

УДК 364-785.14
ББК 60.9
С69

Авторы:

Е.Ю. Елисеева, А.Д. Ишков, Т.Н. Магера, Н.Г. Милорадова, Е.В. Романова

Рецензенты:

кандидат социологических наук *Н.В. Абрамова*, ведущий эксперт НИЯУ МИФИ;
кандидат психологических наук, доцент *А.Д. Барсукова*,
доцент кафедры социально-гуманитарных наук и технологий НИУ МГСУ

С69 **Социальная адаптация лиц с ограниченными возможностями в условиях профессиональной деятельности / Social adaptation of persons with disabilities in the conditions of professional activity** [Электронный ресурс] : [учебное пособие для обучающихся по направлению подготовки 08.04.01 Строительство] / [Е.Ю. Елисеева, А.Д. Ишков, Т.Н. Магера и др.] ; Министерство науки и высшего образования Российской Федерации, Национальный исследовательский Московский государственный строительный университет, кафедра менеджмента и инноваций. — Электрон. дан. и прогр. (1 Мб). — Москва : Издательство МИСИ – МГСУ, 2024. — URL: <http://lib.mgsu.ru>. — Загл. с титул. экрана.
ISBN 978-5-7264-3550-3 (сетевое)
ISBN 978-5-7264-3551-0 (локальное)

Учебное пособие направлено на освоение социально-психологического инструментария через приобретение компетенций в области самоорганизации и саморазвития для углубления способностей к работе в коллективе, социальной и психологической адаптации лиц с ограниченными возможностями к полноценной жизни в профессиональной среде с учетом требований рынка труда.

Для обучающихся по направлению подготовки 08.04.01 Строительство.

Учебное электронное издание

© ФГБОУ ВО «НИУ МГСУ», 2024

Оглавление

INTRODUCTION	7
1. THE PROFESSIONAL AND SOCIAL REQUIREMENTS OF SOCIETY	8
1.1. Human rights and obligations at work.....	8
1.1.1. Right to work	8
1.1.2. Professions and their classifications	9
1.1.3. Professional standards	9
1.2. Preparing for work activities	10
1.2.1. Right to education.....	10
1.2.2. Medical restrictions on choosing an occupation.....	11
1.3. Socio-psychological constraints	12
1.3.1. The psychology of perceiving one's own limitations.....	12
1.3.2. The psychology of the perception of disability by others.....	13
2. THE POSSIBILITIES AND LIMITS OF SOCIO-PSYCHOLOGICAL ADAPTATION	15
2.1. Features and types of physiological adaptation.....	15
2.1.1. Adaptation: process and result.....	15
2.1.2. Types of physiological adaptation: urgent and long-term	15
2.1.3. Consistency of structural and functional changes.....	16
2.2. Adaptive capabilities and their limits	16
2.2.1. Continuity of adaptation	16
2.2.2. Body reserves: myths and physiological reality	17
2.2.3. Stress and adaptation	17
2.3. Techniques for restoring functional states arising in professional activities.....	19
2.3.1. Functional states of a person.....	19
2.3.2. A classification of the states	19
2.3.3. Stages of development of states.....	19
2.3.4. Techniques of functional state recovery	20
3. GOAL SETTING, SELF-EDUCATION AND SELF-DEVELOPMENT.....	22
3.1. Development through self-education	22
3.1.1. Growth, development and self-development	22
3.1.2. Goals for self-development.....	23
3.2. Education as a tool for human development	23
3.2.1. Transformation of education today.....	23
3.2.2. Common learning space	24
3.3. Continuing self-education	26
3.3.1. Ways to organise self-education	27
3.3.2. Learning styles.....	28
3.3.3. Technologies to support self-education and self-development.....	29

4. PERSONAL RESOURCES AND ADAPTATION	31
4.1. Developing a scientific approach to adaptation.....	31
4.1.1. History of the study of human adaptation.....	31
4.1.2. Scientific understanding of the problem of adaptation	32
4.1.3. A modern approach to understanding adaptation and maladaptation	33
4.2. The dynamics of adaptation	34
4.2.1. Stages of adaptation.....	34
4.2.2. Factors for successful adaptation.....	34
4.2.3. Impact on successful adaptation factors	35
4.3. Signs, characteristics, types of maladaptation.....	36
4.3.1. Man and the environment	36
4.3.2. A person in a difficult situation	37
4.3.3. Signs of maladaptation	38
5. INTERACTION IN PROFESSIONAL ACTIVITY	39
5.1. Social adaptation types and features.....	39
5.1.1. Features of social adaptation process.....	39
5.1.2. Social adaptation stages	39
5.1.3. Social adaptation types	41
5.2. Social adaptation levels	41
5.2.1. Macro- and micro-, objective and subjective levels of adaptation	41
5.2.2. Criteria for determining the social adaptation levels	42
5.3. Social adaptation of people with disabilities	43
5.3.1. Typical barriers of people with disabilities.....	43
5.3.2. Social inclusion of people with disabilities in the society	45
6. WORKING IN AN ORGANIZATION IN MODERN CONDITIONS.....	48
6.1. The place of digital information technologies in professional activity at the present stage.....	48
6.1.1. Digital technologies in the modern world	48
6.1.2. What is digital information technology?.....	48
6.1.3. What skills does a person need to work with digital informational technologies?	49
6.2. Digital tools of social and professional interaction	50
6.2.1. Digital tools of social interaction	50
6.2.2. Digital tools for professional communication within the organization	51
6.3. How interactions change when you go online.....	52
6.3.1. Changing the communicative side of interaction	52
6.3.2. Changing the interactive side of communication	53
6.3.3. Changes in the perceptual side of communication	54

7. FORMATION OF AN INCLUSIVE URBAN ENVIRONMENT AND PSYCHOLOGICAL ADAPTATION	56
7.1. General scientific understanding of psychological adaptation	56
7.1.1. Defining psychological adaptation.....	56
7.1.2. Indicators of psychological adjustment.....	57
7.1.3. Indicators of psychological maladaptation.....	57
7.2. Adaptive capacity of the individual.....	59
7.2.1. Personal adaptation resources	59
7.2.2. Self-assessment of personal adaptation resources in the current context.....	60
7.2.3. Limitations in adaptive capacity of the individual	61
7.3. Psychological self-regulation	62
7.3.1. Defining mental self-regulation	62
7.3.2. Classification of mental self-regulation	62
7.3.3. Methods of self-regulation	64
Bibliographic list	66