

ADAPTATION POTENTIAL OF PERSONALITY IN PSYCHOLOGY

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Abstract: This article deals with the adaptation potential of personality and approaches to its study.

Key words: Adaptation, personality, potential, psychological phenomenon, adaptation process.

Nowadays in modern psychological science the problem of adaptation is topical. A person throughout life is constantly adapting to dynamically changing environmental conditions. The main criterion for a successful adaptation of a worker is his successful activity in new known unknown conditions.

The analysis of the process of development of adaptation potential of a personality provides an opportunity to discover internal and external factors mediating the formation of adaptation potential of a personality, which in turn determines the main stages of adaptation. Detection of the peculiarity of the development of personal adaptive potential, the study of internal and external factors mediating the positive growth of personal adaptive potential.

Adaptation is a continuous process of adjustment to the circumstances of the physical and social environment, concerning all levels of life activity of the human organism and psyche.

Potential is a significant parameter for measuring personal and professional development of everyone.

The problem of adaptation is one of the most complex global problems of modern psychology, as it is an object of interdisciplinary research, and can be applied to various aspects of adaptation: biological, psychological, social.

From the point of view of psychology, which studies potential as a psychological phenomenon, potential is a process of constant self-development and aspiration to achieve the highest points of personal professional development of a person and the realisation of creative opportunities and abilities.

The totality of abilities and all subjective qualities of an individual that allow him/her to successfully adapt to the surrounding conditions is the adaptation potential. The origins of the concept of personal adaptation potential in psychology go back to the works of A.G. Maklakov, S.T. Posokhova, D.A. Leontiev; the modern concept of adaptation is also based on the works of D.A. Novikov, G. Sellier and others.

It is not the physical body and its functions that are subjected to adaptive changes in order to achieve this state, but the system of social behaviour of a person, which is the peculiarity of social adaptation. Hence, social adaptation can be defined as the process and result of establishing a

relative mutual correspondence between the needs of the individual and the requirements of the social environment.

A.G. Maklakov formulated the following provisions regarding personal adaptation potential:

1. Adaptation is not only a process, but also a property of any living self-regulated system, which consists in the ability to adapt to changing conditions of the external environment. The level of development of this property determines the interval of changes in the conditions and nature of activity, within which adaptation is possible for a particular individual.
2. Adaptation abilities of an individual largely depend on psychological features of the personality, which determine the possibility of adequate regulation of the functional state of the organism in various conditions of life and activity. The more significant the adaptation abilities, the higher the probability of normal functioning of the organism and effective activity at increasing intensity of exposure to psychogenic factors of the environment.
3. the adaptation capabilities of an individual can be assessed by evaluating the level of development of psychological characteristics that are most important for the regulation of mental activity and the adaptation process. And the higher the level of development of these characteristics, the higher the probability of successful adaptation, the greater the range of environmental factors to which an individual can adapt. These psychological features of personality are interrelated and constitute one of the integral characteristics of mental development of personality - personal adaptation potential. Indicators of personal adaptation potential contain information about conformity or nonconformity of psychological characteristics of personality to generally accepted norms.
4. The personal adaptation potential not only contains information about the degree of conformity of the mental state to the generally accepted norms, but also allows differentiating people by the degree of resistance to the influence of psychoemotional stressors, which makes it possible to solve the problems of forecasting the effectiveness of activity in extreme conditions with a certain degree of success.

According to A.G. Maklakov, psychological features of a person constitute his personal adaptation potential, which includes the following characteristics:

1. peculiarities of building contact with others, characterising the level of personality conflict; experience of social communication, revealing the need for communication and the possibility of building contacts with others on the basis of available experience;
2. Nervous-psyche stability, the level of development of which determines tolerance to stress.
3. feeling of social support, which determines the sense of personal significance for others.
4. Self-esteem of the personality, which is the core of self-regulation and determines the degree of adequacy of perception of activity conditions and one's abilities;
5. Moral normativity of the personality, which characterises the degree of orientation to the norms and rules of behaviour existing in society;
6. Orientation to compliance with the requirements of the collective.

A.G. Maklakov et al. developed the method 'Multilevel personality questionnaire' 'Adaptability' to assess the level of development of these characteristics. This questionnaire is a standardised

technique and is recommended for use in solving problems of psychological support of educational and professional activities, psychological selection.

It should be noted that scientific literature often uses similar, but not similar, and narrower in meaning concepts such as resilience, stress resistance, coping, self-control, etc. to describe the category of adaptation.

Conclusion: The well-being of the adaptation process is largely associated with internal factors, certain personal properties, which can be combined under the concept of 'personal adaptation potential', defined as an integral characteristic that includes a persistent set of individual-psychological and personal properties affecting effective adaptation.

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