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PERSONAL ADAPTIVE CAPACITY AFFECTS THE STUDENTS' QUALITY OF LIFE

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Abstract. *Personal adaptive capacity is the one factor determining effectiveness of adaptation, and, therefore, influence on probability of health maintenance. Also, adaptive peculiarities depend on quality of life, which is crucial factor of adequate regulation of functional systems in variable conditions of human existence and activity. Therefore, the purpose of our study was research was to define the effect of personal adaptive capacity on the students' quality of life. The obtained results allowed finding out that students demonstrated reduced neuro-psychological resistance, moderate degree of socialization and normal communicative capability that reflects misbalance of their personal adaptive capacity. Parameters of quality of life scales related to both mental and physical health corresponded to average values while didn't reach satisfactory levels. Personal adaptive capacity is essential criterion for assessment of adaptive response intensity and effectiveness, which can have an impact on quality of life as well as psychical and physical health.*

Keywords: *adaptation, personal adaptive capacity, quality of life.*

Introduction. Personal adaptation is still the issue of the day due to its immediate effect on the human health and quality of life has introduced the method of personal adaptive potential calculation, which characterizes human capability of adaptation [1]. Personal adaptive capacity (PAC) is referred as associated psychological characteristics of personality that define effectiveness of adaptation, and, therefore, influence on probability of health maintenance. Their development requires positive motivation while person performs educational and labor activities. Moreover, human's adaptive capabilities directly depend on both impact of surrounding and the quality of life, which are crucial factors of adequate regulation of functional systems in variable conditions of human existence and activity. On the other hand, quality of life investigation is conventional procedure, which is widely used in the international scientific practice, as it is highly informative and economical approach for the We have found a vast majority of scientific publications devoted to researches of individual adaptation to changes of ambient conditions, however, there are just few that lighten out the dependence of quality of life from the personal adaptive capacity. Thus, focusing on this issue is of high scientific importance and actuality. Because of this, the aim of our research was to define the effect of personal adaptive capacity on the students' quality of life.

Results and discussion. For the research 143 student-volunteers have been encouraged, among them there were 107 girls and 36 boys of age 18-19 years. All of them signed up an informational agreement for participation in the investigation. To define the personal adaptive capacity, including certain psycho-physiological and psycho-social characteristics, the multilevel personal questionnaire "Adaptability" introduced by A.G. Maklakov and S.V. Chernyanin has been used [2]. We also used the universal international questionnaire "Quality of life" recommended by WHO to find out the students' quality of life [3].

Analysis of obtained data concerning adaptive capabilities indicated the following results: among girls neuro-psychical resistance (NPR) score was 35 ± 1.3 points and among boys it was 31 ± 0.78 points (corresponds to 3rd panel) which is the confirmation of their low capability of adaptation by way of behavioral regulation. Respondents had the tendency to neuro-psychical instability and mental disturbances, and they also didn't have the adequate self-assessment. Parameters of the communicative capabilities (CC) belonging to the 4th panel were equal 15 ± 0.34 points in girls and 14 ± 0.46 points in boys that reflected the satisfactory level of communicativeness and was the evidence of normal abilities to build daily contacts with other people and absence of proneness to conflicts. The parameter of ethical nomativeness (EN) was equal in girls and boys (10 points; 4th panel) and suggested the moderate level of socialization and adequate estimation of the own place and

role in the society. The sum of mentioned parameters (girls – 61 ± 2.0 points, boys – 56 ± 1.6 points; parameters belong to 2nd panel) allowed us to conclude the results of PAC investigation and determine the degree of students' adaptation. The data of research revealed the low degree of students' personal adaptation as well as their unsatisfactory mental state and probable manifestation of aggression and proneness to conflicts.

The results of students' quality of life assessment were as following: the parameter of social relationships (SR) was the highest among all the indexes and constituted $67 \pm 2.2\%$ in boys and 66% in girls, and the satisfaction by the psychological health (SPH) was 60% in girls and $64 \pm 1.7\%$ in boys. These data revealed that, in general, levels of social and psychical status of students are high enough; however, the higher percentage in boys perhaps indicates that they were prone to be adapted better to social and educational conditions than girls. Apparently, analysis of parameters concerning satisfaction of physical health (SPH) has shown the opposite tendency: among girls the SPH was $51 \pm 2.1\%$, which is regarded as moderate level, and in boys it was $48 \pm 2.0\%$ that is somewhat less than moderate level. Thus, respondents were satisfied by their physical health, they also noted their good physical fitness disorders; nevertheless, students marked their low operational capability and wellbeing. The parameter of general satisfaction by the surrounding (GSS) was $60 \pm 1.4\%$ in boys and $56 \pm 1.7\%$ in girls, so that the subjective assessment revealed the students' quality of life had higher than moderate level; the satisfaction of their personal needs was available and they estimated their life conditions and developmental level as above average.

Conclusions. The presented investigation found out the dependence of students' quality of life on their personal adaptive capacity:

1. Students demonstrated reduced neuro-psychological resistance, moderate degree of socialization and normal communicative capability that reflects misbalance of their personal adaptive capacity.

2. Parameters of quality of life scales related to both mental and physical health corresponded to average values while didn't reach satisfactory levels.

3. PAC is essential criterion for assessment of adaptive response intensity and effectiveness, which can have an impact on quality of life as well as psychical and physical health.

4. Obtained results revealed that due to the low PAC students perhaps require individual approaches.

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