

## THE ROLE OF ADAPTIVE POTENTIAL OF YOUTH IN CONDITIONS OF SOCIAL ANXIETY

Atabekyan L.E. (*Educational-Psychological Service, Holon, Israel*)

*psy-ijevan@mail.ru*

*Ներկայացման ամս. 31.07.2021*

*Գրախոսման ամս. 02.08.2021*

*Տպագրության ընդունման ամս. 15.08.2021*

The article examines the impact of dynamic changes in political, socio-economic conditions on the life of youth. In such a situation, young people show signs of anxiety, social insecurity and pessimistic views on the future. Profound changes are taking place in the formation of motives for life, in primary needs, social positions and life values, leading to an exacerbation of the need for security and, at the same time, to a limitation of its satisfaction, which is the most important condition for normal life, development, self-affirmation and self-expression of young people. The psychological safety of young people is ensured through socio-psychological adaptation due to the adaptive potential. As a result of the study, the features of the perception of social anxiety in young people and the manifestation of adaptive potential in extreme conditions were revealed. A comparative analysis of similar phenomena in the CIS countries, Europe and Israel was also carried out.

**Keywords.** *psychological security, young man, socio-psychological, anxiety, security, adaptive potential, overcoming behavior.*

DOI: <https://doi.org/10.46991/SBMP/2021.4.2.035>

Dynamic changes in political and socio-economic conditions, the international position of the country have a direct impact on the vital activities of the youth. Constant tension and the sense of uncertainty cause disorientation in characteristics of the current social situation and direction of its development by the majority of people, especially young people, and based on that - uncertainty of perspective views of the way of life. Feelings of anxiety, social insecurity for the current situation and development of pessimistic approaches towards the future is observed by young people. Many refrain from socially active behavior and instead of taking socio-psychological adaptation actions, respond to the situation with aggression, impatience, thus increasing the destructive potential of the current situation. As a result, profound changes in motivation to live, primary needs, social attitudes, and vital values occur, which generate a constant state of psychic tension among the population, leading to an exacerbation of need for security and at the same time, limitation to its satisfaction. These peculiarities are conditioned by the unfavorable

situation, for the description of which descriptors “extraordinary situation”, “psychological security”, “social anxiety” have been developed in the field of social and emergency psychology. The concept of “social anxiety” has been widely spread in psychological and psychiatric studies [5, pp. 60-67]. The generality of these characteristics allows them to be used in the same context as the situation in the country with its unique manifestations (socio-economic and political tension, violation of borders, the danger of resumption of hostilities) can be considered as emergency, anxiety-producing and threat to psychological security. In such circumstances, the protection of a person's need for psychological security becomes primary, which becomes an urgent matter in the case of young people, as the latter are considered to be the ones who carry out the most important function of preserving the country, the state, ensure its development and are the main workforce.

In recent times, great attention is paid to the issue of a person's psychological security. S. K. Roshin and V. A. Sosnin, based on the analysis of Chambers, Oxford, Larousse and German academic analytical dictionaries, define psychological security as a state in which a person lacks feelings and emotions, as well as confidence and anxiety at secure times [1, p. 29]: Psychological security is a state of social consciousness in which the society in general and each individual perceives the essential qualities of life as adequate and reliable because at the time being it creates real opportunities for gratification of natural and social needs for the purpose of creating a promising future. Today, psychological security has become a primary issue determined by the increase of internal and external threats, such as the availability of information and uncontrollability, the military situation, the collapse of the spiritual and moral values of modern society, mass epidemics and virtual life [9]. Based on the above descriptions, we find the usage of the concept “social anxiety” in the work pertinent in the context of “social security”. I. Zadorin and A. Shashkin view a person's social security as a system of interaction with the environment, which psychologically comprises consciousness of the negative impact of social environment, self-defense skills and abilities, social anticipation and prevention that make it possible to satisfy the needs [2]. It is a phenomenon of social life, which manifests the state of anxiety of a member of society, the impossibility of gratification of vital needs and interests in contradictory conditions of social development. Such a situation enhances the need for psychological security by likening the assessment of the situation to the descriptors of emergency situation. In such a case, young people who do not yet have a stable system of values, knowledge and experience to evaluate information, to effectively organize their life activities for self-affirmation, become especially vulnerable, while a person's normal life activity and social behavior are conditioned by gratification of basic needs. In such a case, safety becomes the basic need, which H. Maslow views as protection

from all kinds of dangers that threaten a person's life and health, economic security, stability of income, household security, confidence towards his/her future and that of the family members [4, p. 29]. The safety need becomes predominant especially in conditions of social crisis, which break the common stereotypes of behavior and the formed lifestyle, transform the motivation of social behavior of a person, as well as psychological traits and personal qualities. Satisfaction of the safety need is the most important condition for normal activity, development, self-affirmation and self-realization for young people. The psychological security of the person during social changes is ensured by the socio-psychological adaptation of a person, during which the person tends to use his/her regulating mechanisms in physiological and mental levels using functional and adaptation skills [6, p. 86]. Despite the flexibility of the mental qualities of young people, the constant changes endanger their adaptive abilities, even leading to socio-psychological disadaptation.

Referring to the adaptive abilities of an individual, A.G. Maklakov proposed a personal integral description determining the adaptation process, naming it adaptive capacity. Maklakov believed that the personality is being developed throughout a person's life, including the level of neuropsychological stability, self-appraisal of a person, the feeling of being significant for the people around, level of proneness to conflict, experience and moral orientation [3, p. 16]. A high level of neuropsychic stability maintains personal tolerance in stressful situations and the person's adequate self-esteem, as the basis for self-regulation, determines the degree of adequacy of perception of personal capabilities and conditions of activity. The sense of social support is determined by the sense of own significance for the people that surround you, and normal level proneness to conflict ensures the probability to solve disputable issues amicably – allowing avoiding excessive stress. The next characteristic of a person's adaptive capacity is the experience of social communication, through which a person acquires skills to survive in different situations of life and relationships. That is, adaptive capacity is endowed with the ability to adapt to changes in external conditions. Hence, as high the human adaptive capacity and the level of development of psychological characteristics are, as great is the probability of an effective adaptation. In unfavorable living conditions, when the need for psychological security enhances, the adaptation of an individual takes place through adaptive capacity and personal characteristics, which, depending on the situation, generate strategy of behavior. For maintenance of personal security, each person develops his/her defense by activating the use of defense mechanisms. Defensive mechanisms enable to maintain the stability of the person against the background of instability and to achieve adaptation more or less, at the same time depriving the latter of human activity, helping to reduce the level of adaptive capacity.

**The purpose** of this work is to present the role of the adaptive capacity of young people in the psychological security process in conditions of social anxiety. The study was carried out with 50 young people aged 17-30, who permanently live in the same socio-economic living conditions of Ijevan, Noyemberyan and Berd communities of Tavush region, who live and carry out vital activities in a state of longtime anxiety. Multi-level personal questionnaire Adaptivity by A.Maklakov and S. Chermyanin [7, pp. 549-558] and the questionnaire “Peculiarities of perception of social anxiety by the population” made by “Eurasian Monitor” Agency have been used during the study [8].

**The analysis** of the results of the study showed that young people assess the current situation in the country as alarming, which poses a threat and danger to them, creating obstacles to their self-realization and carrying out human activities. Young people singled out the following factors as alarming issues: deterioration of socio-economic conditions, a decline in living standards and income /inflation and unemployment/, increased crime, poverty and polarization of social classes, deterioration of moral values, corruption and arbitrariness of the authorities, ecological disasters.

In general, young people are mainly concerned about socio-economic, socio-political factors. And if we group different types of social anxiety according to the content and direction, then factors representing a threat to life and security, social, cultural and psychological adaptation predominate by the young people. Among the factors that pose a threat to life and security, mass pandemics, military attacks by a neighboring state is a threat to social adaptation, the spread of terrorism, unemployment and poverty, increase in the prices of utility services were stated. Whereas limitation of people’s rights and freedoms, loss of national identity, self-realization, traditions and moral values, spread of immorality, drug addiction and gambling pose a threat to social and psychological adaptation. Feelings of helplessness, shame and guilt are the most common emotional and behavioral manifestations that young people have under conditions of social anxiety. Young people respond differently to anxiety depending on their personal qualities and adaptive abilities. Some people experience anxiety and uncertainty, which is expressed through emotional apathy, feeling of inability to cope with the situation, which decreases the sense of self-dignity, transforming an active young person into an indifferent, desperate human being who does not see the prospect of his future. And some of them become aggressive and stubborn, trying to get out of the situation at any cost, even bypassing the accepted norms.

Cultural globalization in the world, the growing influence of mass media and social networks, along with its progress, destroy national values and ideology. Young people become more tolerant to issues such as divorce, immorality, work avoidance, alcoholism and drug addiction. The existence of social distressing factors received

in the result of our study is consistent with the data of the study conducted by the Eurasian Monitoring, which has simultaneously been conducted in Europe and the CIS countries. Socio-cultural issues, such as the loss of national identity due to cultural globalization are in the first plan in the European countries, while in the CIS countries, which are almost in the same socio-economic and political unstable situation, the factors posing threat to socio-economic and foreign political spheres are signified, being determined by global, as well as specific characteristics of each country [2]. In the work we find it pertinent to present the perception of social anxiety by the youth during the war in Israel, the counteractions and the ways to overcome, because the population of Israel has as well been in constant tension during recent decades, endangering psychological security. Based on its historical experience, the population is taught from an early age the skills, rules of conduct and mechanisms for overcoming anxiety to adapt to emergencies. That is why their counteraction to a threat is more organized and purposeful, and they avoid catastrophic consequences [11]. Eventually, in each country the emphasis was on the social factor, which is vulnerable and of primary importance for the active life of the given country, i.e. for the youth. The existence of external and internal alarming factors forces young people to be in constant tension, leading to a decrease in adaptive abilities.

Referring to the adaptive capacity, as a result of the analysis of the study, the following percentage ratio with the level of expression of the adaptive capacity was registered: low -60%, medium -35% and high -5%. The low level of expression of the socio-psychologically adaptive capacity is conditioned by internal and external threatening factors created in the country, such as the threat of resumption of war, the loss of moral values, the restriction of people's rights and the mass epidemic. This speaks of the fact that young people are more prone to nervous outbursts, have difficulties in interactions with the environment, show aggression and proneness to conflict, are not able to adequately assess their place and position in the environment and follow the accepted norms of behavior, lack the adequacy of perception of reality. Underestimation of one's own strength, low mood, feeling of guilt and low level of volitional control is observed. Moral normativity and communication skills enable young people to avoid problems and change their needs to ensure their own security. However, the constant volatility of current conditions and the continuity of negative factors make young people be in a constant tense situation and maintain the adaptation process under conditions of low adaptive capacity. In other words, they are forced to give up former behavioral stereotypes and already tested strategies and develop adaptation mechanisms that correspond to the new conditions and can ensure psychological security.

**Conclusions:** As a result of analysis of professional literature and our study we were able to make the following conclusions: The unstable socio-economic and

political situation in the country (border violation, threat of resumption of hostilities, mass epidemic) of a continuing nature makes the situation for vital activities of the young people unfavorable, intensifying the need for psychological security. In conditions of continuous stress, young people tend to always anticipate new alarming events, which reduces the level of adaptive abilities. The perception of social anxiety among young people is determined by factors that represent a threat to life and security, socio-psychological adaptation (threat of resumption of war, loss of moral values, restriction of people's rights, mass epidemic), which lead to the decrease in the level of socio-psychological adaptive capacity (neuropsychic stability, communicative peculiarities and moral normativity).

### References

1. **Grachev G.V.** Information and psychological security of the personality: state and possibilities of psychological protection M. publishing house RASS, 1998 125
2. **Zadorin I.V.** Social Threats: Fears and Anxieties of the population of the G8 Countries. Monitoring of Public Opinion: Economic and Social Changes. Pub. Russian Public Opinion Research Center, Moscow ISSN: 2219-5467, N 3, 2006 p. 91
3. **Maklakov A.G.** Personal adaptation potential: its mobilization and forecasting in extreme conditions. Psychological Journal, 2001, pp. 16-24
4. **Maslow A.** Motivation and personality St. Petersburg 2003, 352p.
5. **Nikitina I.V., Kholmogorova A.B.** Social anxiety: conceptual framework and main directions of study. Social and Clinical Psychiatry. PART 2, volume №1. pp. 60-67
6. **Polyakov A., Sebarinov E.** Human Security in Extreme Situations, Moscow. 1992
7. **Raigorodsky D. Ya.** Practical psychodiagnostics. Techniques and tests. Samara 2001, 672 p.
8. <http://www.post@zircon.ru> Social threats: fears and concerns of the population of the G8 countries [visited on 15.06.21]
9. [otherreferats.allbest.ru/](http://otherreferats.allbest.ru/) / **Tzergoy T. A.** Psychological safety of the personality in subjective emotions of modern students [visited on 15.06.21]
10. Психологическая безопасность и адаптация молодежи  
<https://cyberleninka.ru/article/n/psihologicheskaya-bezopasnost-i-adaptatsiya-molodezhi> [visited on 15.06.21]
11. <https://cms.education.gov.il/EducationCMS/Units/Shefi/HerumLachatzMashber/herum/TguvotMetsuka.htm> [visited on 06/15/21] של מצוקה תגובות מלחמתיות בעקבות ילדים

## ԵՐԻՏԱՍԱՐԴՆԵՐԻ ՀԱՐՄԱՐՈՂԱԿԱՆ ՆԵՐՈՒԺԻ ԴԵՐԸ ՍՈՑԻԱԼԱԿԱՆ ՏԱԳՆԱՊԱՅՆՈՒԹՅԱՆ ՊԱՅՄԱՆՆԵՐՈՒՄ

*Աթաբեկյան Լ. Ե. (Կրթության հոգեբանական ծառայություն,  
Հոլոն, Իսրայել)*

Աշխատանքում դիտարկվել է արդի պայմաններում քաղաքական և սոցիալ-տնտեսական դինամիկ փոփոխությունների ազդեցությունը երիտասարդների կենսագործունեության վրա: Երիտասարդների մոտ նկատվում է ստեղծված իրավիճակի նկատմամբ տագնապի, սոցիալական անապահովության զգացում և ապագայի վերաբերյալ հոռետեսական մոտեցումների ձևավորում, տեղի է ունենում կենսագործունեության շարժառիթի, առաջնային պահանջմունքների, սոցիալական դիրքորոշումների և կենսական արժեքների խոր փոփոխություններ, հանգեցնելով անվտանգության պահանջմունքի սրման և միաժամանակ նրա բավարարման սահմանափակման: Իսկ անվտանգության պահանջմունքի բավարարումը կարևորագույն պայմանն է երիտասարդների նորմալ կենսագործունեության, զարգացման, ինքնահաստատման և ինքնադրսևորման համար: Երիտասարդների հոգեբանական անվտանգությունը ապահովվում է անձի սոցիալ-հոգեբանական հարմարման շնորհիվ, հարմարողական ներուժի հաշվին: Հետազոտության արդյունքում բացահայտվեցին երիտասարդների կողմից սոցիալական տագնապի ընկալման առանձնահատկությունները և այդ պայմաններում հարմարողական ներուժի դրսևորումները: Իրականացվել է համեմատական վերլուծություն անցկացվել Եվրոպայի, ԱՊՀ երկրների և Իսրայելի նմանօրինակ երևույթների միջև:

*Հանգուցային բառեր՝ հոգեբանական անվտանգություն, երիտասարդ, սոցիալ-հոգեբանական փազնապայնություն, հարմարողական ներուժ, հաղթահարող վարք:*

## РОЛЬ АДАПТАЦИОННОГО ПОТЕНЦИАЛА МОЛОДЕЖИ В УСЛОВИЯХ СОЦИАЛЬНОЙ ТРЕВОЖНОСТИ

*Атабекиан Л. Е. (Учебно-психологическая служба, Холон, Израиль)*

В статье рассматривается вопрос влияния динамических изменений политических, социально-экономических условий на жизнедеятельность молодежи. В условиях подобной ситуации у молодежи проявляется признаки тревожности, социальной незащищенности и пессимистические взгляды на будущее. Происходят глубокие изменения в формировании мотивов жизнедеятельности, в первичных потребностях, социальных позициях и жизненных ценностях, приводя к обострению потребности безопасности и одновременно к ограничению ее удовлетворения, что является важнейшим условием нормальной жизнедеятельности, развития, самоутверждения и

самовыражения молодежи. Психологическая безопасность молодежи обеспечивается посредством социально-психологической адаптации за счет адаптационного потенциала. В результате исследования были выявлены особенности восприятия социальной тревожности молодежи и проявление адаптационного потенциала в экстремальных условиях. Также проведен сравнительный анализ аналогичных явлений в странах СНГ, Европы и Израиля.

**Ключевые слова:** *психологическая безопасность, молодежь, социально-психологическая тревожность, адаптационный потенциал, преодоленная поведения.*