

PSYCHOLOGICAL ASPECTS OF STUDENT ADAPTATION TO A NEW LEARNING ENVIRONMENT

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Annotation: Adaptation of students to study in higher education is a topical issue of our time, because the professional activity and personal development of the future specialist depends on the success of the adaptation process. Many modern students face difficulties in self-development. To solve this problem, it is important to study the adaptation of students to the educational process based on practical and theoretical knowledge. Such adaptation helps to overcome psychological barriers.

Keywords: adaptation, psychological factor, personality, specialist, professional activity, educational process

Adaptation (adaptation) is a change in the nature of relationships, the content and organization of the student's educational process in the educational institution is the relationship to be made. Mental adaptation to the activity of a person or group depending, adapting to the environment or adapting the environment to itself understood as the interaction of processes.

Entering and studying at the university attracts students to a new cultural and educational environment goes along with making, this is the initial mechanism of the adaptation process is considered The success of adaptation is the reserve of students to update and overcome various difficulties encountered in the learning process includes readiness.

The following difficulties are encountered in adapting to a new educational environment:

- Adherence to the old system of values;
- Assimilation;
- Adaptation to new housing conditions;
- Communication with new classmates;
- Teacher personality;
- Natural conditions and others.

Adaptation helps students not only to get used to new conditions, but also to change their behavior

allows to define new forms and new social roles.

Due to this process, the conditions for the best functioning of a person in a new environment are being created. If adaptation does not occur, the student is mastering the subject there are also cases of encountering difficulties. Students at the university the issue of adaptation is still relevant. Higher education of students adaptation process covers social, psychological, pedagogical and other aspects is the receiving event.

According to Korovina.I.V., the psychological of university students believes that the following can be clearly distinguished in its adaptation:

- adapting to the conditions of educational activity (to new forms of education adaptation, control and acquisition of knowledge, other work and leisure manifested in adaptation to the regime, independent lifestyle and the like will be);
- Adaptation to the group (inclusion of colleagues in the team, its rules, mastering their traditions);
- adapting to the future profession (professional knowledge, skills and qualities mastering) adaptation to the group (inclusion of colleagues in the team, its rules, assimilation of traditions).

First course based on the most important areas of personality formation to determine the main content of the adaptation process of students as follows can:

- mastering new educational standards, rules in the educational process
- From the first years of studying students' professional preparation and professional skills applying measures to focus on formation;
- Training in new fields and types of scientific activity;
- Adaptation to the new living conditions in the student residence, etc

It can be concluded from the research that the following measures are taken eases the process of adaptation to the educational environment in young students:

- By pedagogues to adapt students to a new learning environment special measures should be taken;
- It is new from the first days of the academic year by the applied psychologist of Higher Education Institution questionnaires aimed at determining the educational motives of the incoming student should be conducted, thereby improving the student's effectiveness in further educational activities can be provided;
- Full information about the new educational institution for the student to give, that is necessary to create an relation to future events.

In conclusion, it can be said that students are introduced to new learning conditions

Adaptation is pedagogically and psychologically important.

First of all, depression, stress, and studies that occur among students today difficulties in mastering materials literally to a new environment negative consequences of adaptation.

Secondly, students need to overcome such negative situations, their individual psychological, in addition to the characteristics of the higher educational institution where they are studying the recommendations of skilled pedagogues, and the support of the team will help.

Thirdly, the adaptation of a person to a new cultural environment is certainly known it is known from the above studies that it will not pass without difficulties.

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