

M. Shrubovych

Research supervisor: O.L.Ostapchuk,

Candidate of Pedagogical Sciences,

Associate Professor

Zhytomyr Ivan Franko State University

Language tutor: K.V. Levkivska

Candidate of Pedagogical Sciences

PROBLEMS OF SOCIAL ADAPTATION OF PENSIONERS IN UKRAINE

The problems of the elderly until recently have been poorly understood in our country, and especially the problems of adaptation. Social adaptation is an important indicator of the success of the interaction of man, a social group with a radically changing social environment and the main condition for the completion of transformation. From the point of view of scientists, adaptation is a continuous process of active adaptation of a person to changing conditions of a social environment. The effectiveness of adaptation largely depends on how much the person perceives himself and his social connections [1, c. 120].

The peculiarities of social adaptation of pensioners are due to the fact that they are forced to simultaneously adapt to age changes at the micro level, to social changes at the level of a small group and to changes in the level of society as a whole [2, p. 57]. People who retire mostly face such problems as loneliness, isolation from all relatives, friends and acquaintances, deterioration of health, low material provision. All this gives rise to a number of consequences that affect the process of social adaptation. People have a low level of social mobility, retirees sit at home and do not integrate into society, communicate less with their relatives, over time, the circle of communication is very narrowing. When a person retires, she has a lot of free time, and as a rule, this time spent on watching television, listening to radio,

reading books, this implies the impossibility of self-development. All these components eventually lead to disadaptation.

In Ukraine, the elderly have a low standard of living, their basic needs are not satisfactorily fulfilled, which is why they are not able to fully function in society. Such a process as reducing the level of communication with other people generates the loss of family ties, loneliness, alienation from society, isolation in oneself etc.

Pensioners who have problems with social adaptation often plunge into themselves and their problems and reject any opportunities for improving social adaptation. Usually, this leads to depression, there is a loss of interest in life, a person does not want to think about the future, it simply "floats by the flow" [4]. Persons who are retired consider themselves unnecessary to others, they feel ambivalent about their status. "It does not matter what I do" may be joyful or cruel expression [3].

Another important problem can be singled out, namely that people in this age face a large number of deaths, they lose their relatives, friends, acquaintances, etc. This greatly affects their physical and mental state. They can become ill severely after leaving a close relative or friend.

Retirement is often the first major change faced by elderly people. This change affects each person in different ways and leads to various consequences, the main of which are the problems of social adaptation.

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