PSYCHOLOGICAL WELLBEING OF STUDENTS THROUGH SOCIAL ADAPTABILITY

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Abstract:This article examines the psychological wellbeing of students in higher education through social adaptability.

Key words:Student, mental health, adaptation, socialization, isolation, online communication.

Starting university can be an exciting time for students. It is a chance to learn new things, expand their interests, and make friends. However, social participation can be challenging for some students. Therefore, it is important to understand how social interactions affect the mental health of university students.

Social life and mental health of university students are closely linked. Students should be able to build quality friendships. These connections can help reduce anxiety and depression. Social interactions can also help reduce stress.

Improving students' mental health is critical because students face additional stress. They are under pressure to perform academically, face a heavy workload, and face changing responsibilities. Some students face financial difficulties, and out-of-town students may experience homesickness. If students have a limited social circle, this can exacerbate mental health issues.

Social isolation can be detrimental to students' mental well-being. During the pandemic, studies have been conducted on how online classes and social distancing have affected students' mental well-being.Lack of connection can lead to a feeling of loneliness and cause depression. Social isolation can also lead to problems with sleep and difficulty concentrating. Deterioration of mental health can begin to affect academic performance. O. A. Yambarysheva studied the relationship between the socialization of students with disabilities and their psychological well-being. The authors point out that a person is successfully socialized only if they have and assimilate social experience, various roles in society and the ability to build and maintain communication. It is important to have an interest in other people from the environment and a desire to maintain interaction with them. The absence of these factors leads to deviant behavior, violation of social norms and, as a result, student distress. O. A. Yambarysheva's work has proven that successful socialization prevents behavioral deviations, has a positive effect on building healthy relationships with the environment, strengthening the individual's relationships with society. The study shows the importance of maintaining successful socialization and integration into the student environment for the psychological well-being of university students.

D. A. Tarabukin conducted an empirical study with the participation of Perm students on the topic of the dependence of the level of psychological well-being of students on the degree of their socialization. The study shows that students with a high level of psychological well-being, as a rule, occupy leading positions in the group, take responsibility for others, are independent, and are not prone to dependence on the opinions of others.

The factor of psychological well-being is involvement in group activities, favorable relationships with classmates, the degree of self-realization, the desire for personal growth and sociability.

It is worth noting that students with a higher level of psychological well-being are more selective in finding friends and those with whom they establish personal emotional and intimate connections, while students with a low level of well-being tend to search for as many emotional contacts as possible.

It has been shown that the higher the level of students' involvement in group activities, the closer and more emotional the relationships between them are.

In the modern world, the Internet space allows you to expand the possibilities of communication, establish and maintain social connections. In this regard, research in this area is especially relevant.

However, excessive passion for various Internet resources and social networks while ignoring real interpersonal contacts threatens to acquire Internet addiction, which in the modern world is regarded as a deviant form of behavior. This behavior can lead to a rejection of real social life, a desire for extreme isolation, and a fear of making offline acquaintances.

Whether social media alleviates or exacerbates feelings of loneliness and social isolation depends primarily on user characteristics such as introversion/extroversion, social anxiety, self-esteem, and the need to belong. Social media provides opportunities for communication for adolescents with limited interpersonal skills or individuals who lack self-confidence. Modern technologies significantly expand the breadth and depth of social activity, and introverted students have an excellent opportunity to establish social relationships in a less demanding and safer environment. Extroverts and individuals with high levels of social support can also benefit from the Internet by expanding the range of their social connections and developing and strengthening online communication. On the other hand, research shows that the potential benefits of social media depend on a wide range of user characteristics and variables related to the goals and extent of social media use, accessibility options, and other factors. Therefore, additional efforts are needed to help students become smart social media users and content consumers. The topic of research on the relationship between the degree of socialization and the level of psychological well-being of students is under active development. However, the lack of data on the topic under study significantly complicates work in this direction.

Conclusion: The instability of the modern world leads to a change in traditional values, the loss of national and cultural unity, provokes intra-family conflicts, the growth of individualism is significantly noticeable, as a result, scientists note a decrease in trust in each other, interpersonal connections are disrupted, fears increase, self-confidence decreases. All of the above can lead to an increase in social isolation, which will have a detrimental effect on the psychological well-being of students.

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