



**PSYCHOLOGICAL AND PEDAGOGICAL ASPECTS OF SOCIAL
ADAPTATION OF THE INDIVIDUAL**

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A B S T R A C T	KEY WORDS
<p>this article covers the factors of the psychological and pedagogical aspects of the social adaptation of the individual and what to pay attention to on the way to increasing their accessibility to communication and the specific characteristics of the child.</p>	<p>Personality, childhood, factor, socialization, thinking, speech, communication, emotion, adaptation, aspect, education, community, emotion, psychology.</p>

INTRODUCTION

The Resolution of the President of the Republic of Uzbekistan No. PQ-4312 dated May 8, 2019 “On approval of the Concept for the Development of the Preschool Education System of the Republic of Uzbekistan until 2030” set out priority tasks such as creating conditions for the comprehensive intellectual, aesthetic and physical development of preschool children, increasing the coverage of children with quality preschool education, and ensuring equal access to it. In recent years, great importance has been attached to reforming the preschool education system in advanced countries of the world. A number of works are being carried out in leading scientific centers of the world on the study of the relationship between a person and his social environment. As a result, it is encouraging to consider upbringing and education, which continues from the moment of birth to the end of life, as a holistic, indivisible system and to put it into practice. The formation of a person's psychology is also influenced by the relationships of certain social groups to which he belongs. In the process of such interaction and communication, along with the influence of individuals on each other, there is an impact on their views on society, work, people, their own personal qualities, and social attitudes. Living in a certain social environment, a person acquires a specific place, reputation, and role there. A person is not only an object of social relations, but also a subject and active participant in them. A person is a specific person, a representative of a certain state, society, group (this group can be social, ethnic, religious, political, age-related, etc.), a person who is able to establish conscious relationships with those around him, to act consciously, to demonstrate his own human image in all relationships, and also has his own individual and social characteristics. The idea that the influence of the social

environment is at the top among the factors shaping a person is becoming more and more clearly proven day by day. Because the environment determines the way of life of every living being. There is a human race that draws strength from each other and lives on each other. However, the stability of the social environment largely depends on the person himself. If each person grows up under the influence of a positive environment from a young age, he will give only positive energy to the environment.

A child who feels love will spread love in the future, therefore, socialization is a process that explains the process by which a person enters the social environment, assimilates into it, accepts and complies with the norms of the external social environment. The concept of “socialization” is related to two concepts that are close in meaning: “education” and “adaptation”. Socialization is much broader than the process of upbringing, because its meaning and content include situations that cannot always be molded and are not always understood by the individual. Adaptation can be considered a component of socialization, its mechanism. Socio-psychological adaptation, that is, the experience gained by a person through getting used to and adapting to social relations, is a form of general socialization. In the process of socialization, a person learns social norms in society, learns to perform various roles, and develops skills for behaving in public. In this sense, the socialization of a person is based on his knowledge and understanding of social existence.

The sources of socialization include:

experience gained in childhood - this process occurs in parallel with the formation of mental functions and the manifestation of primary social norms of behavior;

social institutions - the education and upbringing system; these include places that provide education from the family to higher educational institutions and higher levels, work teams;

the influence of people in the process of communication and cooperative activity. This refers to the communication and interaction of people with each other in both formal and informal settings.

In each role that a person performs throughout his life, the norms, rules, and behavioral criteria of the social existence that surrounds him are reflected. Every person throughout his life performs a huge number of different roles, all of which leave a worthy mark on his socialization experience. Therefore, in this process, each person strives to find his place in society and, depending on his performance, achieves one or another position. Socialization is a continuous and multifaceted process. This process is especially intense in childhood and adolescence. The process of socialization of a child, his formation and development as a person, occurs in interaction with the environment. Despite the fact that social adaptation has a continuous nature, it is usually associated with periods of radical changes in the individual's own activities and the social circle surrounding him. The adaptation process takes the form of active influence on the social environment and the passive acceptance of the goals and values in the environment with compromise. Social adaptation is one of the main socio-psychological factors of the socialization of the individual.

The process of social adaptation is associated with the inner world, spirituality and psyche of the individual and has an individual characteristic. That is, for some people, adaptation to the rules of a particular community is easier, while for others this process is somewhat more difficult and slow. This process, on the one hand, is associated with the individual characteristics of the individual, and on the other hand, it is explained by the correspondence of the norms, rules, attitudes and traditions adopted in the community to the inner world and psychological characteristics of the individual. Preschool age is a stage of developing the social space of human relationships through communication with close

adult relatives, as well as through play and lively relationships with peers. The initial stage of socialization in personal development is becoming a member of a team. It is important that team members are able to set high moral standards for themselves. The content of the team's life and activities becomes a personal need for each team member. The process of education in the team should be carried out on the basis of self-education. However, this does not diminish the role and place of the team in the further development of a particular individual. The tasks that are implemented on the basis of adult communication are much more complex and responsible. At this stage, absolutely favorable conditions are created for setting promising, high and complex requirements for the team.

A.S. Makarenko attached great importance to the internal characteristics of the relationships that arise between team members and singled out the following most important features that are formed in the team:

- 1) Understanding one's own worth based on pride in one's team.
- 2) Friendly unity established in each member of the team.
- 3) Activity leading to educated, productive action.
- 4) Managing emotions and practicing communication etiquette.

These ideas, emphasized by an experienced pedagogical scientist, are of great importance in the organized communication of the educator with the children's team and in the selection of requirements for children. The following criteria for socio-psychological adaptation can be distinguished.

The indicator can be divided into two criteria: objective and subjective. The first group includes indicators that indicate the student's achievements in work, the fulfillment of set tasks and requirements, as well as his position in the team and its status. Subjective criteria include interest in his work and the desire for constant development, as well as constructive cooperation with other people and the presence of decent self-esteem.

In conclusion, I can say that social and psychological adaptation in the modern world is a complex education that takes into account individual personality traits and position in society.

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