

Man in India 2017 vol.97 N3, pages 417-430

Psychological diagnostics of the first-year students' adaptation to a higher school environment

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Abstract

© 2017 Serials Publications. The relevance of the investigated problem is caused by the need for theoretical basis for special activities aimed at prevention the first-year students' psychological maladjustment on the one hand, and insufficient development of theory, methodology and content of such activities on the other. It is important to diagnose emerging problems of first-year students' adaptation correctly in order to provide them with psychological help, to overcome psychological maladjustment factors during the initial period of their higher school training. The aim of the article is to justify the choice of psycho-diagnostic tools, to present the means of tools testing, to summarize the results of psycho-diagnostics of first-year students' social and psychological adaptation to a higher educational environment. The leading method of our research is psycho-diagnostics, it allows us to identify the most common causes, factors, and barriers in first-year students' effective adaptation to a higher school environment; the results of psycho-diagnostics can be used to provide students with timely psychological assistance, and to overcome psychological maladjustment factors. The results indicate that special activities aimed at the prevention of students' psychological maladjustment are of critical importance. The parameters of first-year students' adaptation levels, received on the basis of special criteria and with the help of psycho-diagnostic toolset, are presented in the article. The algorithm of psycho-diagnostic tools implementation is also given. The implementation of the proposed psycho-diagnostic toolset is aimed at prevention the first-year students' psychological maladjustment; it is focused on providing students with individual counseling and overcoming psychological maladjustment during their initial period of training.

Keywords

Adaptation criteria and parameters, Psychological diagnostics toolset, Psychological maladjustment, Social and psychological adaptation

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