

его философия есть его жизнь». При анализе его текстов важно не только то, о чем в них идет речь, но и то, *как* он высказывает свои мысли. Позиция мыслителя как участника диалога выносит его за границы текста, в развертывание мысли, философствование как *процесс*. Он понимал философию в большей степени как состояние духа — «когда дух в человеке веселый, мысли спокойные, сердце мирное», чем как систему четко установленных значений. Но этой платоновской традиции в нем не менее, чем рациональной, аристотелевской, и в их синтезе, видимо, секрет «возвращения» творчества Сковороды в философскую культуру Украины.

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Y.I. Madinova,

*Competitor of Philosophy and Bioetic Chair
of Odessa National Medical University*

Odessa, Ukraine

Supervisor: Doctor of Philosophy,

Professor I.V. Ershova-Babenko

RESEARCH OF PSYCHOLOGICAL ADAPTABILITY OF THE PERSON FROM THE SOCIAL AND PSYCHOLOGICAL POINTS OF VIEW

Ю.І. Мадінова, здобувач кафедри філософії та біоетики, Одеський національний медичний університет, м. Одеса, Україна.

Дослідження психологічної адаптивності особистості із соціальної та фізіологічної точок зору.

У статті розглядається питання соціальної та психофізіологічної адаптації особистості. Для найбільш повного дослідження цих феноменів проводиться кількісний аналіз даних за допомогою методів кореляційного і факторного аналізу.

Ю.И. Мадинава, соискатель кафедры философии и биоэтики, Одесский национальный медицинский университет, г. Одесса, Украина

Исследование психологической адаптивности личности с социальной и физиологической точек зрения. В статье рассматривается вопрос социальной и психофизиологической адаптации личности. Для наиболее полного исследования этих феноменов проводится количественный анализ данных с помощью методов корреляционного и факторного анализа.

Today the concept of adaptation is one of fundamental and universal properties of any biosystem [4]. Thus adaptation is considered: 1) as process of the adaptation of a certain object to the changing conditions of the external or internal environment; 2) as result of this process of the adaptation – preservation of stability of object in the changing environmental conditions; 3) as the property of system, i.e. its ability to productive process of the adaptation which received the separate name - "adaptability".

Thus, today the basic concepts and terms of an adaptology aren't differentiated enough and demand specification of terms in relation to the concrete studied situation.

Process of adaptation of the person differs in participation in it the adaptogenic factors of various nature: biological, psychological and social. The biological adaptation of the person to the changing conditions of the environment mediates by psychological, and they in turn – by social factors by the principle of "nested doll" which is formed in a direct order in the beginning: biological → psychological → social, and

then manifested in the operation of system in the "reverse" form. At the level of the person according to nature of his complete activity biological adaptation turns into the social -psycho-biological.

Structural-functional relations of a human body with the nature are supplemented individual structural - functional organization of his personality and structurally functional connections of the person with the social environment.

Psychological adaptive opportunities of the person (his psychological adaptability), due to the middle situation in adaptability of the person as to bio-psycho-socio system, can become both a compensator, and a decompensator between bio - and socio-components. At influence on the person external or internal biological adaptogenic factors, the level of psychological adaptability of his personality either is capable to compensate these influences and not to break social components of adaptation of the person, or not; then the person can give these desadapting influences on higher level of the organization of adaptive system – the level of sociological factors, and sometimes to strengthen them. The same principle of the process of adaptation of the person (it is obligatory through psychological level) is observed at influence of social adaptogens as well.

At research as adaptation, and adaptability of the person, most of authors allocate their three kinds: biological, psychological and social [5; 10; 12]. In the field of the general psychology adaptability is considered as a psychological phenomenon which nature contains in it as physiological, so individual, personal and social characteristics of the person. Still A. A. Ukhtomsky [11] brought up a question of a ratio biological and social in human nature. In his opinion, the person becomes that crossing field where bipolar human nature (soma and mentality) connect in integrity which, being transformed under the influence of social factors, forms trinity of a human nature. So, according to A.S. Batuyev and L. V. Sokolov: "In the human person it is connected the human individual as certain biologically complete "unit" of the human race and the individual as the member of this or that community with steady system of socially important lines" [1, p. 43].

Noting restrictions of structural approach to a problem of psychological adaptation, researchers consider it as common [6], integrally dynamic characteristics of the person as complete most difficult bio-social system [3, 7] and focus attention on representation, in turn, in psychological adaptation of the person of three interconnected and mutually influencing levels [2]. For example, Sandomirsky M. E. characterizes these levels so[8]:

- 1) (psycho) physiological adaptation, or property of an organism to reconstruct physiological functions according to requirements of the environment;
- 2) its own psychological adaptation which violations are connected with intensity as person, and separate psychological processes, with a psychological stress;
- 3) psycho-social adaptation, or adaptation of the person to communication with new collective, the adaptation to a new social situation.

Most frequently the theme of research becomes association of the second and the third level of psychological adaptation, especially social and psychological characteristics of adaptation which are studied from positions of different approaches and paradigms that is realized in a set of practical techniques on their research (the authors of the most known techniques: K. Rogers and R. Daymond; A. G. Maklakov and S. V. Chermnyanin; Holmes and Rage; O. P. Sannikova and O. V. Kuznetsov; O. G. Posypanov; S. V. Dukhnovsky; R. Martin and P. Doris; G. Bell; O. N. Rodina, etc.).

Psychological characteristics of adaptation are subdivided on dynamic (the adaptations characterizing process), static (the adaptations characterizing result) and subjective (the characterizing adaptive potentialities of the subject). "adaptability of the person" relates to the last one.

Investigating history of formation of the concept "adaptability of the personality" in the context of the general, social and pedagogical psychology, and also psychology of the personality, development and work, Sannikova O. P. and Kuznetsova O. V. note insufficiency of study of adaptability as difficult integrated property of the personality, psychological phenomenon [9]. Authors specify correlation of the concepts "adaptability of the personality" and "adaptability of the person": "adaptability of the personality is the adaptability of the person functioning in the conditions of his inclusion on social life" [9, page 14]. Thus emphasize that adaptability of the personality includes as the processes peculiar to natural self-regulating systems, and process of conscious regulation of mental life [9, p. 16].

Giving definition to adaptability of the personality, "as properties of the personality, as her abilities to internal (psychological) and external (behavioural) transformations, reorganizations, the aim of which to keep relationship of the personality with the micro and macro social environment, as ability to restoration of this relationship at fluctuations and changes of characteristics of the social environment" [9, page 231], authors consider influence on this property of the identity of her psycho-physiological base through an

emotionality prism. Also they don't consider synergetic effect of integrity of all levels of the personality, an individual contribution to other characteristics of the identity of her formal and dynamic level (continual and hierarchical model of the identity of the professional of Sannikova O. P.).

For the purpose of the fullest research of a psychological phenomenon of adaptability of the personality we conducted dissertation research, one of the tasks is studying of interference of psychosocial and psycho-physiological characteristics of adaptability of the personality.

The considered characteristics are revealed by means of the following techniques:

1) A projective technique "10x10" (prof. I. V. Ershova-Babenko) which allows to investigate a complex of indicators of an inner world of the personality;

2) A test questionnaire of social adaptability (A.P. Sannikova, O. V. Kuznetsova) that allows to allocate and describe a complex of formal and dynamic and qualitative characteristics of adaptability of the personality;

3) A test questionnaire of psycho-physiological disadaptation (A.N. Rodina) intended for diagnostics of level and sources of psycho-physiological disadaptation;

4) Tomsk test questionnaire of a rigidity (V. Zalevsky) which allows to define a mental rigidity as complex of correction of separate elements or behavior program in general;

5) A test questionnaire of "The characteristic of emotionality" (E. P. Ilyin) which is intended for an assessment of expressiveness of various characteristics of emotions: emotional excitability, intensity, stability, influence on efficiency of activity;

6) A test questionnaire the Mini-mult (the reduced MMPI option) which measures diversified properties of the personality.

Empirical research is conducted on the base of Odessa State Medical University in three stages: 1) the preparatory; 2) the diagnostic; 3) the analytical and interpretative. 390 respondents took part in the research: the students of the 1st course in 2012–2013: at medical faculty – 98 persons, at stomatologic faculty – 87 persons; the students in 2013–2014: on the 1st course of stomatologic faculty – 96 persons, on the 3rd course – 41 persons, on the 2nd course of medical faculty – 31 persons, on the 2nd course of pharmaceutical faculty – 31 person.

We made the quantitative analysis of the data revealed during research by means of methods of the correlation and factorial analysis. The correlation analysis allowed to reveal communications of high level of the statistical importance ($\rho \leq 0,01$) between the majority of the studied indicators of adaptability of the personality that characterizes it as difficult integrated property of the personality.

Between individual and psychological characteristics of the personality and indicators of her adaptability correlation communications of high level of the statistical importance ($\rho \leq 0,01$) almost with all indicators are also revealed. The following characteristics of adaptability have the smallest level of communication with individual and psychological characteristics of the personality: "Width of coverage of social signals" (WCCS) and "Orientation accuracy in social expectations" (OASE) – no more than 50% of indicators and "Deterioration of health: decrease in the general activity" (DH) and "Decrease in motivation to activity" (DMA) – less than 60% of interrelations. Integrated characteristics have the highest level of interrelation of 90% with individual and psychological characteristics of the personality: the social – "An indicator of the general adaptability" (IGA) and psycho-physiological – "The general disadaptation" (GD).

According to the results of the quantitative analysis we revealed the five-factorial model characterizing interrelation of specific adaptation features of the personality with indicators of rigidity, emotionality and neurotic characteristics of the personality.

I. The first factor "The general disadaptation" (968) - on a positive pole of the factor "deterioration of health: emotional shifts" (801), "somatic vegetative violations" (774), "deterioration of health: feelings of fatigue" (727), "features of social interaction" (723), "violations of the cycle "sleep — wake"" (625), "deterioration of health: features of separate mental processes" (619), "paranoyalty" (609), "depression" (574), "decrease in motivation to activity" (521), "hysteria" (490), "deterioration of health: decrease in the general activity" (486), "duration of emotions" (394), "schizoid" (360), "hypochondria" (358), "hypotonia" (319), "psychopathy" (315), "psychasthenia" (307), "negative influence of emotions on efficiency of activity and communication" (396), "intensity of emotions" (286), "rigidity scale as states" (272), "scale of a sensitive rigidity" (269) and "subscale of an actual rigidity" (219). On a negative pole – "an indicator of the general satisfaction" (-560), "an indicator of the general adaptability" (-441), "easiness of understanding of social signals" (-426), "readiness for performance of the actions directed on achievement of the purpose" (-385), "stability of emotional experiences" (-374), "readiness for performance of the constructive actions directed on overcoming of failures" (-341).

This factor shows that general disadaptation is characterized by deterioration of health, a mental condition of the personality, increase of manifestation of a rigidity, thus the general satisfaction decreases.

II. The second factor "Schizoid" (888) - on a positive pole of the factor "psychasthenia" (813), "hysteria" (792), "psychopathy" (790), "hypochondria" (739), "paranoyalty" (672), "depression" (643), "hypotonia" (478), "the general disadaptation" (461), "deterioration of health: feelings of fatigue" (388), "somatic vegetative violations" (373), "features of social interaction" (345), "deterioration of health: emotional shifts" (341), "deterioration of health: features of separate mental processes" (334), "decrease in motivation to activity" (312), "violations of the cycle "sleep — wake"" (304), "negative influence of emotions on efficiency of activity and communication" (272), "duration of emotions" (233), "emotional excitability" (233), "a scale of a sensitive rigidity" (217) and "a rigidity scale as states" (208). On a negative pole – "an indicator of the general satisfaction" (-426), "an indicator of the general adaptability" (-345), "easiness of understanding of social signals" (-321), "readiness for performance of the actions directed on achievement of the purpose" (-316) "readiness for performance of the constructive actions directed on overcoming of failures" (-299) and "stability of emotional experiences" (-232).

This factor testifies to interrelation of manifestations of a schizoid and other psychopathy, deteriorations of health, the general satisfaction decreases.

III. The third factor "Readiness for performance of the actions directed on achievement of the purpose" (828) - on a positive pole of the factor

"an indicator of the general adaptability" (756), "easiness of understanding of social signals" (721), "an indicator of the general satisfaction" (691), "readiness for commission of the constructive actions directed on overcoming of failures" (445), "stability of emotional experiences" (424), "orientation accuracy in social expectations" (364), "the width of a grasp of social signals" (362).

On a negative pole – "depression" (-501), "decrease in motivation to activity" (-454), "the general disadaptation" (-450), "deterioration of health: features of separate mental processes" (-439), "hysteria" (-380), "violations of the cycle "sleep - wake"" (-347), "deterioration of health: emotional shifts" (-336), "deterioration of health: feelings of fatigue" (-335), "psychasthenia" (-311), "hypochondria" (-302), "features of social interaction" (-292), "psychopathy" (-280), "schizoid" (-278), "somatic vegetative violations" (-277), "scale of a sensitive rigidity" (-270), "paranoyalty" (-244), "deterioration of health: decrease in the general activity" (-227) and "rigidity scale as states" (-213).

Thus, there are the conditions promoting achievement of the purposes (the general adaptability, stability of emotional experiences) and interfering (the general disadaptation, a depression).

IV. The fourth factor "Symptomatic complex of a rigidity" (824) –

on a positive pole of a factor - "a subscale of an actual rigidity" (784), "a scale of a premorbid rigidity" (767), "a scale of a sensitive rigidity" (752), "a rigidity scale as states" (600), "duration of emotions" (480),

"intensity of emotions" (441), "scale of an adjusting rigidity" (436), "emotional excitability" (372), "the general disadaptation" (286), "deterioration of health: emotional shifts" (279), "deterioration of health: feelings of fatigue" (252), "psychasthenia" (242), "depression" (240), "negative influence of emotions on efficiency of activity and communication" (232), "hysteria" (221), "deterioration of health: features of separate mental processes" (214), "paranoyalty" (210) and "features of social interaction" (202).

On a negative pole – "readiness to change" (-336), "an indicator of the general adaptability" (-275), "an indicator of the general satisfaction" (-247) and "orientation accuracy in social expectations" (-204).

This factor shows that at increase of a rigidity of the personality the increased destructive influence of growth of emotionality is observed, deterioration of health, respectively the general adaptability and satisfaction decrease.

V. The fifth factor "Readiness for performance of the constructive actions directed on overcoming of failures" (868) - on a positive pole of a factor - "an indicator of the general adaptability" (608), "easiness of understanding of social signals" (497), "an indicator of the general satisfaction" (461), "stability of emotional experiences" (378), "readiness for performance of the actions directed on achievement of the purpose" (362), "orientation accuracy in social expectations" (269), "the width of a grasp of social signals" (246). On a negative pole – "paranoyalty" (-471), "hypotonia" (-422), "the general disadaptation" (-412), "deterioration of health: feelings of fatigue" (-407), "depression" (-406), "deterioration of health: features of separate mental processes" (-354), "schizoid" (-341), "deterioration of health: decrease in the general activity" (-325), "somatic vegetative violations" (-312), "deterioration of health: emotional shifts" (-297), "hysteria" (-291), "psychasthenia" (-282), "violations of the cycle "sleep — wake"" (-261), "negative influence of emotions on efficiency of activity and communication" (-253), "duration of emotions" (-245),

"decrease in motivation to activity" (-244), "emotional excitability" (-236), "a scale of a sensitive rigidity" (-235), "features of social interaction" (-229) and "psychopathy" (-225).

Thus, this factor shows dependence of readiness for performance of constructive actions and increase of the general adaptability, and disadaptation decreases.

Thus, we considered that adaptability of the personality is a difficult psychological phenomenon which characterizes integrated properties of the personality, including physiological, personal and social characteristics. At impact on the person of various external and internal factors the level of psychological adaptability of the personality changes, but at an assessment of these changes various scientific approaches have restrictions in interpretation, and not always consider integrity of the personality and influence of adaptability on other characteristics of the personality.

Therefore and for the purpose of fuller research of a psychological phenomenon of adaptability of the personality we carried out the quantitative analysis of data with the help of methods of the correlation and factorial analysis. Thus, we confirmed data of other authors that adaptability of the personality - difficult integrated property of the personality; defined interrelations between characteristics of adaptability and individual and psychological characteristics of the personality; revealed interrelations between social and psycho-physiological characteristics of adaptability; further found factors which characterize communications of the general indicators of adaptability and disadaptation, and also interrelation of specific adaptation features of the personality with indicators of a rigidity, emotionality and neurotic characteristics of the personality.

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