUAL IN THE PROCESS OF REHABILITATION**

*The paper presents theoretically-methodological aspects of development of personality readaptation issues in today's society. The features of informational influence as a condition and a factor of adaptive processes are disclosed. It is shown that the leading socio-psychological factor of social adaptation of personality is their adaptive potential. The content of the program of social adaptation, aimed at increasing adaptive potential of the socially disadvantaged individuals through special organization of readaptative social environment according to personal characteristics of the readapted is disclosed. It is proved that social readaptation of an individual is effective only when it is done systematically at the level of primary readaptation, the basic level and the level of postadaptation; and when it is built taking into account the indexes of levels of adaptive potential and the principles of equivalence, dynamism, differential forecasting and availability.*

**Key words:** individual, adaptive potential, socio-psychological competence, social adaptation, social readaptation, psychological assistance.

**Topicality of the research problems** of strategies of social adaptation and readaptation of an individual in terms of transformation of the today's environment is caused by numerous obstacles in the process of secondary socialization that occur in case of fundamental change of life situation, particularly in persons who have returned from prisons or who have just lost their addiction to psychotropic substances and those soldiers who have reserved or retired or returned after participating in armed conflicts. If the impact of such changes exceeds the existing adaptive possibilities of an individual and the process of secondary socialization blocks or is unsuccessful, there is a need for readaptation [1; 3; 6]. Search for methods of improvement of an individual's ability to adapt to new circumstances is a relevant area of social readaptation of persons of mature age, as it can significantly prevent and correct negative trends that accompany the process of readaptation.

Lack of effectiveness of measures aimed at social adaptation of disadvantaged persons is explained by both lack of systematic approach, and the fact that these measures do not reveal the real social and psychological reasons for readaptation. The psychological aspect of solving the abovementioned problem relates to its very nature, since it is based on identifying personal characteristics of the readapted who are undergoing the process of secondary socialization. The need for research of the exactly psychological basis of social readaptation lays in the fact that this approach makes it possible to develop a system of social readaptation of people of mature age in accordance with their adaptive potential.

**Analysis of recent researches and publications.** In generally-theoretical aspect the processes of social disadvantage and readaptation in the teen's age are researched the best. The researchers stress the personal approach towards the study of social disadvantage, which orients on regarding it as the result of deviations in personality's development due to the negative impact of various factors. Thus, some authors (V.S. Bitensky, V.Ya. Hindikin, S.V. Dvoryak, B.G. Khersonsky) point to the role of socio-psychological factors in the formation of disadvantage, others - follow the concept of individually-typological factors (A.Ye. Lichko, I.P. Rushchenko). The works by N.Yu. Maximova prove that personal deformation provokes social disadvantage and the process of readaptation of adolescents should be based on indicators of personality's dysfunctions.

It can be noted that the problem of social readaptation of persons in adulthood is not developed enough in theoretically-methodological and practically- implementing aspects. The

research on this issue were almost exclusively related to the medico-psychological aspects – mostly with the features of posttraumatic rehabilitation of participants of military operations (N.V. Dmitrieva, M.V. Drumova, A.A. Lazebna, L.F. Shestopalova, etc.) or medico-social rehabilitation of persons with alcohol or drug addiction (V.Yu. Zavyalov, I.M. Pyatnitska, I.I. Shurygina, etc.), or social aspects of readaptation of disadapted persons, who returned from prisons (T.R. Tatydinova, V.M. Trubnikov, etc.). In addition, the processes of adaptation and readaptation of mature persons were considered in the structure of professionalization of teachers (L.P. Butuzova, G. G. Gorelova, K.Yu. Chymbelenhe, etc.), professional adaptation of security officers (D.O. Kobzin, V.V. Konoplyov, A.P. Moskalenko, V.O. Sobolev). Only recently, scientists have begun investigating the problems of forecasting the psychological consequences of local military conflicts (A.G. Maklakov, V.V. Stasiuk, S.V. Kharchenko, S.V. Chermynin, E.B. Shustov, etc.), socio-psychological readaptation of the disabled participants of military operations (P.P. Ivanov, O.G. Karajani, N.V. Tarabryna), psychologically-pedagogical conditions of adaptation of persons who are in prison (S.V. Baburin, M.G. Shuruhnov, O.M. Yakovlev), peculiarities of socio-psychological readaptation of alcoholics or drug addicts who are at the stage of remission (B.S. Bratus, A.N. Gryaznov, F.S. Mzhelsky, I.A. Novikov, O.P. Tymofeyeva). Thus the process of readaptation is mostly understood as measures related either to radical restructuring of functional systems of an organism as a whole under extraordinary circumstances or to an individual in connection with new life circumstances, which differ from the previous conditions of life and work [2; 5; 7 etc.]. So, this approach of scientists ignores the factor of social readaptation as adaptive potential of an individual, the lack of which can make the measures aimed at optimizing psycho-physiological conditions or socio-psychological component ineffective. One should also note the lack of clear criteria by which it would be possible to assess the level of socio-psychological deformation of a disadapted personality and his/her environment, and, therefore, to develop an effective system of social readaptation. That is why scientific problem of research of psychological principles of social readaptation of the mature individuals is relevant both from social and scientific point of view.

Thus, there is an important theoretically-methodological and practically significant problem, which lays in the need of systematic study of socio-psychological factors of social readaptation of mature persons, namely in determining the components and the structure of adaptive potential, the criteria for its evaluation and development of social readaptation of an individual on this basis.

The object of study is strategies of social adaptation and readaptation of an individual.

The subject of the study is multilevel strategies of social adaptation and readaptation of a personality during the transformation of modern environment.

The purpose of the study and its main task are to define strategies of social adaptation and readaptation of an individual and to develop the system of social readaptation in terms of transformation of today's environment on its basis.

**Presentation of the basic materials.** The concept of the study is in the following: social readaptation of mature people is effective when it is done systematically at the level of primary readaptation, the basic level and the level of postreadaptation. The leading socio-psychological factor of social readaptation is an adaptive potential of an individual, including personal characteristics of the readaptative people and appropriate social environment. Separation of indicators of the level of adaptive potential of mature people is based on the analysis of the impact of functioning of intrapersonal and interpersonal components of adaptive potential on the process of social readaptation. It is necessary to consider the specific adaptive capacity of mature people with various degrees of social adaptation; to find out the diagnostic procedures that determine the level of adaptive potential of mature people. The system of social readaptation of mature people is based on the indexes of adaptive potential and the principles of equivalence, dynamism, differential forecasting and availability.

Basing on the presented concept there have been formulated the basic hypothesis of the study, which lay in the following: firstly, main trends and problems of readaptation of socially

disadapted individuals in adulthood are mediated by a complex interaction of both external (specific social support, features of social integration) and internal components of adaptive potential of an individual (features of value orientations and needs, self-concept, individually-typological and emotionally-volitional characteristics), which are structured in some way; secondly, basing on the determination of the indexes of functioning of the abovementioned components it is possible to determine the levels of adaptive potential of an individual with various degrees of social adaptation; thirdly, the system of social readaptation of mature persons should be built according to the structure and levels of adaptive potential; it includes the creation of conditions contributing to personal growth by attracting a person to the process of readaptation in specially created social environment; fourthly, the content and principles of the system of social readaptation can serve as a basis for rethinking and building of innovative socio-psychological technologies in the field of psychological care and social work with socially-disadapted mature people.

The methodological and theoretical basis for the study was formed by the concept of the development of psyche and personality in the work (L.S. Vygotsky, V.V. Davydov, G.S. Kostiuk, O.M. Leontyev, S.D. Maksymenko, V.O. Romenets, S.L. Rubinstein, etc.); a genetic approach by S.D. Maksimenko towards the analysis of an individual's formation at different age stages of life; concept of self-identity of an individual by G.S. Kostiuk; concept of an individual's formation in ontogenesis (K.O. Abulkhanova-Slavskaya, G.O. Ball, M.I. Boryshevsky, V.O. Molyako, T.M. Tytarenko, N.V. Chepeleva, etc.); principles of systemic approach in psychology (B.G. Ananiev, V.O. Hansen, B.F. Lomov, V.S. Merlin, V.A. Semychenko, G.P. Shchedrovitsky, L.F. Bertalanffy, etc.); views on development of targeting and transformation of motivational and value sphere of a personality (A.I. Bondarchuk, L.V. Zasyekina, O.P. Sannikova, Yu.M. Shvalb); approaches to study the dynamics of consciousness in social activities (V.I. Bochelyuk, T.V. Govorun, L.M. Karamushka, V.V. Moskalenko, M.I. Piren); the concept of mental and socio-psychological adaptation and disadaptation of a person (G.G. Gorelova, A.N. Kokun, S.O. Larionova, G.V. Lozhkyn, M.V. Makarenko, O.R. Malhazov, A.O. Rean, T.S. Yatsenko); main conditions and principles of giving psychological assistance in situations of social disadaptation (A.F. Bondarenko, L.F. Burlachuk, O.S. Kocharyan, N.Yu. Maximova, V.V. Stasiuk, L.F. Shestopalova).

To solve the given tasks we used a range of methods: *theoretical methods*: theoretical analysis and modeling, applied for synthesis of theoretically-methodological foundations of development of an individual in the process of readaptation and defining the conceptual framework to study the problem of social readaptation of mature people; *empirical methods*: structured interviews, document analysis, method of expert assessments, psychodiagnostic methods used to study the basic indicators of adaptive potential: techniques for diagnostic of self-esteem, locus of control, self-perception; methods for determining accentuations of character, emotional stability, direction and type of reaction in a situation of frustration, aggression; methods for defining contextual dynamic aspects of motivation; methods for determining the characteristics and resources of social support (psychological, instrumental); methods of increasing of adaptive potential of an individual; *methods of mathematical data processing* with their subsequent qualitative interpretation and meaningful generalization.

The sample was introduced by the studied, who had returned from prisons - 183 persons; who had lost addiction to psychotropic substances and are in a state of remission - 207 persons; who are with posttraumatic stress disorder (participants in armed conflicts) - 164 persons; military retired or reserved - 238 people. All the stages had 792 subjects. Age of the studied is from 40 to 52 years.

The selection of the given contingent of the studied is caused by expressed negative dynamics of the process of their social adaptation. The sample was represented by men, because they constitute the vast majority of the people who are imprisoned or have returned from prisons, who are among participants in military actions and military personnel, and persons who are with addiction to psychotropic substances or in remission. Sampling was carried out on the basis of the

following criteria: 1) meaningful criterion - the selection of groups was defined by the object and hypotheses of the research; 2) equivalence criterion of the studied - the results of the study of the sample were distributed to each member; 3) the criterion of representativeness, for providing of which the method of approximate modeling method was used during the formation of the sample, in other words the sample was a population model, namely mature people with varying degrees of social adaptation; and the research results are applied to socially disadvantaged mature people. The general number was seen as a set of groups with the defined characteristics. The studied were selected in the experimental sample so that it equally included people from each stratum: gender, age and level of social adaptation were considered. Representativeness of the sample was provided by the sufficient number of subjects.

**Conclusions.** The results of the study can be stated as the following points:

1. The process of re-inclusion of an individual in social context involves the formation of compensatory social skills. In adulthood, the need for such readaptation process occurs in case of sharp changes in the conditions of life: after returning from prisons, after participating in armed conflicts, reserving or retirement, after getting rid of addiction to psychotropic substances. The impact of these changes often exceeds the available adaptive potential of an individual, which results in various abnormalities in social sphere, occurrence of neuropsychiatric and psychosomatic disorders, deviant behavior. Enhancing of adaptive potential of an individual is the main factor of the process of social readaptation.

2. Rethinking of the concept of adaptive potential of an individual allows to present him as an integral formation that combines intrapersonal components of adaptive potential (socio-psychological and individually-typological features and characteristics) that are actualized by a person to create and implement new programs of behavior under the changed conditions of life, and interpersonal components (peculiarities of social support and social integration).

3. Criteria of reducing of adaptive potential of mature people include such indicators of intrapersonal components: inadequate self-esteem, misbalanced locus of control, increased aggression, frustration tension, emotional instability, preference of ego-protecting type of reactions to a situation of frustration combined with extrapunitive orientation, disintegration between the need to achieve key life values and the possibility to achieve them in reality, advantage of avoiding motivation, availability of accentuations or psychopathy. The indicators of interpersonal components that reduce adaptive potential of an individual are: lack of psychological (emotional, cognitive) and instrumental support, limited social network of support, low level of social integration. Indicators of these criteria allow determining the level of adaptive potential of mature people with varying degrees of social adaptation.

4. On the basis of the given empirical data, defined criteria and levels of adaptive potential in accordance with theoretical model of readaptation of an individual, the system of social readaptation of mature people was built. The results of testing of the given system showed high level of validity of previously developed diagnostic procedures and effectiveness of the applied methods of formative influence concerning increasing of adaptive capacity of a mature individual.

5. The system of social readaptation of mature people includes the primary readaptation, the basic level and postreadaptation.

Primary readaptation involves: monitoring of socially disadvantaged persons of mature age, primary contact and determination of indexes of adaptive potential of the studied aimed at preventive work, forecasting of social readaptation of persons according to the level of their adaptive potential; motivation on the process of social readaptation, reorientation to the new system of relations with society. Basic level provides for implementation of readaptation programs, aimed at increasing adaptive potential of socially disadvantaged mature persons and creating readaptative social environment by applying a mediator approach, sociotherapy, usage of active socio-psychological forms and methods of help. It promotes actualization of the need of personal development because of social support, creation of the net of socially useful links, consolidation of highly functional prosocial behavioral strategies. The level of postreadaptation is

in social support and control of psychophysical condition and social status of a readapted person, under social support (socio-professional adaptation and integration into society), which provides monitoring programs focused on long work with a readapted person and his social environment.

6. Principles of building the system of social readaptation of mature people are the following: the equivalence principle, which lays in the fact that the process of readaptation equally includes an integrated system of social relations in which both the environment and changing individuals themselves are involved in determining their own reconstruction principles on equal terms, and are the main components of social readaptation as a process when external conditions are refracted through internal components of adaptive possibility of an individual. The principle of dynamism considers the system of readaptation as a prolonged gradual process that provides a rational consequence of events of psycho-correctional effects, monitoring of the changes' dynamics of indexes of adaptive potential. The principle of differential forecasting is in determining the substantive and formal aspects of readaptation programs in accordance with the adaptive potential of individuals, the degree of their social adaptation, their social status, profession, emotional intensity and strength of social ties. The essence of principle of perspective is in creation of a positive picture of future for the readapted that will stimulate self-organized reconstruction of an individual to the constant renewal of life context.

7. Main components of effective implementation of the social readaptation system are: usage of psychotechnologies, maximal efficiency of which is specific to intrapersonal and interpersonal components of the adaptive potential of an individual; creation of readaptative social environment that provides integrated impact on the disadapted, and their inner circle, especially family, through the systemic family psychotherapy, intervention of the trained mediators; in case of impossibility of stabilizing of the social status - organization of special conditions with compulsory socially useful work and control of behavior in microcommunity to prevent recidivism, dependence on psychotropic substances.

**Prospects for future research** are to examine the factors and psychological mechanisms that determine dynamics and direction of the process of social readaptation in accordance with the gender aspect. An important area for further research is to study the characteristics of dynamics and ways of social readaptation of persons with disabilities and persons who are under special conditions of life (restriction or deprivation of freedom). One of the promising ways for further research of this issue is developing of theoretical foundations of psychologically grounded national system of social readaptation of an individual and making fundamental changes in the training programs of psychologists, social workers and other professionals that should work with socially disadapted persons.

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**Завацька Н.Є.**

**Теоретико-методологічні аспекти розробки проблематики соціально-психологічної компетентності особистості в процесі її реадптації**

*В статті представлено теоретико-методологічні аспекти розробки проблематики реадптації особистості в умовах сучасного суспільства. Розкрито особливості інформаційного впливу як умови і чинника адаптивних процесів. Показано, що провідним соціально-психологічним чинником соціальної адаптації особистості виступає її адаптаційний потенціал. Розкрито зміст програми соціальної реадптації, спрямованої на підвищення адаптаційного потенціалу соціально дезадаптованих осіб шляхом спеціальної організації реадптаційного соціального середовища відповідно до особистісних особливостей реадптантів. Обґрунтовано, що соціальна реадптація особистості є ефективною тоді, коли вона здійснюється системно на рівні первинної реадптації, базовому рівні та рівні постреадптації і побудована з урахуванням показників рівнів адаптаційного потенціалу та дотриманням принципів еквівалентності, динамічності, диференційованого прогнозування та перспективності.*

**Ключові слова:** особистість, адаптаційний потенціал, соціально-психологічна компетентність, соціальна адаптація, соціальна реадптація, психологічна допомога.

**Завацкая Н.Е.**

**Теоретическо-методологические аспекты разработки проблематики социально-психологической компетентности личности в процессе ее реадптации**

*В статье представлены теоретико-методологические аспекты разработки проблемы реадптации личности в условиях современного общества. Раскрыты*

особенности информационного воздействия как условия и фактора адаптивных процессов. Показано, что ведущим социально-психологическим фактором социальной адаптации личности выступает ее адаптационный потенциал. Раскрыто содержание программы социальной реадaptации, направленной на повышение адаптационного потенциала социально дезадаптированных лиц путем специальной организации реадaptационной социальной среды согласно личностным особенностям реадaptантив. Обосновано, что социальная реинтеграция личности является эффективной тогда, когда она осуществляется системно на уровне первичной реадaptации, базовом уровне и уровне постреадaptации и построена с учетом показателей уровней адаптационного потенциала и соблюдением принципов эквивалентности, динамичности, дифференцированного прогнозирования и перспективности.

**Ключевые слова:** личность, адаптационный потенциал, социально-психологическая компетентность, социальная адаптация, социальная реадaptация, психологическая помощь.

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### **ТИПИ ДОЗВІЛЛЕВОЇ ДІЯЛЬНОСТІ ТА ЇХ ЗВ'ЯЗОК З СОЦІАЛЬНО-ПСИХОЛОГІЧНОЮ КОМПЕТЕНТНІСТЮ СТУДЕНТСЬКОЇ МОЛОДІ: ФАКТОРНИЙ АНАЛІЗ**

*Стаття репрезентує результати дослідження структури дозвіллевої діяльності студентської молоді. Вказуючи на доцільність виокремлення типів дозвіллевої діяльності для соціально-психологічного вивчення зв'язку дозвілля з соціалізованістю особистості, автор розробляє типологію дозвіллевої діяльності студентства та верифікує її методом факторного аналізу. В основу типології дозвіллевої діяльності покладено її три структурні елементи із наголошенням на вирішальному значенні провідного мотиву цієї діяльності. Визнається схематичність запропонованої типології та зазначаються складнощі, якими супроводжується групування видів дозвіллевих занять у типи. Результати факторного аналізу вносять певні корективи в теоретично виокремлені типи дозвіллевої діяльності, але здебільшого підтверджують їх. Джерел – 13.*

**Ключові слова:** дозвіллева діяльність, студентська молодь, тип, мотив, творчість, розваги, відпочинок, соціально-психологічна компетентність, факторний аналіз.

**Постановка проблеми.** Дозвілля традиційно розглядається як простір для соціалізації й самосоціалізації особистості. Зумовлена сучасною соціальною ситуацією специфіка соціалізації молоді характеризується різноспрямованістю соціальних орієнтирів, поглибленням соціокультурних відмінностей між поколіннями, більш конфліктною самосвідомістю тощо. Дозвілля все частіше осмислюється дослідниками як центр зняття цих протиріч, переглядається його соціалізуючий потенціал.

Попри досягнення певного наукового розуміння дозвіллевої соціалізації в термінах аксіології (Ж. Бодрійяр, 1970; Дж. Пайпер, 2009; К. Рожек, 1995; С. Baldwin і L. Caldwell, 2013), ідентичності (Р. Бернс, 1986; Дж. Е. Грузек, 2007; Дж. Р. Келлі, 1983; Р. А. Стеббінз, 1997, 2004; J. Collinson і J. Hickey, 2012), культурного розвитку (Л.С. Виготський, 1922, 1926, 1934; О. М. Леонтьєв, 1983), гендеру (А. МакРоббі, 1991; К. Хендерсон, 2013; S. Hodges і B. Kivel, 2012), віку (П. Я. Гальперін, 1978; І. С. Кон, 1984;