

Organization of Empirical Study of Socio-Psychological Adaptation and Integration of Individuals With Visual Impairments

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Abstract: Since the middle of the last century, research has developed an understanding of adaptation as a process of constant active adaptation of an individual to environmental conditions, which is bilateral in nature. According to the sociological and socio-psychological approach, adaptation is considered as a process of interaction between the individual and the social environment. One of the important and widely discussed issues of understanding the essence of the process of social adaptation in research is the question of the relationship between the concepts of “adaptation” and “socialization”, which are considered closely related, reflecting a single process of interaction between an individual and society. Thus, some authors consider adaptation to be one of the stages of personality socialization. Parigin considers socialization to be “a multifaceted process of human humanization, including biological conditions and the entry of the individual into the social environment”, respectively, where adaptation is understood as a component of socialization. The article describes the results of an empirical study on this issue.

Keywords: blind, communicative tolerance, social integration, socio-psychological adaptation, healthy people.

One of the important and widely discussed issues of understanding the essence of the process of social adaptation in research is the question of the relationship between the concepts of “adaptation” and “socialization”, which are considered closely related, reflecting a single process of interaction between an individual and society. Thus, some authors consider adaptation to be one of the stages of personality socialization. Parigin considers socialization to be “a multifaceted process of human humanization, including biological conditions and the individual's entry into the social environment”, respectively, where adaptation is understood as a component of socialization.

The study of the adaptation and integration of individuals with severe visual impairments into modern society was complex in nature and included comparative, correlational and factorial studies.

The readiness of the blind for integration, personal resources and obstacles to the path of integration are determined by diagnosing the main components of the personal adaptation and integration potential of the blind – the system of internal resources of the blind activity in interaction with the surrounding subject and social environment, realizing their capabilities. Socially significant activities and communication with other people are manifested through the implementation of social roles and functions that ensure the quality of life. It is a set of psychodiagnostic tests - questionnaires aimed at identifying and measuring the main communicative properties and relationships of a person, value-semantic properties, designed to identify unconscious mechanisms of mental activity, biosocial and individual-typological characteristics of the blind. A detailed description of the methodology is given below.

The diagnosis of the characteristics of social adaptation and integration was carried out using the following methodologies:



1. The methodology for determining the socio-psychological adaptation of the K. Rogers, R. Daymond. The questionnaire was used to study the socio-psychological adaptation and related personal characteristics of blind people.
2. L.I. Wasserman's methodology for determining the level of social frustration (In the V.V. Boyko modification). The questionnaire was used to determine the level of satisfaction with social achievements in the life of blind people: interpersonal relationships, professional activities, education, free time, social and living conditions, material support. Satisfaction-dissatisfaction with social achievements is a subjective criterion of social integration of blind people.
3. The author's questionnaire, "Blindsatisfied with labor". The questionnaire is designed to identify various aspects of job satisfaction as a criterion for social integration of individuals with deep visual impairments.
4. L.V. Kulikova's methodology for determining the dominant state (DH) was used to determine the subjective indicators of stable emotional states, socio-psychological adaptation of the blind.
5. L.V. Kulikova's questionnaire "Causes of emotional discomfort" was used to determine the level of psychoemotional discomfort of people with a serious visual impairment, as well as the most important causes that manifest as subjective factors of personality social adaptation, which serve as a source of danger and fear.
6. Author's methodology "Map of expert assessment of the degree of flexibility and integration of the blind". The methodology was used to determine the external (objective) criteria of adaptation and integration of blind people.
7. Author's questionnaire "Social adaptation and integration of the blind". It is designed to determine the biosocial characteristics of blind people, as well as subjective (self-assessment) indicators of flexibility and integration.

Based on theoretical and methodological analysis of the main paradigms of the study of the problems of adaptation and social integration of the blind, we developed an operational model of empirical research (Figure 1).

In accordance with the principles described above of the humanistic paradigm in the inclusion of individuals with physical disabilities in society, social integration is understood as the opportunity to achieve equal rights, opportunities and obligations in a visually impaired society, improve the quality of life, work, education and other socially useful activities, information, cultural and recreational opportunities.

Social integration is based on, but not included in, the socio-psychological adaptation of the Blind, which represents a qualitatively different socio-psychological education.



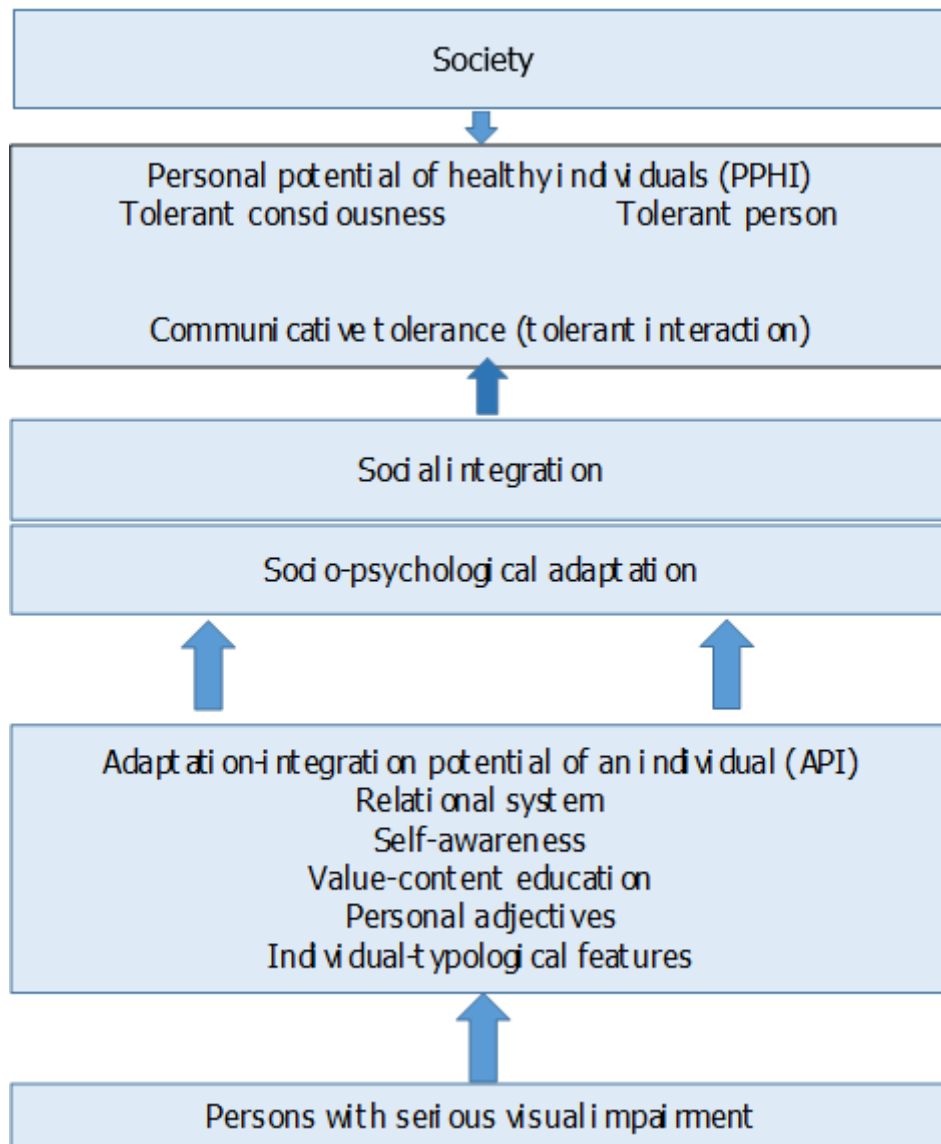


Figure 1. A model of socio-psychological adaptation and integration of visually impaired individuals.

According to this model, the social integration of individuals with a serious visual impairment can only be achieved through communication between the blind person and society. Integration into the blind society is characterized as the interaction of individuals with visual impairment with other members of society; and, on the one hand, the adaptation and integration potential of the personality of individuals with a serious visual impairment, on the other hand, is mediated by the personal tolerance potential of healthy people. Accordingly, the social integration of the blind at the empirical level can be determined by diagnosing their level of socio-psychological flexibility, as well as through a system of objective and subjective indicators that reflect the relevant criteria for introducing people with disabilities into society. Thus, the objective criteria for social integration are determined by the following indicators. Social flexibility is determined by an expert assessment of the level of development of social and household adaptation, spatial and household orientation, knowledge of tiftotechnika, communication in the family, communication with strangers, the ability to observe their appearance, self-acceptance, emotional balance, as well as on the scale of Rogers-Daymond's SPA methodology. The inclusion in the socio-cultural environment is determined by expert assessments of social activities, the availability of information and the nature of leisure activities.

Social well-being is measured by objective indicators of the state of Health (the presence or absence of diseases), employment, work experience, the nature of professional activity, the level of education, friends, family and children, hobbies. These indicators are measured in the study using questionnaire



data (the questionnaire “social adaptation and integration of the blind”) and expert assessments.

Subjective criteria for integration are determined by a set of indicators obtained on the basis of psychodiagnostic methods (questionnaires) and questionnaire (questionnaire “social adaptation and integration of the blind”). Thus, self-assessment of flexibility through the level of spatial and domestic orientation, satisfaction with interpersonal relationships, self-assessment of emotional manifestations, the presence/absence of fear and fear, L.V.Kulikov’s dominant state is measured through the methodology scale. Self-assessment of personal and social activities aimed at joining society is determined by indicators of the intensity of communication, the nature of communication with viewers and strangers, the presence/absence of social fear (questionnaire “social adaptation and integration of the blind”). Satisfaction with the level of integration, self-assessment L.I. Wasserman’s social frustration methodology metrics were determined using a job satisfaction author questionnaire, financial status and job satisfaction metrics, family relationships, self-identification methodologies as a believer embedded in people’s religious community.

Members of society – the personal potential of tolerance of people with vision is an indispensable personal education that combines a system of communicative, regulatory and moral characteristics of an individual, value – semantic relations, self-awareness characteristics and a system of personality relations. Its main component is communicative tolerance, which mediates the interaction of partners who normally see visually impaired people. The systematization of the results of theoretical and empirical interdisciplinary studies allowed us to identify the main empirical referents of the components of the tolerance personal potential according to the theoretical model presented above. These are the real features of communicative tolerance; the presence of healthy people with experience in communicating with the blind (tolerant interaction), images of a blind person in the minds of visually impaired and usually sighted people (tolerant consciousness); emotional, cognitive and communicative characteristics of a person, value - a relationship, self-awareness of a person (tolerant personality). These properties are determined using the complex of psychodiagnostic methodologies described below.

On the basis of this model, the main tasks of empirical research are associated, on the one hand, with the identification of socio-psychological and personal factors of the tolerance of members of society towards the blind, on the other hand, with the determination of the characteristics of social flexibility and integration of the blind. Personal sources of attachment to society, the empirical data obtained serve as the basis for the development of a socio-psychological model of assistance in uniting people with serious pathology in vision. The generalization and analysis of theoretical and empirical results makes it possible to substantiate the basic rules and prospects of a new scientific direction in correctional psychology: the psychology of social adaptation and integration of individuals with impaired deep vision.

The study of the manifestations and factors of socio-psychological and personal characteristics, socio-psychological adaptation and integralization of people with severe visual impairment into society objective and subjective information about various aspects of the system of relations and personality of subjects: individual-typological characteristics, personal characteristics, relationships, ustanovks, motives, values and other aspects of the semantic sphere of the individual; An important aspect of the study was also the determination of the seriousness of various aspects of communicative tolerance in people with normal vision, the identification of tolerance attitudes and personal mediation of barriers to communication.

The comprehensive study of socio-psychological personal factors of adaptation and integration of individuals with severe visual impairment and vision is carried out in full in a combination of comparative, correlational and factorial types of research. The holistic procedure of psychodiagnostic research, taking into account modern scientific and theoretical concepts, is based on experimental material, which includes data on empirical observations, Anamnesis, reports of subjects, features of activity, expert assessments.



The peculiarities of the psychological diagnosis of blind people are associated with the need to take into account the features of multi-level systems of the psyche, which distinguish them from healthy subjects. In low-level psychological systems (intuition and perception), these distinctly defined differences decrease with the transition to higher levels of psychic levels; when studying the characteristics of social interaction at the level of personality and consciousness, we can only talk about individual trends that distinguish those who have impaired vision. Nevertheless, this identity is fully taken into account in psychodiagnostic studies, whose different forms and methods correspond to different levels of psychological phenomena. Various complementary techniques were used in this study.

One of the methodological forms of the psychodiagnostic method, the questionnaire can be applied in the form of a standardized interview or in the form of a joint questionnaire completed by the respondent and experimenter. Both approaches deal with the nature, intensity, specifics of social and psychological adaptation and integration of visually impaired people, as well as answers to questions that allow them to assess their relationship with certain biopsychic and social characteristics and personal characteristics.

Standardized psychodiagnostic methods can be used to identify variables (signs) that reflect the fundamental manifestations of integralization and socio-psychological, personal determinants in the blind society. Such methods make it possible to identify group trends, compare individual results with normative ones, and determine the characteristics of an individual at the level of adaptation and integration potential.

In the study of blind people, special opportunities have projective methods, the theoretical justification of which is associated with ideas about changed forms of personality life relationships. The personal meaning revealed by their help reflects living conditions, important features of personality-activity, feelings of unrefined attitude towards oneself, other people and the world as a whole. The projective stimulating material, characterized by varying degrees of accuracy, implies the involuntary appeal of the subject to his experience, the restoration of a holistic multidimensional and multi-level image of himself and the world, which performs the functions of regulating vital activity. All of the above points out that projective methods are related to the task of studying the psychology of social adaptation and integration of blind people.

The experience of the interaction of blind and healthy people leads to the formation of broad views on the manifestation of individuality, the orientation towards understanding the right to self-expression and self-realization in accordance with the individuality of each person. In this regard, it is necessary to develop socio-psychological programs to increase the communicative tolerance of society towards the blind. The formation of an adequate image of people with a serious visual impairment, which serves as an internal condition for a real partnership relationship, also plays an important role.

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