

A MODERN VIEW OF THE PHENOMENOLOGY OF SOCIO-PSYCHOLOGICAL ADAPTATION AND MALADJUSTMENT.

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Abstract. *Socio-psychological adaptation is the process of a person's adaptation to the social environment, its requirements and conditions. This process is closely related to the psychological state of a person, social relationships and personality development. In modern times, the phenomenon of socio-psychological adaptation takes on new forms under the influence of many factors, including technological changes, globalization and the development of social networks.*

Key words: *socio-psychological adaptation, personality, social networks, technological changes, social environment, feelings, modern technologies.*

Socio-psychological adaptation is a process related to how a person behaves in a social environment, how he interacts with other people and how he expresses his feelings. This process consists of the following main components. A person's ability to manage their emotions and respond appropriately to social situations. The ability to adapt one's thoughts and decisions to social conditions. Ability to behave in a social environment and build relationships with others. Phenomenology of adaptation studies how a person adapts to a social environment and what psychological mechanisms work in this process.

Modern research shows that the adaptation process is associated not only with personal characteristics, but also with the social context, culture and historical conditions.

Modern social networks are changing how people interact and creating new forms of social adaptation. For example, opportunities to express oneself and communicate with others on online platforms contribute to a person's social

adaptation. The process of globalization introduces people to different cultures and social systems. This leads to the development of new coping strategies and a revision of social identity. A person's ability to cope depends on their psychological resources, such as resilience, social support, and self-awareness. Modern research shows that individuals with high psychological resources adapt more successfully to the social environment. Factors influencing the adaptation process in modern times are as follows. The Internet and digital technologies have changed many aspects of our lives. Online communication, remote work and educational opportunities facilitate people's social adaptation, but also create new problems. Interaction between different cultures and social systems is increasing. This forces people to become familiar with new cultural norms and values, which can make adaptation more difficult. Social networks are changing how people interact and creating new social identities. Opportunities for self-expression and communication with other people on these platforms affect the social adaptation of the individual. Economic conditions, such as jobs, income levels and economic stability, directly affect people's social adaptation. Economic hardship can increase people's stress levels and reduce their ability to adapt. Changes in cultural norms and values affect the social adaptation of an individual. The process of accepting and adapting to new social norms affects a person's psychological state. A person's psychological health, stress tolerance, social support and self-awareness play an important role in the adaptation process. Individuals with high psychological resources adapt more successfully to the social environment. Family and immediate social environment influence the social adaptation of the individual. Family support and social connections help a person behave and adapt to new circumstances. The level of education and opportunities for personal development influence the social adaptation of the individual.

Knowledge and skills acquired through education increase a person's ability to adapt to new conditions. These factors shape and complicate the process of socio-psychological adaptation of the individual in modern times. The adaptation process of each person has individual characteristics, and these factors have a combined

effect.

Conclusion:

Socio-psychological adaptation and the phenomenology of adaptation are important in modern social conditions. The process of individual adaptation to the social environment takes on new forms under the influence of many factors, including technological changes, globalization and social networks. Studying this process is important for increasing the individual's success in social life and ensuring psychological health. Therefore, an in-depth study and understanding of the process of socio-psychological adaptation remains an urgent task of modern psychology and social sciences.

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