



THE IMPORTANCE OF PSYCHOLOGICAL SUPPORT IN THE SOCIAL ADAPTATION OF PEOPLE WITH DISABILITIES

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Abstract

This article analyzes the socio-psychological aspects of psychological support for people with disabilities. It highlights the impact of disability on an individual's emotional state, adaptation processes, the role of the family environment, and the importance of inclusive education based on scientific sources. Furthermore, the issues of social integration, motivational factors, and the development of resilience among people with disabilities are discussed.

Keywords: disability, psychological support, emotional stability, social adaptation, inclusive education, motivation, resilience, psychocorrection.

Introduction

Today, supporting people with disabilities is considered one of the important directions of human rights and social protection policy. Modern psychology interprets disability not only as a medical issue but also as a complex psychological phenomenon affecting a person's emotional state, social activity, and personal development. According to the World Health Organization, a significant part of the world's population lives with various forms of disability, which directly affects their social adaptation and psychological well-being.

People with disabilities often face social stereotypes, communicative barriers, and emotional pressure. As a result, they may experience insecurity, anxiety, depression, and social isolation. Therefore, improving systems of psychological assistance and support remains one of the urgent issues of modern society.

Psychologist A. Adler emphasized that a physical deficiency can become a source of development through the process of compensation [1.41]. This idea demonstrates the importance of psychological support in developing the inner potential of people with disabilities.

The Impact of Disability on Personality Psychology

Disability significantly affects a person's emotional state and social relationships. In particular, physical or sensory limitations may create psychological difficulties in the process of self-awareness. The following psychological problems are frequently observed:

1. negative self-esteem;
2. depression and depressive conditions;
3. anxiety and stress;
4. feelings of loneliness;
5. communication difficulties.

L.S. Vygotsky, while studying the development of children with disabilities, stated that "it is not the defect itself, but society's attitude toward it that has a stronger influence on the child's development" [2.56]. This approach is considered one of the important principles of inclusive education and social psychology today.

According to R. Lazarus's theory of stress, psychological tension arises from the imbalance between external environmental demands and internal resources [5.27]. Since people with disabilities encounter various barriers in everyday life, their stress levels may be considerably higher.

The Role of Family in Psychological Support



The role of the family in the emotional stability and social adaptation of people with disabilities is extremely important. A healthy psychological environment within the family strengthens self-confidence and increases motivation. On the contrary, excessive pity, indifference, or negative attitudes may adversely affect a person's mental state.

C. Rogers emphasized the importance of “unconditional positive regard” in personality development [4.34]. In raising children with disabilities, love, understanding, and support are considered crucial psychological factors.

The following forms of psychological support are considered effective:

1. individual psychological counseling;
2. group therapy;
3. art therapy;
4. motivational trainings;
5. family psychocorrection.

Through art therapy, children with disabilities can freely express their emotions and feelings. Music, drawing, and drama activities help reduce emotional tension.

Inclusive Education and Psychological Adaptation

Inclusive education involves teaching children with disabilities together with their healthy peers. This system plays an important role in their socialization and the development of communication skills.

E. Maslow, in his hierarchy of needs theory, particularly highlighted the needs for respect and self-actualization [3.83]. Inclusive education helps satisfy these needs and enables children to feel like equal members of society.

The main psychological advantages of an inclusive environment are:

- development of communication skills;
- reduction of social anxiety;
- increase in self-esteem;
- formation of independence.

However, the effectiveness of inclusive education is closely related to the professional preparedness of teachers and psychologists. The empathy and tolerance of educators directly influence the emotional condition of children.

Social Adaptation and Resilience

Stereotypes and discriminatory attitudes create serious obstacles in the social adaptation of people with disabilities. In some cases, such attitudes reduce social activity and weaken self-confidence.

E. Erikson emphasized that personal identity develops through interaction with the social environment [6.112]. When supported by society, people with disabilities develop a positive self-image and are able to realize their potential more fully.

Today, the concept of “resilience” is widely used in psychology. Resilience refers to the ability to adapt to difficult situations and maintain psychological stability despite challenges. Developing this quality in people with disabilities is considered one of the main goals of psychological support.

Conclusion

Psychological support for people with disabilities plays a significant role in ensuring their mental health and social adaptation. Through psychological assistance, it is possible to develop self-confidence, increase motivation, and strengthen emotional stability.



Family support, inclusive education systems, and society's tolerant attitude contribute to improving the quality of life of people with disabilities. In addition, modern psychocorrectional methods and motivational programs help reveal their inner potential.

Thus, supporting people with disabilities is not only a psychological issue but also an important social and humanitarian concern of modern society.

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