



## PSYCHOLOGICAL CHARACTERISTICS OF ADOLESCENTS' SOCIAL ADAPTATION DISRUPTION

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**Abstract:** This article discusses the psychological characteristics of adolescents' social adaptation disruption and the various factors involved. Adolescence is a crucial stage in personal development, where the proper formation of social adaptation plays a decisive role in ensuring psychological stability. However, some adolescents face difficulties in social adaptation, which negatively affects their psychological state. The article provides a detailed analysis of the causes of social adaptation disruption in adolescents, identifies its psychological characteristics, and explores methods of treatment.

**Keywords:** Adolescence, social adaptation, socialization, adaptation disruption, socio-pedagogical adaptation, adaptation mechanisms.

### Introduction

Adolescence plays a significant role in an individual's psychological development, and during this period, the social adaptation process undergoes changes. Adolescents' social adaptation often plays an essential role in shaping their relationship with society, self-confidence, and interpersonal relationships. However, some adolescents face difficulties in this process, which results in disruption of their social adaptation. Psychological characteristics of social adaptation disruption can lead to various psychological problems, including depression, mood swings, and low self-esteem.

Social adaptation is the process of interaction between an individual and their social environment, where the requirements and expectations of its participants are harmonized. It is one of the social-psychological mechanisms of socialization. The process of an individual's active influence on the social environment may manifest in cooperation, or passive acceptance of the norms and values of the environment. Social adaptation is one of the main social-psychological factors of individual social adaptation. The effectiveness of social adaptation depends significantly on how well an individual perceives themselves and their social relationships. Incorrect or insufficient self-social perception can lead to the disruption of social adaptation, which can manifest in its most tragic form, such as autism (where an individual avoids interacting with others and immerses themselves in their inner world). The issue of social adaptation has been researched in various scientific fields such as psychoanalysis, autism, and deprivation. In this context, the primary focus is on



adaptation disruption (psychological disturbances, alienation, alcoholism, drug addiction, etc.) and the psychotherapeutic methods of its correction, including autogenic training, sociotropic training techniques. The active involvement of an individual or social group into the environment through their behavior, activity, and communication enhances the effectiveness of adaptation, improving the educational process. Social adaptation is a continuous process of an individual's active adaptation to their social environment and the result of this process. Despite being continuous, social adaptation is often linked to periods of significant changes in an individual's activities or social circles. The adaptation issue has been a central topic in various scientific fields for a long time. Adaptation is not only one of the ways to ensure the survival of individuals in a constantly changing world, but also a crucial means of coping with future challenges. Including adaptation as an important issue is determined both by real life requirements and the logic of advancing scientific knowledge. Today, understanding the essence of adaptation and recognizing its uniqueness in relation to other ways of human life is very difficult. These challenges arise primarily due to the lack of general guidelines for describing and explaining adaptation processes.

Humans are social beings. Since they are in constant interaction with society, we can say that there is a continuous process of socialization throughout an individual's life. Socialization, in the most general sense, is the process and outcome of children and adolescents' social formation and their incorporation into social relationships. In the process of socialization, an individual becomes a person, developing the ability to communicate and interact with others, acquiring the knowledge and skills necessary for this.

Socialization is a bilateral process: on one hand, it involves the individual's acquisition of social experience through entering the social environment and system of social relations; on the other hand, it involves the individual's active participation in the process, thereby continuously reproducing the system of social relations. A person not only assimilates social experience but also transforms it into their own values, attitudes, and directions. The content of the socialization process is defined by society's interest in ensuring that its members successfully adopt male and female roles, find professions, establish families, and become law-abiding citizens. Successful socialization ensures an individual's effective adaptation to society and their ability to overcome life's challenges, contributing to their self-development, self-definition, and self-understanding.

Adaptation refers to the process of an individual or social group's adjustment to a new environment, aiming to maintain balanced functioning and preserve their psychological structure under changing life conditions. According to the social pedagogy dictionary, "social adaptation is the active adjustment of an individual to



the social environment by adopting the norms, values, and behavior styles accepted in society.”

**Socio-pedagogical adaptation** refers to an individual's greatest alignment with the educational and learning process. Pedagogical adaptation shows that the conditions under which an individual finds themselves are most favorable for learning and education. The ideological foundation of social adaptation is personal and social conformity. Social adaptation can be active (when an individual strives to influence the new social environment) or passive (when an individual does not influence the environment but follows its norms and hidden rules).

The content of social adaptation, along with its success, is the individual's mastery of social norms and rules. The content of the social adaptation process includes the following elements:

- Acceptance of new social environment (group, community, organization, regional or national community) norms, values, and attitudes.
- Adaptation to new forms of social interaction (official and unofficial communication, family, labor relations, etc.).
- Mastery of new forms of activity (professional and other). Social adaptation occurs under the influence of external factors and the individual's awareness of the need (or requirement) to accept new values, attitudes, and behaviors. Successful social adaptation is characterized by the individual's high social status in a given environment and psychological satisfaction with it. Poor social adaptation is indicated by the individual's forced movement between different social environments and frequent changes (migration, staff turnover, divorces, etc.).

Social adaptation is the ability of an individual to adjust to different social groups in society. For adolescents, social adaptation primarily develops through relationships with family, friends, and teachers in school. This process helps the adolescent develop social skills, self-management, and find their place in society. Successful social adaptation improves the adolescent's psychological state and helps them in self-recognition.

### **Causes of Social Adaptation Disruption in Adolescents**

Social adaptation disruption in adolescents can have various causes:

- Family and upbringing: Conflicts within the family and problems in relationships with parents negatively affect an adolescent's social adaptation. In such situations, an adolescent may feel alienated from society.
- Friends and peer groups: Adolescents are influenced by their friends or peers, so their social adaptation depends on how close they are to their friends and groups.
- Psychological state: Psychological issues such as depression, mood swings, and low self-esteem can disrupt social adaptation.



- School-related problems: Difficulties in studies, separation from the school community, and problems with teachers can also disrupt an adolescent's social adaptation.

**Impact of Social Adaptation Disruption on Psychological State**  
Disruption of social adaptation can have various effects on an adolescent's psychological state. Their mood may fluctuate, they may have low self-confidence, and they may isolate themselves. Some adolescents may feel detached from society, which can lead to depression and sorrow. Additionally, adolescents with disrupted social adaptation may become aggressive or introverted, negatively affecting their social interactions.

#### **Methods for Addressing Social Adaptation Disruption**

- **Psychotherapy:** Psychotherapeutic methods, especially cognitive-behavioral therapy, can be effective in helping adolescents adapt socially.
- **Group therapy:** Developing interactions with peers and learning social skills in a group context is essential for adapting to new social situations.
- **Parenting support:** Psychological consultations with parents can provide support for adolescents and help resolve family issues.

The psychological characteristics of adolescents' social adaptation disruption are a critical stage in their personal development. Identifying and applying effective methods to treat these issues helps ensure their psychological well-being. Therefore, considering the psychological aspects of social adaptation is essential when working with adolescents.

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