

**Overchuk V. A.**  
*Doctor of Economics, Candidate of Psychological Sciences,  
Professor at the Department of Psychology  
Vasyl' Stus Donetsk National University*

## PSYCHOLOGICAL PROBLEMS OF INTEGRATION TO THE ACTIVE SOCIAL LIFE OF A PERSON WITH SPECIAL NEEDS

### ПСИХОЛОГІЧНІ ПРОБЛЕМИ ІНТЕГРАЦІЇ ДО АКТИВНОГО СОЦІАЛЬНОГО ЖИТТЯ ОСІБ З ІНВАЛІДНІСТЮ

The article is devoted to the problem of disability, which has a tendency to increase and is the result of injury, contusion or mutilation due to hostilities in the east, deteriorating environmental conditions in Ukraine, increasing injuries and more.

The author notes that the socio-psychological adaptation of people with disabilities is associated with the optimization of socio-psychological life of the individual, brought into line with its capabilities, needs and values. The development of a person with a disability, his self-awareness under the influence of various social factors leads to the fact that there may or may not be a resolution of contradictions, which ultimately leads to the adaptation or maladaptation of the individual. If new for the individual social values, types of behavior contradict the previously learned, which are part of his inner world, the balance between external and internal, there is a psychological dissonance. According to the author, it leads to the formation of negative mental qualities and characteristics of a person with a disability. In the process of internalization of social influence a person with a disability changes his old concepts, social norms, transforms them, ie there is an internal reorganization of the psychological structure, the inner world of the individual, which is usually accompanied by deep emotional experiences.

People with special needs often face specific problems in various spheres of life that significantly affect their psychological state. The main groups of barriers that prevent people with disabilities from having a full social life are physical and psychological barriers. The main psychological barriers of people with disabilities are analyzed: communication barrier, barrier to business communication, emotional barrier. It is noted that Ukraine in the issues of social and psychological support and livelihood of people with special needs is still at the initial stage of its development and is taking the first steps towards approaching international standards. At the same time, modern European integration processes are forcing Ukraine to reconsider current approaches and existing opportunities to improve the situation of integration / reintegration and implement effective measures aimed at improving the lives of people with disabilities.

**Key words:** persons with special needs, psychological support, an active social life, physical barriers, psychological barriers.

Стаття присвячена проблемі інвалідності, яка має тенденцію до зростання і є результатом поранення, контузії або каліцтва внаслідок військових дій на сході, погіршення екологічного стану в Україні, зростання травматизму тощо.

Авторка зазначає, що соціально-психологічна адаптація осіб із інвалідністю пов'язана з оптимізацією соціально-психологічного буття особистості, приведення у відповідність з її можливостями, потребами, а також цінностями. Розвиток особистості з інвалідністю, його самосвідомості під впливом різних соціальних чинників призводить до того, що може відбутися чи не відбутися розв'язання суперечностей, що в кінцевому результаті призводить до адаптації або ж дезадаптації особистості. Якщо нові для особистості суспільні цінності, типи поведінки суперечать раніше засвоєним, які є складовою її внутрішнього світу, то порушується рівновага між зовнішнім та внутрішнім, виникає психологічний дисонанс. Він призводить, на думку авторки, до формування негативних психічних якостей та властивостей особистості з інвалідністю. У процесі інтеріоризації суспільного впливу людина з інвалідністю по-різному змінює свої старі поняття, соціальні норми, трансформує їх, тобто відбувається внутрішня реорганізація психологічної структури, внутрішнього світу особистості, що, як правило, супроводжується глибокими емоційними переживаннями.

Особи з особливими потребами досить часто стикаються зі специфічними проблемами в різних сферах життя, які суттєво впливають на їх психологічний стан. Виділені основні групи бар'єрів, які перешкоджають особам з інвалідністю мати повноцінне соціальне життя – це фізичні та психологічні бар'єри. Проаналізовано основні психологічні бар'єри людей з інвалідністю: комунікативний бар'єр, бар'єр ділового спілкування, емоційний бар'єр. Зазначено, що Україна в питаннях соціально-психологічного супроводу та життєзабезпечення осіб з особливими потребами, до цього часу, перебуває на початковому етапі свого розвитку і робить перші кроки по наблизенню до міжнародних стандартів. Водночас сучасні процеси євроінтеграції змушують Україну переглянути діючі підходи та існуючі можливості покращення ситуації інтеграції/реінтеграції та реалізації ефективних заходів, направлених на покращення життя осіб із інвалідністю.

**Ключові слова:** особи з інвалідністю, психологічний супровід, активне соціальне життя, фізичні бар'єри, психологічні бар'єри.

**Formulation of the problem.** The question of integration of persons with disabilities into public life has existed throughout human existence. At the same time, despite the urgency of the issue, it will not be a secret

that the level of solving this problem remains low even in developed countries. An active social life, which includes work, leisure, communication with family and friends, is so ordinary for many people that not every-

one even realizes the value of what they have. At the same time, there are people among us for whom each of these elements of everyday life is extremely important because they are entirely or partially deprived of such seemingly ordinary activities. We are talking about people with disabilities who cannot always find their place in our society because they often have limited access to education, the labour market, communication with other people and a decent holiday.

At the moment, almost 3 million people with disabilities live in Ukraine, or 6.3% of the total population, of which more than 80% are of working age. Today, in these difficult conditions, that research of psychological support of personality and socio-psychological adaptation of the character, which reflects the level of its interaction and integration with the community and self-determination in it. The level of realization of inner capabilities and personal potential in socially significant activity, in the ability, while maintaining himself as a person, to interact with the surrounding society under specific conditions of existence.

Today, society is overly concerned about the problem of disability, which has a tendency to increase and is the result of injury, contusion or mutilation due to hostilities in the east, deteriorating environmental conditions in Ukraine, malnutrition of a large part of the population, increased injuries and more.

**Analysis of recent research and publications.** At the moment, in these difficult conditions, that research of psychological support of personality and socio-psychological adaptation of nature, which reflects the level of its interaction and integration with the community and self-determination in it, the level of realization of inner capabilities and personal potential in socially significant activity, in the ability, while maintaining himself as a person, to interact with the surrounding society under specific conditions of existence. This problem is considered by the majority of authors (B. N. Almazov, S. A. Belicheva, T. M. Dychev, M. Ratter, etc.), as the process of disturbance of the homeostatic balance of the person and the environment, as disturbance of adaptation of the individual owing to the action of these or those reasons; as a violation caused by the inconsistency of the innate needs of the individual to the requirements of the social environment; as the inability of the individual to adapt to their own needs and demands.

**Presenting main material.** Socio-psychological adaptation changes the inner world of man: there are new intentions, knowledge of the activities in which he is engaged, there are a self-correction and self-determination of the individual, changes in self-esteem, goals and objectives of the individual, and others. Based on these grounds, there is a change in attitude to self-affirmation, the individual acquires the necessary knowledge, skills and abilities. All this determines the essence of its socio-psychological adaptation to society, the success of its course.

It is worth noting that the socio-psychological adaptation of people with disabilities is associated with the optimization of the socio-psychological existence of the individual, adjusted to its capabilities, needs and values.

But for a long time, society was dominated by the idea that the limitation of a person's functional capabilities should automatically lead to a reduction in his needs. And most importantly, concerning people with disabilities, it was usually about basic needs, not about the values that determine the meaning of their lives and, above all, spiritual matters. People with disabilities were identified with basic needs, not with costs, the difference between which is that the former push a person behind, and the latter – attracts to the front.

The development of a person with a disability, his self-awareness under the influence of various social factors leads to the fact that there may or may not be the resolution of contradictions, which ultimately leads to the adaptation or maladaptation of the individual. If new for the individual social values, types of behaviour contradict previously learned, which are part of his inner world, the balance between external and internal is disturbed, there is a psychological dissonance. It leads, in our opinion, to the formation of negative mental qualities and characteristics of a person with a disability.

In the process of internalization of social influence, a person with a disability changes his old concepts, social norms, transforms them, i.e. there is an internal reorganization of the psychological structure, the inner world of the individual, which is usually accompanied by profound emotional experiences.

An analysis of the psychological characteristics of people with disabilities revealed another fact, namely, due to their unnecessary need in the labour market and their social isolation is the process of their removal from society. This world inhibits the formation of their active life position. Most of these people do not form a strong sense of trust in the world, in other people. As a result, people with disabilities often perceive everyone as a hostile environment. Most of them do not live a full life, they do not have sufficient motivation to communicate, and therefore the result is their isolation, alienation from people. Under these conditions, the formation of "diffuse" identity and their long delay in the egocentric position is possible.

New research indicates that even with the improvements made, most people with disabilities remain a socially vulnerable group, do not have a full social life, have difficulty finding employment or cannot go beyond specialized enterprises, and are subject to discrimination and stigmatization by society [1] However, this problem and its causes in practice are much more complex and are not limited to physical obstacles. Several other factors complicate it even more.

For Ukraine, the issue of social protection and psychological support for people with disabilities is significant. It is due to several reasons, the main of which are psychological, demographic, socio-economic and political [2].

Firstly, there are negative trends in the reproduction of human capital, the expansion of its degradation zone, which threatens the socio-economic security of the state primarily due to an increase in the number of people with disabilities, especially working age, with acute depopulation.

The main reasons for the increase in the number of people with disabilities, especially children, are the impoverishment of a large part of the population, which has significantly affected its health, as well as the unsatisfactory state of the environment, primarily caused by the devastating consequences of the Chernobyl disaster, at work and home, the growth of crime.

Secondly, the growth of poverty, especially among the socially vulnerable, including people with disabilities, has prompted them to change their psychological behaviour, often from observational, expectant and passive, to forced hard work to earn a living, family. That is, the distribution of roles within the family has begun to change. People with special needs are moving from the category of dependents to breadwinners.

Thirdly, people with disabilities belong to socially vulnerable groups who cannot compete in the labour market on an equal footing with others due to their physical or mental disabilities, especially since the labour market situation is currently unfavourable.

Fourthly, in the current socio-economic conditions, restructuring of the employment system, vocational training, social protection, etc., there is an urgent need to assist in the socio-psychological adaptation of citizens to new economic and political conditions, as well as their rehabilitation. Of course, this primarily applies to people with disabilities.

The experience of psychologists shows that people with special needs often face specific problems in various spheres of life, including education, employment, social activities, family relations, life and leisure, communication and more.

Persons with disabilities belong to different groups according to the level of complexity of their physical or psychophysical condition, place of residence, social status. The severe chronic somatic disease significantly changes first of all the whole socio-psychological situation of human development. It significantly affects the level of her mental capabilities in the implementation of activities, leads to a limited range of contacts with others, often for objective or subjective reasons leads to a limitation of its activities as a whole, i.e. changes the accurate place man in life, and, as a consequence, his inner position to all the circumstances of life [3]. Defects of people with disabilities significantly complicate their contacts with the environment, limit their participation in public life, negatively affect personal development: they cause feelings of anxiety, insecurity, lead to the formation of inferiority, selfish and antisocial attitudes.

The two main groups of barriers that prevent people with disabilities from having a full social life, including professional realization, are physical and psychological barriers. The focus is usually on the first group, which is directly related to the physical limitations of a person with a disability. At the same time, psychological barriers are equally important. People with disabilities and everyone else can be the source of these barriers.

Firstly, the person with a disability may seek a life more isolated from society. Such people are often closed off in their world. They have a very narrow circle of friends, which includes family members, doctors, possi-

bly several friends and the same people with disabilities. The first reason for this way of life may be the restriction of physical activity and the simultaneous lack of appropriate infrastructure, which makes a person a kind of prisoner of his own home. Also, a person may despair of himself and others and refuse the opportunity to realize themselves in society.

Secondly, other people's reluctance to accept people with disabilities into their environment remains common. The main psychological barriers for people with disabilities are:

1) communication barrier is a communication disorder, one of the most challenging social problems of children and youth with disabilities, which is a consequence of emotional protective self-isolation. The communication barrier creates motivational, ethical, emotional difficulties [4].

Motivational difficulties: excessive motivation (for example, "worried and did not say everything, remembered"); lack of reason (I do not want to understand, not interesting), etc. Ethical (moral) difficulties: lack of tact, tolerance; audacity, audacity; gossip, rumours, deception, meanness, dishonesty; envy, bias, etc. Emotional challenges: untidy, outrageous appearance; bold postures, gestures, manners, habits, etc.; brutal tone, tone of voice, etc.;

2) the barrier of business communication creates problems associated with the characteristics of healthy people and people with functional limitations of health, which arise when paying attention to those aspects of personality that he is not aware of or wants to hide, in our case – this physical defects. Some authors, when considering the problem of social integration of people with poor physical health, even suggest introducing the concept of "ideological equality" to denote the perception of a person with disabilities as equal and having a different worldview, different lifestyle and particular needs [3];

3) the emotional barrier consists of people's emotional reactions and is two-way. That is, on the one hand, healthy people may show curiosity, ridicule, inconvenience, guilt, hyperopia, fear. On the other hand, people with special needs can wait for self-pity, hyperopia, can blame someone for their defect, seek isolation, etc. [41].

A person with a disability may have a negative experience of communicating with so-called "normal" people due to discrimination, contempt, misunderstanding, insults [5]. The problem of racism and stigmatization of people with disabilities remains acute both in Ukraine and in other countries [1]. At the same time, it is evident that the formal prohibition of discrimination at the state level does not eliminate this problem. This issue is incredibly painful for those people with disabilities who seek a full working life and professional realization.

#### **Conclusions and prospects for further research.**

Ukraine is still at the initial stage of its development in the issues of social and psychological support and life support of people with special needs. It is taking the first steps toward approaching international standards [2]. Therefore, there is still a wide range of urgent problems, and there is no appropriate mechanism to solve them.

At the same time, modern European integration processes are forcing Ukraine to reconsider existing approaches and existing opportunities to improve the situation of integration/reintegration and the implementation of effective measures aimed at improving the lives of people with disabilities.

**BIBLIOGRAPHY:**

1. Ameri M. The disability employment puzzles: a field experiment on employer hiring behavior// M. Ameri, L. Schur, M. Adua, S. Bentley, P. McKay, D. Kruse. Labor and Employment Relations Association conference, 2015, pp. 1-70.
2. Про реабілітацію осіб з інвалідністю в Україні: Закон України від 06.10.2005 № 2961-IV / База даних «Законодавство України». ВР України. URL:<http://zakon.rada.gov.ua/laws/show/2961-15> (дата звернення 15.10.2018)
3. Дікова-Фаворська О. М. Адаптаційні можливості освіти осіб з інвалідністю [Електронний ресурс] / О. М. Дікова-Фаворська // Соціальні технології : актуальні проблеми теорії та практики : Міжвузівський збірник наукових праць. – 2009. – № 42. – Режим доступу до журн.:[http://www.nbu.gov.ua/portal/Soc\\_Gum/Starptp/2009\\_42/fil/42\\_07Dikova\\_202Favorska.pdf](http://www.nbu.gov.ua/portal/Soc_Gum/Starptp/2009_42/fil/42_07Dikova_202Favorska.pdf)
4. Завірюха Л. А. Оволодіння особистістю засадами толерантності у студентському середовищі / Завірюха Л. А. // Актуальні проблеми навчання та виховання людей з особливими потребами : зб. наук. пр. – К. : Ун-т «Україна», 2004. – 448 с.
5. Алпатова П. С., Зуб Т.С. Людина з обмеженими фізичними можливостями в міському середовищі. Український соціум. 2006. № 1. С. 7-16.