

## **Mechanisms Of Adaptation Of Women In Need Of Social Support And Protection To A Healthy Community Environment**

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### **Abstract**

This Article Focuses On Developing New Mechanisms Of Effective Preparation For Women's Personal And Professional Activities In Need Of Social Support And Protection. Also, It Is Paid Attention To The Issue Of The Improvement Of The Spiritual Environment. In Determining Women's Status In Society And Visualizing The Results Of The Analysis, We Studied The "Neighborhood-District-Region" Concept.

**Keywords:** Women In Need Of Social Support, Social Environment, Social Competence, Social Adaptation, Educational System, Adaptation, Degradation, Mimicry, Adaptive Individualism, Discomfort.

### **Introduction**

In The World's Leading Research Centers, Great Attention Is Paid To The Adaptation Of People Deprived Of Social Support. In Particular, Japan, France, Singapore, Italy, Sweden, And The United States Have A Wide Range Of Opportunities To Solve Professional Social Adaptation Problems. Simultaneously, It Is Conducted Important Research By Scientists From Most Countries [1] On The Development Of Preventive Technologies Of Successful Social Adaptation Among Youth [12, 17].

The Need For Social Adaptation Is Manifested In The Conditions Of Existing Changes That Occur Due To A Person's Activity.

Both The Social Activity And An Essential Indicator Of Practical Activity In A Person's Professional Sphere Are Determined By Their Socialization Level. In Uzbekistan, The Development Of New Technologies Of The Social Protection System Is Considered An Urgent Task. On "The Strategy Of Actions For The Further Development Of The Republic Of Uzbekistan [2], It Was Identified The Improvement Of People's Social Conditions, Especially Women And Young Girls, Through Implementing The New Social Adaptation Technologies. For The Effective Implementation Of Social Protection, It Is Crucial To Clarify The Philosophical, Pedagogical, And Psychological Features, Criteria, And Social Adaptation Indicators Of Women And Young Girls. [3. 682-687]. Also, The Development Of Personal, Practical, Professional Components Of Social Adaptation Can Create The Possibility Of Determining Its Important Factors. Volunteering, Tutoring Activities Are Important Issues In The Improvement Of Personal And Professional Socialization.

### **Materials And Methods**

The Problem Of Adapting A Person To The Social Environment Requirements Was Studied To Some Extent In The Most Ancient Times Of Uzbekistan. In Particular, In The "Avesta" Chapters Titled "A Wise Man's Advice To His Child" And "On The Calendar," It Was Emphasized That The Family Participation In The Adaptation Process To The Social Environment Requirements And Their Positive Impact On The Stabilization Of The Social Condition. As Abu Ali Ahmad Bin Ya'qub Roziy Wrote In His Work Named "Axloq Takomili" ("Progress Of Behavior"), "As A Sick Person Needs A Healer, A Spiritual Healer Is Needed For The Human Spirit." It Was Noted That "A Spiritual Healer Is A Master" In Influencing And Adapting A Person To The Social Environment [4, 181].

Particular Attention Is Paid To Identifying Certain Aspects Of The Social Adaptation Problem In The Scientific Literature. Especially, There Are Various Definitions For "Adaptation," For Example, In Philosophy: Adaptation – The Process That Occurs In The Relationship Of Living Systems With The External Environment – A Particular Result Of Adaptogen [5, 9], In The Comprehensive Pedagogical Dictionary, The Adaptation – The Organism Can Adapt To The Existing Conditions [6.11-12], And In Spirituality: It Is A Specific Process In The Spiritual World Of People [7, 15].

Adaptation In Studies Is The Provision Of Optimal Adaptation Of The Subject To The Requirements Of The Environment. As A Result Of Changes In The Social Environment Or The Subject's Movement To Another Environment, The Object's Interaction And Subject Are Disrupted. It Creates The Need To Supplement Functional Integrity. Due To This, A State Of Adaptation Appears When The System Seeks To Restore The Lost Balance. This Situation Is Characteristic Of All Types Of Human Adaptation Representing An Active, Goal-Oriented Process Of Resolving Conflicts That Arise Due To An Individual's Interaction With A New Natural Or Social Environment [8, 85]. The Process Of Adaptation Is A Complex Systematic Process. Socio-Political, Socio-Economic, Spiritual, And Educational Measures Have To Be Taken To Increase Adaptation Subjects' Efficiency Who Suffer From Degradation (Socially Unhealthy Family Environment [15, 16].

If Attention Is Paid To The Aspects Including The Content Of The Adaptation Concept Within The Framework Of The Existing Research Then, The Following Ones Will Be Manifested:

- To Successfully Organize People's Activity In The Existing Environment Contrary Dependence On Internal And External Conflicts, As Well As To Change The Activity Of The Organism According To The Needs Of The External Environment;
- The Features Of The Formation Of Adequate Relations Of The Organism With The External Environment;
- The Sum Of The Reactions Of A Person Capable Of Actively Changing The Existing Environment And Its Changes;

On The One Hand, Adaptation Serves To Satisfy The Individual's Needs And The Environment. On The Other Hand, The State Of Mutual Harmony Of The Individual With Nature Or Social Environment, And On The Third, Ensures Mutual Harmony. In Other Words, Adaptation Implies A Person's Ability To Adapt To Different External Environment Requirements (Social And Physical) Without Going Into Conflict With Them.

As N. M. Egamberdieva, Doctor Of Pedagogical Sciences, Pointed Out, "Changing One's Behavior With A Change In Social Conditions Is Called Social Adaptation." The Need For Social Adaptation Arises Based On Interaction With A Particular System, For Example, A Contradictory Relationship. And In Turn, It Requires The Implementation Of Changes Related To The Elimination Of Conflicts. These Changes May Be Related To A Person Or System. The Need To Cope With The Difficulties That Arise In The New Environment's Conditions Serves As The Starting Point Of Social Adaptation Of The Individual. In This Situation, The Previous Level Of Behavior Of An Individual Becomes Ineffective Or Less Effective.

Hence, The Following Ones Can Be Noted As Signs Of Adequate Socialization:

- 1) Adaptation To The Sphere Of Social Activity; In This Case, A Person Achieves Universal Competency By Acquiring Knowledge, Skills;
- 2) Adaptation To The Sphere Of Attitude Among People, That Is, Deep Emotional Communication With People, Effective Social Adaptation, Quality And Character Of The Person, And Behavior.

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Social Adaptation Has A Complex Dynamic Characterization And Requires A Mutual Harmony Of The Imagination About Social And Personal Significance Values. In This Process, A Self-Awareness System, A Valuable Relationship With The Environment And The World Develop. It Covers Psychological-Pedagogical, Socio-Psychological, Psycho-Physiological, Personal-Motivational Aspects. Each Of Them Is Associated With Different Levels Of Difficulty And Conflict.

Overcoming Difficulties Has A Strong Influence On The Spiritual And Moral Perfection Of The Social Environment.

This Process Has A Long-Term Characterization, Which Can Cause Social And Psychological Tension. As A Result, A Person Can Adopt New Norms Of Behavior And Successfully Carry Out Daily Activities. Because Adaptive Opportunities Are Low Level, People Experience Great Physical And Mental Strain In New Conditions. Therefore, Psychological And Pedagogical Stimulation Of Women, Especially Young Girls, Is Of Great Importance.

According To The Researchers, The Adaptation Of Women And Girls To The Social Environment Occurs At Certain Time Intervals In The Following Stages: Physical Adaptation (Lasts Up To 2-4 Weeks), Psychological Adaptation (Lasts 2-6 Months), Socio-Psychological Adaptation (Lasts Up To 3 Years).

Social Adaptation Reflects Two Essential Aspects In Itself:

- 1) Adaptation To The Sphere Of Professional Activity: Adaptation To The Team Environment, Organizational Aspects, And Conditions, The Content Of Independence Skills Of Women, Especially Young Girls In Educational And Scientific Activities;
- 2) Socio-Psychological Adaptation: Its Adaptation To The Social Group, The Interaction In It, The Creation Of Its Style Of Behavior.

Social, Psychological, Pedagogical Factors Influence Social Adaptation. Age, Social Origin, Lifestyle, Which One Experienced At The Previous Stage, Are Social Factors. Psychological Factors Include Individual-Psychological, Socio-Psychological, Intelligence, Orientation, Personal Potential, Etc. The Level Of Pedagogical Skills Of Specialists (Volunteering, Tutoring), Organization Of Positive-Emotional Environment In The Team, Information-Methodical And Didactic Supply Are Pedagogical Factors.

Establishing Their Joint Activity Is The Basis Of Effective Social Adaptation. In This Process, It Is Necessary To Be Able To Choose Ways Of Achieving The Goal. Also, The Specialists Should Support It And Perform The Function Of A Facilitator.

### Results

The Study Results Show That Strategies Aimed At Changing Both The Environment And Self-Improvement Provide The Highest Social Adaptation Level.

At The Lower Level Of Social Adaptation, The Subject Can Avoid Interacting With The External Environment And Become Entangled In His Or Her Inner World. In This, His Or Her Behavior Is Manifested In The Form Of Social Deadaptation. In Such Cases, The Forms And Causes Of Deadaptation Are Immediately Studied. In Particular, Conducting Additional Educational Propaganda Separately, Giving Clear Instructions, Studying Individuality, Organizing Psychological Service Can Provide Their Results.

The Researcher Scientists Developed Several Models To Ensure The Social Adaptation Of Women And Girls. Below It Is Presented Some Of Them:

- 1) The Harmony Emergence Is The Formation Of A Balance Between The Individual And The Environment Based On A System Of Mutual Values And Respect;
- 2) False Adaptation – The Student Seems To Be Adapted To The Conditions He Or She Has A Negative Attitude To The Norms Adopted At University;
- 3) Recognition And Acceptance Of New Environmental Values;

4) Adaptation Based On Similarity Is The Spiritual Reorientation Of The Individual, Previous Views, Orientation, And Transformation Of Establishments.

This Model Has A Conditional Appearance, In Which The Periods Of Adaptation Can Take Place Simultaneously Or Fill In Each Other.

Stages Of The Adaptation Process To The New Socio-Cultural Environment:

1) Initial Period: An Individual And Group Know How To Behave In A Social Setting But Is Not Prepared Enough To Adopt A Values System. Therefore, They Try To Save The Previous System Of Values;

2) Individual And The Group Recognize The System Of Values And Norms Of The New Environment And Try To Follow It;

3) Accommodation, That Is, The Adoption By The Individual Of The Basic Elements Of The System Of Values Related To The Existing Environment, And Recognition By The Social Environment And The Group Of Individual Values;

4) Stages Of Implementation Of Mutual Coordination Of The System Of Assimilation, Individual, Group, And Environment-Specific Values.

The Following Strategies Were Developed For Flexible Behavior:

1) To Actively Adapt The Existing System Of Values;

2) Self-Change;

3) To Get Out Of The Environment And Look For A New One;

4) To Break Off The Connection With The Environment And Introverted His Or Her Inner World;

5) Ability To Slow Down The Conditions Of The Environment;

6) Waiting For External Changes With Indifference;

7) Indifference To Internal Changes, Etc.

From The Point Of View Of Professional Adaptability, Adaptation Offers A Review Of The Content From Three Perspectives:

1) Physiologic: A Function Of Organs And Systems; Endocrine And Nerve Regulations;

2) Socio-Psychological Adaptation: The Formation Of New Psychological Norms Of Behavior; Correction Of Personal Qualities Based On The Established Demand; Adaptation Of A New Social Environment;

3) Professional: To Get Used To The New Conditions Of Labor; To The Pedagogical Profession; To Constantly Improve Knowledge And Pedagogical Skills.

Based On The Study And Analysis Of The Models, We Identified The Following General Levels:

- Absolute Adaptability – Full Acceptance Of The Values And Norms Of Society, Goals, And Objectives, Readiness To Obey Its Norms;
- Mimicry – Adaptation To The Secondary Rules Without Adopting The Team's Goals, Objectives, And Basic Standards.

This Type Of Adaptation Is Inherent In An Unstable Group. They Are Ready To Leave The Team; Adaptive Individualism – An Individual Or Group Accepts The Team's Basic Norms And Values, Not Accepting The Second Level's Rules. The Individuals' Desire To Cooperate To Meet Their Needs And Interests Is A Key Factor In Forming A Group. Group Activities Strengthen Interpersonal Relationships And Interaction. The Satisfaction Of The Current Conditions And Interests Ultimately Leads To The Effective Development Of The Ability To Cope With Socio-Psychological Constraints.

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It Is Possible To Include The Following Ones To The Basic Conditions Of Activity That Form The Foundation For Group Formation:

- Common Interest Areas In-Group Members;
- The Organization Of Formal And Informal Activities And Their Compliance With The Working Environment;

Also, From The Point Of View Of Social Adaptation, It Is Possible To Distinguish The Following Levels Of Group Formation:

1. The Active Course Of Internal Interaction Explains The First Level Of Development. The Commonality Of Need And Interest, The Presence Of Mutual Emotional And Moral Cooperation Will Be The Leading Factor In Forming The Group.
2. Organizing Formal And Informal Events And Providing Motivating Guidance Based On The Dignity Of Group Members' Activities Can Help Establish The Conditions For Forming A Group.
3. The Priority Level Of Group Formation Activities Is Based On Mutually Beneficial Joint Activities Aimed At Goal-Motivation, Organizational, And Value Creation.

It Is Possible To Indicate Three Types Of Interrelationships In The Content Of Ensuring Social Adaptation:

1. The First Stage Of Adaptation Is Facilitated By Communicative Activity Methods, Which Meets The Need For Communication And Social Status. In This Process, A Plan Is Drawn Up To Teach Women And Young Girls The Strategy Of Social Behavior To Choose The Target, And This Process Will Continue In The Next Round.
2. At The Second Stage Of Adaptation, They Use Techniques Aimed At Interacting According To Their Interests And Needs. It Increases The Effectiveness Of The Individual Activity. Besides, In Organizing Functional Interaction Within The Group, They Actively Enter Into Their Vital Activity, Forming A Sense Of Individual Immunity To The Events And Processes Taking Place In Them.
3. At The Third Stage Of Adaptation, Methods Of Activity That Are Oriented To Value Are Used.

Raising Spiritual And Educational Work To A New Level And Protecting Youth From Different Ideological Attacks Are Important In The Current Complex And Dangerous Era Of Ideological And Intelligence Struggles [18].

### **Discussion**

It Was Comprehensively Enlightened The Essence Of Complex Geopolitical And Ideological Processes Happening In The World. It Was Conducting An Effective Ideological Struggle Against "Mass Culture" And Other Threats In "The Strategy Of Action For The Development Of The Republic Of Uzbekistan In 2017-2021", Decrees Of The President Of The Republic Of Uzbekistan "On Increasing The Effectiveness Of Spiritual And Educational Work And Raising The Development Of The Sphere To A New Level" (July 28, 2017) And "On Additional Measures To Increase The Effectiveness Of Spiritual And Educational Work" (May 3, 2019). Moreover, Special Attention Was Paid To Implementing A System Of Comprehensive Measures Aimed At Eliminating Internal Threats That Hinder The Sustainable Development Of Society In The Video Conference Dedicated To The Radical Improvement Of The National Ideas System And Educational Work In The History Of New Uzbekistan On January 19, 2021.

Women's Perceptions Will Shift As Their Lifestyles, Experiences, And Attitudes Toward Life Evolve. The Methods Of Working With Individuals Who Were "Personally Observers," "Participants," Or "Victims" Of The Struggles Are Specific. Because The Information Space Is Overloaded, The Mass Media Composition Appeared In Different Directions In Social Networks. The Ideological Struggle Has Become Stronger, More Complicated, More Confused Than Ever Before. Everyone Receives Different Information Every Day. So, Who Can Distinguish Them Whether They Are Useful Or Not? What Implications Do People's Brains Have As A Result Of The Facts They Have Received? Do They Serve For Goodness Or Evil?

Everybody Knows That The Power Of The National Idea, Spirituality, And Enlightenment Is Measured By Its Proximity To Life, Directly Serving To Improve People's Lives. In Practice, This Leads To A Closer Relationship Between Citizens And The State. Persuading Women Who Returned To Their Homeland Is The Primary Task Of Educational Propaganda. Therefore, First Of All, Subjects Who Are Responsible For Implementing The Social Adaptation Have To Work With Them More Carefully. They Are:

1. Chief Of The Neighborhood And His Assistances;
2. Ambitious And Strong Women;
3. Religion Teacher Of Girls In The District;
4. Psychologist Of The District;
5. Propagandist Women.

Here, It Is Worthwhile To Follow The Recommendations:

First, The Internal Affairs And Security Structure Personnel Shouldn't Be Directly Involved In These Stages As Much As Possible. The Reason Is That The Possibilities Of Establishing Open Communication Are Limited, And It Is Difficult To Establish A Trust Bond For Each Other.

Secondly, It Is Envisaged To Work With A Regular Person, Conduct An Analytical Analysis Of The Results Of Targeted Work, And Monitor The Level Of Changes.

Thirdly, All Educational Promotion Directions Aim To Socialize Women Who Are Deprived Of Social Support, Protection, And Direct Them Into Participants, Initiators Of The Reforms Carrying Out In Uzbekistan.

Methods Of The Social Protection And Health Care System Of Women In Need Of Social Support In Society. The Various Ideological Struggles That Began In The Second Decade Of The 12th Century And The Conclusions Arising From Them Indicate The Need To Carry Out Serious, In All Respects, Solid And Scientifically-Practical Work In The Spiritual-Ideological, Social-Spiritual Direction.

In This Sense, The Institute For Neighborhood And Family Support Developed A Social Support Method In Society, Determining Women's Status. According To The Method:

- Indicators Of The Women In Need Of Social Protection And Social Support Are Reflected On The Exact Measures;
- It Is Developed Forms Using Modern Information And Communication Tools In The Determination Of Social Support Of Women In The Regions, Walking Around The Apartment, Systematic Monitoring, And Analysis;
- The Analysis Results Are Visualized And Displayed On The Map Of The Socio-Spiritual Environment Across The Regions Based On The "Neighborhood-District-Region" Principle;
- Recommendations For The Implementation Of Targeted Propaganda Aimed At Eliminating Social, Economic, And Psychological Problems Will Be Prepared;
- Based On Analytical Data, Specific Targeted Recommendations Aimed At Eliminating Threats Will Be Developed.

Using "Map Of The Spiritual And Educational Environment In The Neighborhoods" In Determining The Status Of Women Deprived Of Social Support, Protection

Goals And Objectives. The Purpose Of The Methodology: To Determine The State Of The Socio-Spiritual Environment In The Neighborhood (Neighborhood-District-Region), As Well As To Identify The Purpose, Content, And Impact Force Of Internal And External Threats That Adversely Affect The Consciousness And Soul Of Women.

The Main Tasks Of The Methodology:

- To Clarify The Pedagogical And Psychological Features Of Social Adaptation Of Women;
- Development Of Social Adaptation Technology, The Model For Women.
- To Study And Map The Levels Of Internal And External Threats That Negatively Affect The Consciousness Of The Population, Social Support, Protection Of Women, Especially Young Girls;
- To Carry Out Systematic Monitoring Of The Socio-Spiritual Environment In The Neighborhood;
- Development Of Innovative Techniques Aimed At Strengthening Ideological Immunity Of Women;
- Development Of Scientific And Practical Programs Aimed At The Ideological Immunity Of Women.

Composition Of The Phased Model For Ensuring Social Adaptation:

1. The Process Of Adaptation. It Is A Positive Indication And Creates A Balance Between The Individual And The Environment Based On A System Of Mutual Values And Respect.

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2. The Process Of False Adaptation. Although It Is An Inefficient Stage Of Socialization, It Increases The Level Of Clarification And Control. While Women And Girls Seem To Be Adapting To Circumstances, They Have A Negative Attitude To The Norms. That Is Why, Leaving The Environment And Looking For A New Place And Sluggish Habituation To The Environment's Conditions, Indifference To Internal Changes Is Also Observed.

3. Adaptation Process Leads To The Recovery Of Society's Environment By Recognizing And Accepting The New Environment's Values.

4. Adaptation Based On Similarity Is Manifested In The Individual's Spiritual Reorientation, The Transformation Of Previous Views.

**At The First Stage**, To Conduct A Separate (Individual) Conversation And Open Dialogue With Women And Girls Who Were Returned To The Homeland.

The Way To The Human Heart. The Goal: To Find A Mean Among Women Through The Clarification Of Such Issues As Their Personality: Desires, Abilities, Opportunities, Dreams (Based On Self-Analysis And Interview Techniques).

It Is Recommended To Use The "Interview" Method. It Consists Of Open And Closed Questions. This Method Aims To Get Information From Women, Get Ideas, Identify A Particular Problem, Evaluate An Event Or Phenomenon—Objective: To Establish Free Open Communication.

Interview Questions:

1. Give Three Advantages And Three Disadvantages For Your Name. (To Be Considered For An Interview)
2. What Is Happiness Itself?
3. What Adjectives Are Needed To Be Happy?
4. Your Ideals?
5. My Skills
6. Psychological Testing. Recommendation: (Life Wheel)
7. My Goals.

It Is Essential To Communicate With Them By Asking Simple Questions. For Example, What Did The Pandemic Teach Us? Examine The Attitude Towards Our National Values. Identify The Problems, Determine Their Origin, Types, Characteristics Of The Spread. The Obtained Data Are Not Processed Using Statistical Analysis Methods, And Its Uniqueness Distinguishes This Method. Proposals Of Women Are Studied And Systematized.

**In The Second Stage**, Separate Pieces Of Training On Social Adaptation Are Conducted With Women And Girls.

It Can Be Followed In 3 Stages Of Adaptation. Methods Of Communicative Activity Provide The First Stage Of Adaptation. In The Second Phase, According To Individual Interests And Needs, It Is Used Techniques In Which Sides Can Cooperate. It Increases The Effectiveness Of The Individual Activity. Methods Of Activity Targeted At Value Are Used In The Third Level.

**Increase The Content Of Life. The Purpose:** Awaken Anxiety And Aspiration To A New Changing Social Environment And Form New Social Values.

1. A Video Of A Recommending Character, Which Is Devoted To The Place Of A Woman In Society, Formed Based On Ideals Revealed At The First Stage.
2. Psychological Training.
3. To Determine And Strengthen The "Life Goals" By Taking An Example From People Who Left A Positive Impact On Their Lives Based On The "My Goals" Identified In The First Stage.

4. What Do You Need To Do To Eliminate The Problems That Interfere With You (The Women Themselves Give The Solution).

*In The Third Stage*, Systematic Work Is Carried Out To Solve Women And Girls' Employment.

#### **"What Kind Of Person Am I?" Training**

A Person Is Interested In Knowing What Kind Of Person The Majority Is But Doesn't Ask Someone: "What Kind Of Person Am I?". The Answer For The Question – "What Kind Of Person Am I?" Is Looked For In The Training

A Clear Paper Is Taken And Answered For The Following Questions:

1. What Are My Achievements And Shortcomings?
2. How Do My Family, Parents, Brothers, Sisters, And Loved Ones Affect Me?
3. Amazing Events In My Life.
4. Achievements Of Friends And Acquaintances

It Is Necessary To Write The Answers As Openly As Possible. These Answers Help You To Get To Know Yourself Better. There Is A Proverb In The Uzbek People: "Talk Less, Work More." The Ideas That Are Being Put Forward In Educational Propaganda Activities Must Found Their Proof In Life. In Other Words, The Works Carrying Out In Society Should Reveal The Essence Of The State's National Policy.

*In The Fourth Stage*, Psychological, Sociological Analyses Are Carried Out On The Diagnostic Works. Special "Programs" Will Be Developed To Eliminate Threats That Negatively Affect The Socialization Of Women.

#### **Conclusion**

To Sum Up, In The Process Of Women's Social Adaptation, Problems In The Neighborhood Are Studied Based On The Spss (Statistical Package For The Social Sciences) Program. They Are Analyzed Using A Student T-Test For Non-Interrelated Selections Based On The Obtained Results. According To The Works' Results, Various Conflicts In 196 562 Families Were Investigated, 19 967 Families Were Eliminated From The Disputes, 8 885 Families Were Saved From Separation In The First Quarter Of 2021. To Maintain Public Control, Speeches To The Mass Media Were Made 8644 Times. In 2020, 49 Percent Of Crimes Were Not Committed Due To Preventative Measures In The Neighborhoods (33.7 Percent In 2019). Also, 16,9% Of Criminal Activity Was Eliminated.

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