

SOCIAL-PSYCHOLOGICAL BASES OF PROFESSIONAL ADAPTABILITY IN FUTURE MILITARY
SERVANTS

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Abstract: *This article covers the issues of psychological adaptation of young servicemen to the conditions of military service. Adjustment is considered one of the important factors in the life of young military personnel.*

Keywords: *Adaptation, military service, military service , community.*

Sign in. The concept of adaptation originated in the 19th century and was mainly used as a basic criterion in biology. Later, this concept began to be applied to various aspects of the vital activity of the organism, to the personality of a person, and even to the specific characteristics of collective behavior. Adaptation compensates for the lack of habitual behavior in new situations. Due to adaptation, there is an opportunity to accelerate the optimal functioning of the body in unusual conditions. If adaptation does not occur, additional difficulties arise in mastering the subject of activity. Adaptation creates new skills, habits, qualities related to the restoration of the functions of one or other organs and causes the organism, the person to adapt to the environment. Human flexibility is regulated by thinking, will, ability, knowledge and experience. Adaptation is expressed not only in the adaptation of the body to new conditions, but also in the formation of features that allow overcoming difficulties.

Currently, most young people do not meet the high criteria of physical, psychological and social development that would allow them to adapt to new conditions without difficulties. In this regard, the unit officer is charged with the task of searching for the optimal methods of carrying out the adaptation process, taking into account the initial qualities and capabilities of the individual, as well as the ways of developing these qualities in accordance with the norms . Therefore, this topic can be considered important.

Adaptation (*Latin*) is the adaptation of the body, personality, and its character system to particular influences or changed living conditions.

Different types of adaptation are distinguished depending on the conditions under which and in which mechanisms adaptation to the environment occurs:

- physiological interaction of different systems in the body;
- a biological change in the metabolism of substances in the functions of organs in accordance with the influence of vital importance;

- psychological adaptation of a person to tasks, characteristics, situations at the level of mental processes, for example, to conditions such as increased eye sensitivity in the dark;

- socio-psychological adaptation to interactions in a new team.

These types of adaptation can interact and manifest at the same time. The process of adapting to a new situation is accelerated if a person is familiar with the possible situations of the future activity, has the necessary knowledge and information for the right direction. In order to successfully adapt, it is necessary to learn to control one's actions, to coordinate one's inner state with the demands of the environment, to develop readiness for new life situations. The urgency of adaptation problems has led to the necessity of actively and fruitfully searching for its nature, structure, characteristics and ways of effective influence on it in the interest of training military personnel for military activity. But at the same time, it naturally led to many attempts to define the term "Adaptation". In the process of adaptation of military personnel, their psychological characteristics and qualities are restored in accordance with the requirements of the new activity presented. Restoration of the motivational complex leads to the emergence or strengthening of professional interests, inconsistencies, ideals, beliefs, new perspectives and life goals in a military serviceman. Significant changes in their skills, abilities and habits will be revealed. Those that meet the behavioral requirements of the military community will develop, those that do not will weaken and disappear. Military teams made up of young military personnel have common and distinctive features. It will not be possible to improve individual educational work, increase the effectiveness of moral, combat and psychological training, and strengthen military discipline without carrying out serious work on adapting each young serviceman to the conditions of military service.

The most important period in the military service is the period of adaptation - regeneration in the inner world of the individual, adaptation to the requirements of the military environment in his lifestyle and domestic life. How successful this period will be will depend on continued service.

An important aspect of this period is how a person restores relations with others, how he behaves in conflict situations, how he maintains his dignity, his "I", what psychological defense mechanisms he uses.

The process of socio-psychological adaptation of military personnel in the army is very dynamic, and its success largely depends on a number of objective and subjective conditions, functional status, social experience, attitude to life, etc. The causes of socio-psychological adaptation are many factors that occur in a new specific environment and that young people do not encounter in civilian life:

- military -professional activity strictly in order put in ;
- general military of the charter requirements ;
- of relations new forms ;
- complex military to the technique technical service to show _ _

- activities are interconnected _ _ _ _ collective feature _
- solution to be done of duties generality .

In the socio-psychological adaptation of a young military serviceman to military service, the military team has a special social significance due to its important specific feature, that is, the fulfillment of the goals and tasks of the military activity, the implementation of which creates a high responsibility. Military teams differ from each other depending on the content of the order and organizational features of military-professional activity, the types of military work that are mutually interrelated, the state of discipline, the moral and psychological environment, the achievements and results of activities. The imagination of young military personnel expands and deepens in new conditions. Behavioral, psychological information resulting from this retraining provides excellent training, service and teamwork in the conditions of service, and this, in turn, testifies to the growth of their adaptation to military teams. The main psychological mechanisms of such restoration are as follows:

- to convince oneself;
- self-healing;
- self-reward, imitation;
- self-imposed;

self-affirmation, etc. With their help, a person consciously regulates his activities in accordance with his new types and conditions. All these mechanisms are interrelated and interact, determining the psychological composition of a person, the form of activity and behavior in new conditions of activity. Such an approach to the nature of adaptation and the mechanisms of its implementation allows to consider adaptation as an element of human socialization and to function as a full member of society. In the psychological literature, much attention is paid to the classification of types of adaptation for different reasons. In the sources, its types are distinguished as follows: biological, physiological, psychophysiological, psychological, socio-psychological, social, etc. Based on the activity of military personnel, it is possible to divide as the main types of adaptation:

- adaptation to educational activities (didactic);
- adapting to military-functional (military -combat) service activities;
- adapting to team activities;
- adapting to the domestic life of the military community.

If the military team is weak, most members of the team are passive in solving service and public tasks, the commanders do not know the true nature of the work, otherwise you can see a different image of "Adjustment" in the military serviceman.

In the modern army, young people who are called up for military service must go through the adaptation process at least twice:

- when they enroll in special educational units;
- when they are assigned to combat units to continue their further service.

The higher the level of social-psychological adaptation of military personnel, the higher the military-professional orientation.

Armed In the system of forces future military in servants professional flexibility increase social - psychological in terms of research reach very important issue is considered

Armed In the system of forces future military in servants professional flexibility if large-scale researches are carried out, if the characteristics of flexibility are determined, if socio-psychological factors affecting professional flexibility are studied, then it is possible to identify many psychological qualities that are considered a prerequisite for military personnel.

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