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STUDY OF ADAPTATION OF DISPLACED PEOPLE TO THE NEW CONDITIONS OF LIFE ACTIVITY

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ABSTRACT

In the modern world, despite the trends of civilization, humanity experiences many socio-psychological crises, wars, displacements, etc. From a socio-psychological point of view, the war and, consequently, the displacement have become severe traumatic realities for the Armenian society, particularly the Artsakh Armenians. Because of the Artsakh issue, for 30 years, the Armenians have been the bearer of wars, losses, and displacements. In the fall of 2020, the new Artsakh-Azerbaijani war left severe consequences on the life of society: human and territorial losses, displacement, etc. So taking into consideration the created situation, from the socio-psychological point of view, we prioritise the study of the problems of adapting the displaced people to the new environment. From this point of view, we consider the problem we are studying to be topical. The research results show that in the new conditions of life, self-acceptance is of decisive importance for the displaced people to achieve a certain result in life, self-realization correspondingly self-satisfaction.

Keywords: socio-psychological adjustment, personality adjustment, displacement, trauma, life goals, integration.

INTRODUCTION

The modern world is full of wars, socio-economic and political catastrophes, and alienation. The wars and deportations that took place with us in the last 30 years have left a serious mark and impact on public life, socio-economic and morale-psychological conditions. Military-political clashes, socio-economic crises, and ethnic conflicts led to a significant increase in the number of displaced people among us. In particular, as a result of the 44-day war, more than 20,000 residents of Hadrut, Karvachar, Shushi and other

settlements lost their homes, became homeless, and took the path of migration and forced displacement. From this point of view, we consider the study of socio-psychological problems of displaced persons and adaptation to new life conditions to be important and relevant. The theoretical basis of the work was Yu.A. Alexandrovsky, F.B. Berezini, L. Phillips, M.E. Sandomirsky, T.P. Korolenko, and A. A. Nalchajyan's concepts of adaptation to the changing conditions of life. According to L. Phillips, a representative of the interactionist approach to adaptation, the adjustment that a person achieves by meeting minimum requirements and society's expectations is an effective adjustment of a person. According to Phillips' concept, an individual's adaptation to the environment is expressed in two ways:

The first implies the adoption of social norms and effective adaptation to the social expectations that we all face, regardless of age and gender. In addition, in the second case, adaptation is not simply the acceptance of social norms, but it is a manifestation of flexibility and efficiency when faced with new and difficult conditions, as well as the ability to give the situation the direction we want (Phillips L. 1968).

The process of adaptation of displaced people can be observed at the level of development of interpersonal relations, which is a psychophysiological regulation of psychological processes, ensuring the functioning of physiological mechanisms. From this point of view, we paid attention to Yu. A. Alexandrovsky's approach to psychological adaptation, who sees the phenomenon as the result of the activity of a whole self-regulating system. According to the author's concept, in ineffective interpersonal relations, adaptation indicators are at a lower level, and high indicators are the result of a successful manifestation of the adaptation process (Alexsandrovski U.A. 1976).

According to F.B. Berezin's concept of "adaptability" is one of the prospective approaches to the integrative study of a man. When studying refugees, he applies a holistic approach to psychological adjustment, distinguishing three main levels: psychophysiological, psychological, and socio-psychological. According to F.Berezin, psychological adjustment plays a decisive role in a person, which significantly affects different levels of the adjustment process. That is why the author singles out socio-psychology as a relatively independent level. According to him, an adaptation from this point of view ensures effective micro-social interaction and the realization of meaningful goals. F.B. Berezin notes that adaptive processes include not only the regulation of the organism's activity but also the maintenance of balance in the human-environment system. As to F.B. Berezin, violation of human-environment balance can be caused by the tension in the person's adaptive system, which in its turn causes emotional instability,

changes in interpersonal relationships and micro-social interactions. The author mentions three main criteria to be of essential importance for the psychological adaptation of a person:

1. An expression of emotional stability and tension about emotional stress.
2. Features of micro social interactions.
3. The ability to logically assess the situation as well as the energetic reserves necessary for behavioural adaptation (Berezin F.B. 1988).

For the analysis of the adaptation problems of the displaced people, we highlighted A.A. Nalchajyan's socio-psychological theory of adaptation, where the author emphasizes two main aspects of adaptation and adjustment:

1. adaptation by overcoming problematic situations, in which the person's resources and mechanisms of adaptation are concentrated to reconstruct the real social situation, and the person acquires only relatively not very positive changes (acquisition of new knowledge and social skills);
2. adaptation by maintaining the situation in which bigger changes take place, but those that mostly do not harm his self-realization and self-development (Nalchajyan A.A., 2010, p. 52-53).

Because of displacement, many problems appear in people's mental health, including psychological, socio-psychological, and psychophysical symptoms and disorders. The displaced positive emotions weaken, and emotional tension, irritability, anxiety, and aggression increase. From the point of view of mental health, such a lifestyle is an unavoidable condition for forming organic diseases, behavioural deviations, and interpersonal conflicts in family relationships. The course of mental states is necessarily combined with external and internal changes in the organism. These are manifested by face play, changes in limb mobility, and physiological shifts. The mentioned phenomena are more obvious because of forced emigration, which we witnessed in 2020. The highest level of anxiety and aggression is experienced by the displaced people who were in the area of hostilities. All displaced people have high levels of fear of death and avoidance of death.

One of the difficulties of people living in displacement is being in a forced, constant tense and being in a permanent waiting state. The displaced are waiting with faith to return to their homes. Such a long-term state takes enough energy from the organism, which is directed to the existing conditions' adaptation to the new social environment. The processes taking place in the body are usually combined with rapid changes in the vegetative and nervous systems, and consequently, they are expressed by the general

exhaustion of the body, fever, insomnia, behavioural changes, loss of general mobility, decrease in workability, etc. According to Malkina-Pikh, they are based on the emotional experiences of events in the person's past, which are preserved indefinitely in a person's memory in the form of residual negative foci. They are not forgotten but are reflected in a disguised way in the peoples' socio-psychological behaviour (Malkina-Pix I.G., 2005).

War, respectively loss of life, and forced displacement is perhaps the greatest evil among human atrocities ever to exist. After both the April 2016 and 2020 44-day wars, there were many victims, widowed young women, orphaned children, parents with children, and forcibly displaced people, who may have been displaced for the second, even third time in thirty years. In the conditions of adverse turns and changes in life, the survival of a person and the unfolding of his effective activity largely depends on how well he is prepared for these situations, how well he can withstand them, and confidence in his strengths and capabilities (Ivannikov V.A., 2006).

In the process of adaptation, displaced people undergo significant changes in their plans, which are expressed by a decrease in self-esteem and aspirations, and a change in value orientations and social attitudes. The most important of them is the identity crisis (Pergamenchik L.A., 1996, p. 86).

According to B Kolodzin, the crisis as a situation is experienced and understood by a person, becoming a turning point in overcoming the difficult path of life (Kolodzin B., 1992). It begins with the struggle of motives during the implementation of intentions and reaches its peak when a person still feels the importance of his failed intentions and is sure of the impossibility of their implementation. From this point of view, two main forms of crises can be distinguished: In the first case, the crisis is a test, after overcoming a person keeps the most important intentions of his life. In the second case, the crisis is a state of loss of opportunities and requires restructuring to accept intentions of new life orientations.

The disorders a man has after the psychological injuries experienced as a result of displacement damage all spheres of human activity: biological, psychological, and social, leading to permanent personal changes not only in people who directly experience stress but also in family members. From this point of view, N. Tarabrina describes the following three stages of getting out of a stressful situation: emotional reaction, acceptance of reality, and adaptation to newly created conditions. The fact of experiencing traumatic stress and not overcoming it for some people is a reason for the emergence of post-traumatic stress. (Tarabrina N.V., 2009, p. 76).

We believe that the adaptation of displaced people to new living conditions ensures the harmony of a person's biological, psychological and social structures. In the process of adaptation, the individual acquires everything necessary for the normal course of life and successful activities and adaptation to different life situations. A person is adapted to a new social environment if he, without internal and external long-term conflicts, effectively performs his leading activity, living in self-realization and the unfettered manifestation of creative possibilities. In these cases, both the needs of the person and the expectations presented to the person by the social group are satisfied.

RESEARCH

Based on the topicality of the problem, it is important to find out the correlative relationships between the adaptation of the displaced people to the new living conditions and the meaning of life.

As a result of the 44-day war of 2020, 42 displaced persons (33-45 years old) from the Hadrut region of Artsakh, who temporarily settled in the city of Yerevan, participated in the study.

We used K. Rogers and R. Diamond's diagnostic methodology of socio-psychological adaptation to study its correlational relations with life's meaningful orientations and adaptation. We applied D.A. Leontyev's Test of Meaningful Orientation in Life.

As a result of the research, it becomes clear that in the group of displaced people, a positive correlation of $P \leq 0.05$ reliability was obtained between adaptation and the life course interests and emotional satisfaction factors: $r = 0.378$. It should be noted that the life course, interests, and emotional satisfaction of the researched people in the new conditions of life also imply adaptation. A positive correlation of $P \leq 0.05$ was also revealed between self-acceptance and life outcome or satisfaction with self-actualization factors $r = 0.349$. The latter speaks about the fact that for a certain result of life, self-realization and being self-satisfied as a result, acceptance of one's personality is of decisive importance. Otherwise, if we do not accept ourselves, we will not have the result of life or the satisfaction of self-realization because negative self-attitude is characterized by the rejection of one's self, internal conflict, and self-criticism. In this case, we are dealing with a person with self-realization problems. We can conclude that in the new life conditions, the acceptance of one's self as a certain result of life, self-realization, and self-satisfaction, as a result, is of decisive importance.

A negative correlation was found between the factors of adaptability and control over one's own life, controllability: $r = -0.403$). Controlling one's life in a new social environment can create an impression of a person's adaptability. We believe that the latter speaks of caution, more organized, calculated living in a new social environment, which cannot be noticed in the case of adaptation. In the case of adjustment and control over one's life, controllability is almost not observed because, in this case, a person feels safe in the environment. In the new conditions of life, the control and management of one's own life also contain a defence mechanism. Therefore, we can say that in the new living conditions, the higher the control and manageability of the displaced persons' own life, the lower the adaptability and vice versa.

As a result of the research, it becomes clear that in the group of displaced people, a positive correlation of $P \leq 0.05$ reliability was obtained between emotional comfort and life outcome or satisfaction with self-realization factors: $r = 0.385$. The latter indicates that a person's emotional well-being is in correlation with self-realization, particularly satisfaction as a result of self-realization. We can say that self-satisfaction as a result of self-realization contributes to a person's inner stability or emotional well-being. The latter provides a person with mental harmony and vice versa; being dissatisfied with self-realization causes emotional discomfort.

As a result of the research, in the displaced group, a positive correlation of $P \leq 0.05$ was obtained between internal control and control of one's own life, controllability of life factors: $r = 0.412$, which we explain by the psychological mechanisms of a person's adaptation in new social conditions. The controllability of life in new social conditions and a person's self-control is essential in the adaptation process. The need for security and the desire to succeed in new conditions of life forces a person to be more organized, cautious, attentive, control, and manage his actions and steps.

And we obtained the last correlation between the factors striving for supremacy and life goals: $r = 0.338$, which indicates that the striving for supremacy guides the life goals of the displaced people in new living conditions. The higher the striving for dominance, the higher the goals in life, and vice versa; the lower the striving for dominance, the lower the goals in life.

CONCLUSION

Thus, as a result of the 44-day Artsakh war, the life course and emotional comfort of the displaced people in the new conditions of life are determined by the factors of interests, emotional saturation, adaptation, as well as the result of life or satisfaction from

self-realization. Dominance-seeking quality is strongly and positively correlated with the life goals factor. Internal control factor, control of one's own life, life controllability factor. And as a result of the negative correlation, it becomes clear that the clearer the adaptability of the displaced person, the lower the expression of the control and manageability factor is and vice versa. In other words, the control and manageability of one's own life do not mean adaptation but have a protective nature in the new conditions of life.

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