



СЕКЦІЯ 4 ТЕОРІЯ І МЕТОДИКА ПРОФЕСІЙНОЇ ОСВІТИ

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THE IMPACT OF ADAPTATION MECHANISMS ON THE PROCESS OF FORMATION THE SPECIALIST'S IDENTITY OF SOCIAL WORK IN EDUCATIONAL ESTABLISHMENTS

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У статті розглядається феномен «адаптивного механізму» в контексті проблем формування індивідуальності студентів у новому соціальному середовищі – вищій освіті. Представлено результати опитування майбутніх фахівців у сфері соціальної роботи щодо особливостей механізмів адаптації під час навчання.

Ключові слова: адаптація, адаптаційний механізм, фахівець соціальної роботи, процес становлення особистості фахівця.

В статье рассматривается феномен «адаптивного механизма» в контексте проблем формирования индивидуальности студентов в новой социальной среде – высшем образовании. Представлены результаты опроса будущих специалистов в сфере социальной работы об особенностях механизмов адаптации во время обучения.

Ключевые слова: адаптация, адаптационный механизм, специалист социальной работы, процесс становления личности специалиста.

Balakhtar V.V. THE IMPACT OF ADAPTATION MECHANISMS ON THE PROCESS OF FORMATION THE SPECIALIST'S IDENTITY OF SOCIAL WORK IN EDUCATIONAL ESTABLISHMENTS

The article deals with the phenomenon of “adaptive mechanism” in the context of the problems of formation the individuality of students in the new social environment – higher education. Results of the survey of the future experts of social work on the peculiarities of adaptation mechanisms during training were presented.

Key words: adaptation, adaptive mechanism, social worker, process of formation the identity of specialist.

Introduction. At the present stage of the development of Ukrainian society dynamic and, at the same time contradictory, a new type of professional activity – social work is developing. Analyzing the contemporary theory and practice, it can be argued that the training of professionally competent, competitive, humanistic oriented, skilled professionals which are able to freely and consciously improve, to ensure effective implementation of social work which caused by society's needs and the requirements of development, promotes self-affirmation, economic independence of each a citizen of Ukraine.

The process of becoming the future experts of social work assumes a special meaning, as the priority areas determine concerning the formation of socially active personality, the promoting the adaptation of the individuality in a dynamic social environment, a support for socially disadvantaged groups, an assistance of a group customers who are in difficult circumstances.

The impact of adaptive mechanisms on the process of formation the individuality of social

work professional at the educational institution is one of the important tasks being studied in pedagogy and didactics in higher education. The specifics of the process of adaptation of the professional's individuality caused by the impact both subjective and objective factors, which include the content and organization of educational process in high school.

The adaptation as a social phenomenon is a process of inclusion of the professional's individuality in his/her new social environment, which requires the formation of psychological mechanisms in order to ensure his/her own safety and adequate orientation in the new situation. Provided the successful adaptation the future social worker is able to maximize the successful fulfillment without excessive effort [1]. That is why the adaptation tendencies are the key to successful formation of individuality if the professional of social work.

Analysis of the latest researches and publications. A detailed study of scientific literature showed the public significance of the investigated problem, enables the generaliza-



tion of experience, the deepening of theoretical ideas, the development of practical recommendations as to the impact of adaptive mechanisms on the process of professional development of the individuality of professional of social work.

The investigation of issues of the students' adaptation to the learning environment in higher education in modern psychological literature such searches are devoted as T. Alekseeva, N. Gerasimova, V. Demchenko, A. Kuznetsova, L. Litvinova, L. Serdyuk, V. Skrypnyk, I. Sokolov and others.

In the works of researchers highlighted the pedagogical aspects of adaptation of first-year students (S. Guri, V. Matusevich, V. Sorochinskiy, V. Shtyfurak et al.), the features of socialization of individual, adaptation in microgroups, group, society; the involvement of the individuality to the system of public relations, social-work activities (D. Feldstein, I. Georgiev); the features of students' adaptation of higher and secondary specialized educational institutions (A. Verbitsky, V. Brudny, V. Lisowski et al.); devastating impact on all aspects of professional identity (N. Vodopyanova V. Orel); the features of behavior in stressful situations, interpersonal relationships (V. Bodrov, L. Kulikov, K. Sudakov, Yu. Shcherbatykh et al.); students' life as a particular age (V. Lisowski, L. Granovska); adaptation syndrome (H. Selye); students' mobility as a factor of competitiveness of higher education in Ukraine (L. Hurch, N. Gulyaev) and others.

The significant achievements in the study of youth problems of adaptation to the new conditions of life and relationships in a social group made overseas (E. Erickson, D. Clausen, Z. Freud et al.) and domestic scholars (A. Borisenko, A. Goncharov, M. Levchenko, V. Petrovsky, O. Simonenko, A. Furman et al.).

Psychological and pedagogical aspects of social work and professional training of workers of social and educational spheres have been studied by such researchers as L. Dimitrov, S. Ishchuk, O. Karpenko, L. Koval, V. Korneschuk, B. Novikov, I. Melnychuk, S. Hlebig and others. Thus, the attention of researchers mainly focused on the study of various factors, personality characteristics that contribute to the adaptation or cause the process of disadaptation of personality. The ability to adapt to different circumstances characterizes the process of formation and development of professional identity, its professional development. In the case of disadaptation occurs the violation of not only personal and professional development, but also physiological decline of the organism, the emergence of health problems and so on.

Aim and problems of research. The purpose of the article is to analyze the features of the influence of adaptive mechanisms on the process of formation the personality in professional social work education.

The main material research. The analysis of the source base showed that the problem of adaptation, on the one hand, is not entirely new, but on the other – remains a persistent problem. The term “adaptation” is used in various fields of scientific knowledge, but scientists have not yet reached to a common opinion regarding its content. For example, some researchers believe the adaptation is a process, the result of “adjustment” and other “interaction” both between human (certain collective group), or “interaction” of human and the environment [2].

According to S. Grom, the human adaptation is one of the most urgent problems for today. The author states in the growing organism such processes take place more frequently as during human development everyone must go through several stages of social existence, each of which contains a lot of factors that are new and not just of the individual requirements. Youth have to adapt to the existence in these new environmental conditions in the process of individual development [3, p. 29–33].

In the explanatory dictionary S. Ozhegova the essence of the concept of “mechanisms of adaptation” is addressed as “repetitive actions, behaviors of the individual who uses it in a new social environment for problem solving, resulting adaptive action” [3, p. 354]. In our case, the presence of adaptive mechanisms in the individual of the future professional of social work will influence the adaptation process and the success of overcoming the problem situations in the new environment – higher education.

The essence of adaptation is considered as adapting, and the state of the body as a result of the successful implementation of this process – adaptability, which may be complete or partial. The search of the ways to a successful adaptation of the individuality of the future professional of social work to the changed social conditions and new activities are an urgent problem for students, especially in the early stages of training.

Hans Selye among all the diversity of adaptive responses identifies the specific and non-specific. The most common reaction of the organism reflects non-specific reactions that occur in the development of general adaptive syndrome. Regarding specific adaptive responses, they are formed much more slowly, their characteristic feature is the interaction and cooperation of those elements of func-



tional systems which ensure the formation of the final benefits.

Results and discussions. The problems of adaptation almost all students feel in varying degrees. Thus, process of adaptation is influenced by: the level of prior training of the individual to enrollment (school); students' objective idea of future professional activity; psychological climate in the student group; relationships with peers, teachers, guidance dean, faculty; self esteem and others.

It is this issue was devoted to this study. A representative sample was 125 people, 63% – girls, 32% – boys. Aged 17 to 23 years, comes 46% – from the village, 54% – of the city. First of all, it was interesting to see how recent graduates adapted to college life. It was found that 87% of the subjects included in the role of student. Indeed, student life – this is the first experience of studying. An interesting factor is that 51% of respondents were hard to get used to the new system of evaluation, 34% – to the new evaluation system and only 3% of students was difficult to socialize in a new team.

On implementation the aspirations of students about the level of teaching the educational subjects, the vast majority of respondents gave a positive answer (57%) option – yes, with some subjects – 19% chose option – not quite – 7%. Among subjects who satisfied the needs of students, positive responses were 75%, not very satisfied – 28% did not meet expectations – 4% of subjects.

However, a student life – is not only education, but also leisure, free time, socializing with friends, classmates, and activeness in public life and so on. How much could the students fulfill themselves in this respect? In particular, "teachers perceive understanding and respect me" – said 67% of respondents "very adequate" – 25% and only 3% are not understanding, and another 2% – fair treatment. We hope that this part of the students will be able to find a common language with their classmates and teachers. Especially because still 70% of respondents say that they have a group organizing interesting activities, events. And their initiator is curator – says 45% of respondents, asset group – 39%, the mayor – 27%, university – 16%.

Concerning the participation in university life, then unfortunately, only 29% involved in sports clubs, student government at 22% in the amateur performances – 13%, trade union organizations – 7% in other sections of the employed 20% of respondents.

To the question "Whom you know about events (life) at the University from" 66% (on the basis of 11 classes) said that from steward, 52% – curator, 14% – Members of the

Student Parliament. It is hoped that the Student Parliament still intensify their activities.

Proved interesting answers regarding the question "are you in conflict". In particular, only 2% they can sometimes occur, and 1% – often – with all (classmates, teachers, students). But, despite this, a cohesive group considered only 77% of students divided by micro-groups – 13%, "everyman for himself" – 5%.

To the question "Who do you trust problem solving?" 51% responded the curator, 42% – a steward, 16 – to other people and only 2% of the student members of parliament. Thus, the results showed the active work of curator and steward, but unfortunately, the lack of such members of the student parliament at all. Interesting questions were "Who is curator for you?" Specifically, 51% said the assistant, 39% – informant, 35% – a person who helps my development, 29% – friend, 22% – an active participant in student life and 4% availability curator has no value.

Also we should pay attention to the important aspect of adaptation – the adoption of future experts of social roles. The effectiveness of students adaptation largely depends on how adequately they perceive themselves and their social relationships. Because the formation methods of learning of students develops spontaneously and can have several consequences, since it is not included to the university teachers and curators tasks.

To study to be a person – one of the most difficult science, related to the improvement of character with the ability to act autonomously, showing independence judgments and high responsibility for their actions and deeds. The family, friends, peers, the media, etc have been nurturing the young person [4, p. 57–62].

In addition, current students have the opportunity during the study period to study one or more semesters abroad in another institution, which trains specialists for the same specialty. Academic mobility of students is an integral part of modern education and one of the main requirements of the Bologna Process, creating opportunities for the personal development of future professionals, provides a combination of personal qualities (adaptability, independence, behavior strategies, critical thinking, creative approach to work, motivational and volitional component, etc.) and professional skills (professional competence, level of training, etc.) that ensure competitiveness in the labor market. Such cooperation between schools improves the quality of education in higher education and promotes research activities of students.

Conclusions and prospects for further research. So, on the basis of the analysis



we can conclude that the effect of adaptive mechanisms on the process of formation of the individuality of professional of social work at the educational institution caused by subjective and objective factors, which include the content and organization of educational process in higher education, professional work of social institutions, state and non-governmental organizations, groups and individuals to provide care and support people who find themselves in a difficult situation.

The results of the survey showed the need to improve the adaptation mechanisms on the process of formation the individuality of professional of social work in educational establishment.

The mechanism of functioning of social work regarding adaptive mechanisms in the process of formation the personality of the future expert of social work, its regulatory and legal framework, objectives and priorities of social policy and resolution of social problems in the life of each student, which includes active adaptation to new conditions of life, including a radically new activity, adapting to a

new social environment needs further consideration.

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ДИНАМІКА ГОТОВНОСТІ МАЙБУТНІХ ФІЗИЧНИХ ТЕРАПЕВТІВ ДО ВИКОРИСТАННЯ ФІЗКУЛЬТУРНО-ОЗДОРОВЧИХ ТЕХНОЛОГІЙ

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У статті висвітлено результати дослідження динаміки готовності майбутніх фахівців із фізичної реабілітації до використання фізкультурно-оздоровчих технологій у процесі навчання в бакалавраті. Виявлено статистично достовірну позитивну динаміку рівня готовності в експериментальній групі, порівняно з контрольною, а також відмінності між групами в рівні готовності наприкінці дослідження. Отже, підтверджено ефективність запропонованої моделі підготовки майбутніх фахівців із фізичної реабілітації до використання фізкультурно-оздоровчих технологій.

Ключові слова: фізичний терапевт, фізкультурно-оздоровчі технології, професійна підготовка.

В статье описаны результаты исследования динамики готовности будущих физических терапевтов к использованию физкультурно-оздоровительных технологий в процессе обучения в бакалавриате. Выявлено статистически достоверную позитивную динамику уровня готовности в экспериментальной группе, по сравнению с контрольной, а также отличия между группами в уровне готовности в конце исследования. Следовательно, подтверждено эффективность предложенной модели подготовки будущих специалистов по физической реабилитации к использованию физкультурно-оздоровительных технологий.

Ключевые слова: физический терапевт, физкультурно-оздоровительные технологии, профессиональная подготовка.

Burka O.M. DYNAMICS OF FUTURE PHYSICAL THERAPISTS' READINESS TO APPLY FITNESS AND HEALTH TECHNOLOGIES

The article outlines the results of the study on the dynamics of future physical rehabilitation specialists' readiness to apply fitness and health technologies in the course of their study in the baccalaureate. The positive dynamics in the readiness level was revealed in the experimental group as compared to the control group, as well as in the readiness level at the beginning and at the end of the study. The effectiveness of the proposed