

The Essence of the Category "Adaptive Resources of Self-Sufficiency" in Sociology

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Abstract: The article discusses the concept of "adaptation", "adaptive process", which are analyzed in the context of the process of socialization. It highlights the main features of this approach, the forms and conditions of its realization. On the basis of the ideas expressed by the founders of classical and modern foreign and domestic sociology, by representatives of different schools of sociological research, the authors reveal the concepts of "adaptation", "adaptive process", "adaptation resources", formulate the main principles, objectives and activities. In this article, self-sufficiency is seen as initiative model of behavior in the main spheres of life of the individual or group, which aims at the actualization of adaptation resources that promote a greater social status and role in society, therefore, an increase of the level of autonomy and responsibility for their social and financial situation and level of welfare.

Key words: "Adaptation" • "Adaptive process" • "Adaptation resources" • Social protection • Socialization

INTRODUCTION

The term "adaptation" (from Latin. adapto-adapt myself) first appeared in physiology and was originally used in biological sciences. As a scientific term, it was introduced by the German physiologist G. Aubert.

Later on, in its most general form, adaptation in natural sciences meant the sum total of the reactions of the living systems that support the integrity and functional stability when environmental conditions change.

The methodological basis of the research of the key concept of "adaptation" is the integration of ideas expressed through sociological and psychological approaches.

The analysis of the points of view of different schools of thought in sociology on the problem of adaptation is of scientific interest, in accordance with the differences in approaches to the interpretation of this phenomenon, which involves the subject-object or subject-subject adaptation vector.

According to the first approach a person adapts to the conditions of the social environment and the role of the environment (institutions, organizations) is to purposefully influence a person for the purpose of mastering social values, norms, patterns of social

behavior. This approach can be defined as the subject-object one (where the environment, institution, organization are the subjects of the impact and the man is its object). The second approach involves the transformation of society in connection with the deliberate inclusion of the new unit in the adaptation process and also covers a range of problems associated with the inclusion of values and norms in the structure of the outlook of the person. This approach should be defined as a subject-subject one.

The first group of the concepts is generally represented in the theoretical assumptions of Durkheim on the division of social labor and the subsequent circumstances of solidarity as a factor of social unity.

The theories that put social actions of the individual and their social identity at the center of the issue refer to the second group of sociological concepts with regard to adaptation.

The human adaptation to environmental conditions (the society) fits in the detailed sociological theory of the Parson's society formation

His theory is known to be focused on the stable balanced society, a society without conflict, where everyone knows their role, understands what is expected of them, which leads the individual (or group) to a successful adaptation to the new conditions.

Such mastering is natural. According to Parsons' theory, the process of adaptation is achieved by mastering on the part of the person (group) of certain norms, symbols of culture, reached by introducing the person to the present knowledge. The success of the adaptation is determined by the primary socialization of the person in the family, laying the foundation for all the subsequent human functioning. The patterns and mechanisms of primary socialization, identified by Parsons, are the bases of the adaptation [1].

The theory of symbolic interactionism is making a great contribution to the uncovering of more complex mechanisms of adaptation. The emphasis on the analysis of human interaction with their social environment is significant for this theoretical model of adaptation.

According to J.G. Mead, adaptation is associated with socialization, with the adoption by the individual "a role of another person", thus forming a predictable behavior in society. In his view, adaptation is the process of entering a person in the role by adopting the directives for the models of behavior of other group members. The individual, as a rule, has a set of directives to control their actions in line with the public expectations and for as long as people are not able to respond to themselves in terms of collective directives of society, they can not be genuine members of society.

John G. Meade's disciple H. Bloomer is considering mutual adaptation of individuals in a society in which institutional forms (common values) are formed. [2]. They are produced in interactions based on certain characters and such interactions, strengthened by repeating, are beginning to affect the individual, his/her interpretation of the reality.

A significant addition to this position has been made by such scholars as Peter Berger and T. Luckman. They introduce the concept of "habitualization" and "internalization" as mechanisms of socializative process. Habit is making an action habitual, whereas internalization is the perception and assimilation by the individual of elements of the surrounding reality. It starts with the primary socialization in close cooperation with the "significant others". The secondary socialization is associated with the knowledge of new, but more specific sectors of the objective reality. The result of the primary and secondary socialization is the formation of the person's relevant identity and therefore his/her adaptation [3].

When looking into the personal level of adaptation, we rely on the psychological interpretations of this phenomenon which focus on the individual, internalized values and norms of society.

The key point in defining the essence of the concept of "adaptation" in the framework of psychological interpretations, as presented in the study, is the problem of the individual's or group's getting used to the changing environmental conditions through harmonious adaptation. Any process is brought to life by the desire of people to meet their subsistence needs, whether it is personal, group or social in scale.

It is known that the lower (main) needs in the hierarchy of the adaptation process must be reasonably satisfied before the high-level needs become the dominant driving forces in the human behavior. The Maslow hierarchy of needs, in the order of their dominance, is as follows: physiological needs, safety and security, belonging and love, self-esteem, self-actualization. [4]

The concept of self-actualization-the desire to realize their highest potential-is especially important for the adaptation of the individual or group. Therefore, when considering the effective interaction with the dynamic environment, we should start with a definition of adaptive capacity.

Modern psychology attempts a holistic understanding of the personal characteristics that are responsible for the successful adaptation and coping with the life's difficulties. These are: the psychological content of the concept of drive introduced by L.N. Gumilev, a member of the St. Petersburg school of psychology, the concept of a personal capacity that is being developed by D.A. Leontiev on the basis of the synthesis of M.K. Mamardashvili's, E. Fromm's and V. Frankl's psychological ideas.

A.G. Maklakov suggested his own interpretation of the category "personal adaptive capacity", which determines the human resistance to negative factors [5]. We like the point of view of this scientist who believes that the ability to adapt is not only an individual but also a personal property of the person. Here we see a deep relationship between sociological and psychological approaches. Adaptive capacities of the individual, in his opinion, are largely dependent on the individual psychological characteristics that determine the possibility of adequate regulation of the functional state of the body in a variety of conditions of life and work. The greater the adaptive capacity, the higher the probability of the normal functioning of the body and the effective operation when increasing the intensity of the impact of psychogenic factors in the external environment.

Adaptive capacities of the person are assessed by determining the level of the development of psychological characteristics that are most significant for the regulation of the mental activity and the process of adaptation. The

higher the level of the development of these characteristics, the greater the likelihood of successful human adaptation and the greater the range of environmental factors to which they can adapt.

These psychological features of the person form their personal adaptive potential which, according to A.G. Maklakov, comprises the following features: nervous and mental stability, the level of the development which provides tolerance to stress; self-esteem which is the core of self-regulation and which determines the adequacy degree of the perception of the activity conditions and your own possibilities, the feeling of social support that determines the sense of value to others; the level of personality conflict; the experience of social communication... He considers all of these characteristics important in evaluating and forecasting the success of adapting to difficult situations, as well as in assessing the rate of recovery of the mental balance.

Thus, the category of "adaptive capacity" is considered by most scientific disciplines as the degree of the subject's hidden features and resources to optimally get integrated into new or changing conditions in the surrounding social environment. In sociology, the adaptive capacity should be considered in the context of the resource approach.

For individuals, groups and social systems that require social protection, resources are of paramount importance. The social security system should regard the individual as a complex of human resources, skills and abilities that can be used to resolve issues of life and achieve their goals. Life potential of the personality consists of internal resources that people use when they require any actions to enhance their social status, improve the living conditions and resolve a crisis. There is a close relationship between internal human resources and life potential on the one hand and external resources and features of the living conditions on the other. Their balance determines normal or abnormal social functioning of the individual and in view of their apparent imbalance there arise social problems and conflicts.

Human adaptation to living in society, in accordance with the requirements of the society and your own needs, motives and interests, optimizing relations in the individual and the environment system is at the heart of the adaptation process. The adaptive nature of the interactions of poor families with today's dynamic environment is obvious, but to give a comprehensive definition of this process is quite complex.

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relations in the individual-environment system is at the heart of the adaptation process. The adaptive nature of the interactions of poor families with today's dynamic environment is obvious, but to give a comprehensive definition of this process is quite complex. One of the most important tasks of the social security system is the formation and development within the framework of the adaptation process of self-adaptation resources in the individual or the group, which would promptly and adequately respond to the constant changes in the social environment.

The consideration of adaptation as the system process is impossible without taking into account the systemic determination, which plays a crucial role in deploying and defining its originality at each stage. The originality of adapting to changing conditions is determined by the specific relationship of structural components at different stages.

Let us consider the theory of the given matter. An important contribution to the methodology of social processes in society was made by Marx. It was he who created the famous theory of the social formation, which identified a number of successive stages of the development of society. It is well known that the most deeply analyzed stage was that of capitalism.

Fundamental contribution to the definition of the essence of the social process's nature was the work "Social and Cultural Dynamics" by P. Sorokin. It provides a definition of the process as "... any kind of movement, modification, transformation, restructuring or evolution..., in short, any change of the logical subject in time, whether it changes its location in space, or it is a modification of its quantitative or qualitative aspects "[6].

At the heart of any process, according to P. Sorokin, should be: 1) a logical subject (unit)-unit is what is changing or is in process, 2) temporal relationships, 3) spatial relations and 4) direction.

Following the logic of the above approach to the definition of "process", we shall try to define our understanding of the essence of the adaptation phenomenon. Keeping in mind that we consider this definition as a process during which special social actions (interactions) are formed, the unit of analysis of the researched object will be a special social action (interaction) according to P. Sorokin. Its stability is due to the formalized rules, laws, values, customs, rituals and resource capabilities.

As far as the direction of the process is concerned, Sorokin singles out linear and non-linear, cyclic and optionally repetitive ones. By linear direction he means a stable movement of the process unit for the same line from

one point in space to another, highlighting the qualitative and quantitative orientation. The quantitative orientation is related to the strengthening, weakening or constancy of the process. The qualitative direction of the process is associated with the notion of meaning and is characterized as a uniform procedure for the sequence of qualitative states.

In our understanding, the formation of adaptive resources in individuals and groups, which are in the state of maladjustment, takes place in the process of adaptation, which is a gradual socio-differentiated activity organized by the institution (organization), aimed, firstly, at identifying adaptive resource potentials in individuals and groups in the state of maladjustment and secondly, at transforming them into adaptation resources through technologies and thirdly, at regular supervision and monitoring the results of the adaptation.

In accordance with the amount of the resources available, man builds a model of adaptive behavior and activates the mechanisms of self-sufficiency. The success of this is due to the degree of the development of resources and coping mechanisms of self-sufficiency, as well as the quality of the social environment that can claim or not claim people who have, for example, a high level of education and professionalism.

The ideas of the resource approach in sociology are not new. In the past they were introduced as an alternative to traditional concepts of social stratification and were formulated by Bourdieu, Castells, W. Beck, D. Grusky, E. Sorenson, *et al.* Moreover, in an explicit or implicit form, the starting point of practically all of these concepts were resources (assets, capital)).

Among the above mentioned authors, the best known is Bourdieu's [7]. concept of capital in the context of resource-based theory of stratification. Continuing H. Becker's search for the new capital, which reflects the variation of the modern era, Bourdieu identifies three main forms of capital-economic, cultural and social. He describes the social capital as "a set of real and potential resources, bonded by sustainable network of more or less institutionalized relationships of mutual acquaintance and recognition."

In his opinion, if the cultural capital includes the capital of people, among whom socialization of the individual was held, the social capital is directly dependent on the volume and structure of capital indicators of those who are part of the connections network of the individual. "The volume of the social capital that the given agent possesses, depends on the size of the network connections that s/he can effectively

mobilize and on the volume of capital (economic, cultural or symbolic) which, in turn, has each of those who is connected with him" [7].

VV Radaev relates the concept of "resource" to the concepts of "asset" and "capital." However, he wonders what, out of the categories described above, is the basis of the individual's social status? Not every resource, in his opinion, can act as an asset in a market economy and in this respect the resource alone is always nothing but a resource potential. In order to convert the resource into an asset it is necessary, according to the scientist, to comply with at least two conditions: the first one is the demand for the resource in the relevant market (which transfers it from the status of the resource potential to the real one) and the second is a particular ("commodity") volume of this resource where its possession is beginning to have an economic effect. Likewise, not every activity can act as a capital

According to V. Radaev, capital has five constitutive properties: 1) it is an unlimited economic resource, 2) an accumulated economic resource, 3) a resource with a specific liquidity, the ability to turn into cash, 4) the cost, replicating in a continuous circulation of forms and 5) the cost, bringing a new added value. Accordingly, the resource acting as an asset can be considered as capital which is not only able to accumulate, but also bring a new added value [8].

Under certain conditions, the "social capital" is converging into the economic capital. This approach is instrumental and focuses on the benefits that individuals accumulate, constantly participating in groups to create a resource. Thus, the social capital is a set of actual or potential resources which are associated with the possession of a sustainable network of relationships of mutual acquaintance and recognition.

It should be noted that Russian sociologists (O.I. Shkaratan, E.M. Abraham, N.E. Tikhonov and others) are currently considering the resource approach as a modern, theoretical and methodological basis that is created for the formation of resources and the division of the resource potential and the forms of capital within the framework of the theory of social stratification of society [9].

Let us clarify the essence of the category "resource potential" from the viewpoint of the sociological approach. Currently, the term "resource potential," that is widely used in sociology, is presented as a set of qualities of the subject or a specific integral quality that serves as "the realization" of the subject, i.e. defines and ensures the effectiveness of implementing all kinds of life activity under the given objective conditions.

Researchers L.I. Ivanko, F.G. Shaimardanov, *et al.*, note that the resource potential of a particular individual reflects the unity of the three levels of connection between space and time [10].

First, the reflection of the past: the potential is a stable sum total of available means accumulated in the process of the person's formation and which are determined by his/her abilities for the optimal functioning and development. This is education and professional qualification, his/her health and mental abilities. Secondly, the representation of the present: the process of the actualization of abilities and capabilities, their practical application and use in the labour process. And third, the orientation of the individual towards the future.

The systems view of the "resource potential" category is provided by the sociological concept of human vitality developed by S.I. Grigorev [11]. The concept gives a profound vision of the significance of this phenomenon in the organization of a purposeful human activity in the transition to a "managed social and natural evolution" as the condition for the further survival of the individual. The basic concepts of this theory are the category of "life force" and "living space." Vitality in the framework of this theory are two-sided: (internal and external). The external side reflects the manifestation of vitality in various forms of the human activity. The internal side is shown by the total energy potential, which is then used in various types of the external activity of the subject of social relations. In this context, the concept directs us, on the one hand, towards the characteristic of resources of the person as a biopsychosocial human being with a specific biological, psychological and social potential, an appropriate health and on the other hand-as the subject of life in all spheres of society: production and economic, social and political, social and domestic, spiritual and cultural, social and environmental ones.

Thus, it is a question of: the socio-economic and human resource potential and the person's production and economic knowledge, abilities, skills, competence, appropriate values, as well as the socio-political resource potentials and therefore socio-political knowledge, abilities, skills, competence, respective values, etc. [12].

The category of "self-adaptation resources" also needs theoretical understanding. In this context, it makes sense to clarify this category by addressing the concept of the resource-potential approach [12]. We understand that in order to implement the process of self-sufficiency successfully, it is important for individuals and groups to have the necessary reserve of adaptive resource potentials. Hence, a special role in the implementation of

this approach is played by the methods for determining the adaptive resource potential of the individual, social group and their implementation by means of adaptation technologies.

One proposal is to restructure the clients of social protection (they are, as a rule, poor, low-income families and single citizens) by using a self-sufficiency criterion (low, average, low), in particular, the individual or group with low self-adaptive resource potentials (age-resource potential, health-resource potential, resource potential capacity for self-reliance and self-care, labor and professional resource potentials, resource potential of motivation for self-sufficiency, economic potential, etc.), individuals with an average level of self-adaptive resource potentials (based on the same list of resource potentials, but with the possible inclusion of others, additional ones), persons with a high level of self-adaptive resource potentials, but for some reason they find themselves in difficult situations (temporary loss of the ability to work due to prolonged illness, job loss due to the reduction, migration, etc.).

The author presents a framework for the assessment of the adaptive resource potential, as a non-activated reserve of the individual or group, as the difference between the individual or group with activated or non-activated adaptive resource potentials. It includes the following resources (which may be supplemented and modified) as the basis for the assessment of determining the resource potential (as the future adaptive resource for self-sufficiency) of the individual or group.:

The level of an ability to work (the ability to work is not limited significantly);

- The level of education (higher education, incomplete higher, specialized secondary, lower secondary, etc.);
- The level of financial security (a combined income below or above the subsistence minimum, or a comfortable level);
- The presence (absence, the average level) of motivation to acquire new knowledge, skills and competencies;

The presence (absence, the average level) of motivation for self-provision;

- The presence (absence, the average level) of motivation for employment;
- The degree (presence, absence, the average level) of motivation to help others;
- The opportunity in difficult life situations to get help from friends, relatives, children, neighbors;

- The opportunity in difficult life situations to get help from social services and other organizations of social structure;
- The level of accessibility in difficult life situations of help from community organizations and others [12].

To establish a resource-potential adaptive status as a non-actualized reserve of the individual or group, the researcher uses the following formula (based on the assessment methodology developed by V.G. Dobrokhleb):

$$Pr = 1/6 (Ph + Peg + Pm + Pmtr + Pc + Pin)$$

where Pr is a resource potential, Ph-a health resource potential, Peg-an age capacity, Pm-a motivation potential, Pmtr-a material potential, Pc-a community potential, Pin-an institutional potential [13].

In the context of the resource and self-potential approach, *self-sufficiency* is an initiative model of behavior in the main spheres of life of *the individual or group*, which aims at the actualization of adaptation resources that promote a greater social status and role in society, therefore, an increase of the level of autonomy and responsibility for their social and financial situation and level of welfare

Hence, the adaptation resources of self-sufficiency are the resources that increase the level of the adaptive capacity and vitality of individuals and groups in the state of maladjustment (education, vocational training and retraining, health, intellectual abilities, motivation, self-reliance and self-service, the motivation for employment and self-employment, the motivation for self-development, social status, social activity, etc.).

Thus, the leading role in the formation and self-actualization of the adaptive resources of the individual or group, in our opinion, is given to the mechanism (personal, social, institutional), actively represented within the social welfare system.

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