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Psychological Determinants Influencing the Social Adaptation of Unorganized Youth in Modern Society

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Abstract: This article examines the psychological determinants influencing the social adaptation of unorganized youth in modern society. The study focuses on cognitive, emotional, and behavioral characteristics of individuals, as well as the interaction of social environmental factors. It highlights that the social adaptation process of unorganized youth is often associated with motivational instability, low self-esteem, communication difficulties, and reduced stress resistance. Special attention is given to the influence of family environment, peer groups, and social institutions. The findings indicate the necessity of improving psychological support mechanisms to ensure successful integration of youth into society.

Keywords: unorganized youth, social adaptation, psychological determinants, motivation, emotional stability, social environment, adaptation.

Relevance of the Topic

In contemporary global conditions, the social adaptation of unorganized youth has become a significant scientific and practical issue due to increasing social mobility, digitalization, and changes in value orientations. International research highlights that youth exclusion from structured educational or employment systems is associated with higher risks of social maladjustment, psychological instability, and reduced civic engagement. Reports from global organizations such as UNESCO and the OECD emphasize that psychological resilience, motivation, and social competence are key predictors of successful youth integration into society.

In the context of Uzbekistan, national development strategies also prioritize youth policy, focusing on reducing social vulnerability and enhancing psychological support systems. Studies conducted in the country indicate that unorganized youth often face challenges such as low educational engagement, limited career orientation, and insufficient social support networks. These factors increase the importance of identifying psychological determinants that influence their adaptation processes.

Therefore, investigating psychological determinants of social adaptation among unorganized youth is highly relevant both at the national and international levels, as it contributes to developing effective intervention programs, improving social inclusion, and strengthening human capital in modern society.

Introduction. In the context of rapid socio-economic transformations, globalization, and increasing digitalization, the issue of youth social adaptation has become one of the central topics in contemporary psychological and sociological research. Among different categories of young people, unorganized youth represent a particularly vulnerable group, as they are not consistently engaged in formal educational, vocational, or structured social

institutions. This condition often exposes them to higher risks of social exclusion, psychological instability, and limited access to developmental opportunities [1].

International research conducted by organizations such as UNESCO, the OECD, and the World Bank consistently emphasizes that youth integration into education, employment, or training systems is a key indicator of sustainable development and social stability. In particular, the OECD reports on youth well-being underline that individuals who are outside structured systems are more likely to experience reduced life satisfaction, weaker social capital, and lower levels of psychological resilience. Similarly, UNESCO highlights that social inclusion of youth is directly linked to the development of emotional competencies, adaptive coping strategies, and positive identity formation [2].

From a psychological perspective, social adaptation is understood as a dynamic process involving cognitive evaluation, emotional regulation, and behavioral adjustment to social environments. For unorganized youth, this process is often complicated by a combination of internal and external factors. Internal factors include low self-efficacy, unstable motivation, identity diffusion, and reduced stress tolerance. External factors encompass family environment, peer influence, socio-economic inequality, and limited access to supportive institutional frameworks. The interaction of these determinants significantly influences the ability of young people to integrate successfully into society [3].

In the Republic of Uzbekistan, youth policy has been identified as one of the priority areas of national development. State programs aimed at supporting youth employment, education, and social engagement demonstrate increasing attention to the issue of social inclusion. However, empirical studies indicate that a certain proportion of young people remain outside formal systems due to socio-economic barriers, migration processes, or psychological difficulties. This highlights the necessity of a deeper analysis of psychological determinants that shape their adaptation processes [4].

Modern psychological literature also stresses the importance of adaptive mechanisms such as resilience, emotional intelligence, and social competence in overcoming maladaptive patterns. These constructs are considered essential for successful integration into rapidly changing social environments. Therefore, understanding how these psychological determinants operate among unorganized youth is crucial for designing effective preventive and corrective interventions.

Overall, the study of psychological determinants influencing the social adaptation of unorganized youth is of high theoretical and practical significance. It contributes not only to the development of psychological science but also to the formation of evidence-based social policies aimed at reducing youth vulnerability, enhancing inclusion, and strengthening human capital in both national and global contexts [5].

Literature Review. The study of social adaptation among unorganized youth has been widely addressed within psychological, sociological, and educational sciences, with significant contributions from both Russian and international scholars. Contemporary literature consistently emphasizes that social adaptation is a multidimensional process shaped by the interaction of individual psychological characteristics and external socio-environmental conditions. In this regard, classical and modern theories provide a strong conceptual foundation for understanding the determinants of youth adaptation in rapidly changing societies [6].

Internationally, the theoretical basis of social adaptation is deeply rooted in the works of scholars such as A. Maslow, C. Rogers, and E. Erikson. Maslow's hierarchy of needs highlights the importance of basic psychological and social needs as prerequisites for self-actualization, suggesting that unmet needs in safety, belonging, and esteem significantly hinder adaptive processes. Rogers' person-centered theory emphasizes the role of self-concept and congruence between real and ideal self in achieving psychological well-being, which is particularly relevant for unorganized youth facing identity uncertainty. Erikson's psychosocial theory further explains youth adaptation through the stage of identity versus

role confusion, where failure to establish a stable identity may lead to social maladjustment and disengagement from structured social systems [7].

In contemporary international research, scholars such as R. K. Merton and J. Coleman have contributed to understanding the structural conditions influencing youth behavior and social capital formation. Merton's strain theory explains how the discrepancy between culturally defined goals and limited institutional means may lead to adaptation difficulties or deviant behavior among young people. Coleman's concept of social capital highlights the importance of trust, networks, and social norms in facilitating successful integration into society. More recent studies by UNESCO and OECD researchers emphasize that unorganized youth are at higher risk of social exclusion, particularly in contexts of unemployment, educational discontinuity, and digital inequality [8].

Within Russian psychological and pedagogical science, significant contributions have been made by scholars such as L. S. Vygotsky, A. N. Leontiev, S. L. Rubinstein, and D. I. Feldstein. Vygotsky's cultural-historical theory provides a foundational understanding of how social interaction and cultural environment shape cognitive and emotional development. His concept of the "zone of proximal development" is particularly relevant in explaining how structured social support facilitates youth adaptation. Leontiev's activity theory further emphasizes the role of purposeful activity in personality development, suggesting that lack of organized activity can lead to psychological stagnation among youth. Rubinstein's principle of unity between consciousness and activity highlights the importance of active engagement in social environments for successful adaptation [9].

Feldstein's research on adolescent development and socialization processes specifically addresses the challenges faced by modern youth in transitional societies. He emphasizes that the weakening of traditional social institutions and the transformation of value systems contribute to increased risks of maladaptation among unorganized youth. Similarly, contemporary Russian scholars such as A. A. Rean and D. B. Bogoyavlenskaya focus on motivational structures, self-regulation, and creativity as key psychological resources for successful adaptation.

In the context of post-Soviet and Central Asian studies, researchers have increasingly focused on the socio-psychological challenges of youth adaptation in conditions of economic transition and globalization. Studies conducted in Uzbekistan and neighboring countries highlight that unorganized youth often experience difficulties related to unemployment, limited access to quality education, and insufficient psychological support systems. These conditions reinforce the importance of developing targeted psychological interventions aimed at improving adaptive capacities [10].

Overall, the reviewed literature demonstrates that social adaptation of unorganized youth is a complex phenomenon influenced by a combination of psychological, social, and institutional factors. While international theories provide broad conceptual frameworks, Russian psychological traditions offer in-depth analysis of activity, development, and socialization processes. The integration of these perspectives allows for a more comprehensive understanding of the psychological determinants of adaptation, particularly in the context of modern societal transformations and increasing youth vulnerability [11].

Methodology

This study was designed to examine the psychological determinants influencing the social adaptation of unorganized youth in the context of contemporary Uzbekistan. A quantitative research design was employed, supported by descriptive and correlational analytical approaches. The methodological framework is grounded in the principles of activity theory, sociocultural theory, and modern empirical psychology, which emphasize the interaction between individual psychological characteristics and social environment in the process of adaptation.

The sample consisted of 120 respondents aged 17-24, selected through purposive sampling from different regions of Uzbekistan. The participants included individuals not engaged in formal higher education, vocational training, or stable employment at the time of data collection. Data collection was conducted on a voluntary and anonymous basis, ensuring ethical compliance and confidentiality.

Results

To measure psychological determinants of social adaptation, standardized psychodiagnostic instruments widely used in Uzbekistan's psychological and educational practice were applied. These included: (1) the Social Adaptation Scale, (2) the General Self-Efficacy Scale, (3) the Rosenberg Self-Esteem Scale, and (4) the Connor-Davidson Resilience Scale (CD-RISC). In addition, a structured questionnaire was used to assess socio-demographic characteristics and environmental influences such as family support and peer interaction [12].

Data analysis was performed using SPSS software (Version 26). Descriptive statistics, correlation analysis (Pearson's r), and independent samples t-tests were applied to identify significant relationships between psychological variables and levels of social adaptation.

Table 1. Descriptive Statistics of Psychological Variables (SPSS Output Summary)

Variables	N	Mean	Std. Deviation	Minimum	Maximum	Skewness	Kurtosis
Social Adaptation Index	120	62.45	10.32	38	85	-0.21	-0.48
Self-Efficacy (General Scale)	120	28.67	5.41	15	40	-0.18	-0.62
Self-Esteem (Rosenberg Scale)	120	24.13	4.98	12	35	-0.09	-0.37
Resilience (CD-RISC)	120	71.52	12.44	40	98	-0.27	-0.55
Family Support Index	120	3.42	0.81	1	5	-0.33	-0.41

The descriptive results indicate that the average level of social adaptation among unorganized youth is moderate, with noticeable variability in psychological resilience and self-efficacy. The relatively balanced skewness and kurtosis values confirm the normal distribution of the data, allowing further parametric analysis (Table 1).

Table 2. Correlation Analysis between Psychological Determinants and Social Adaptation (SPSS Pearson Correlation)

Variables	Social Adaptation	Self-Efficacy	Self-Esteem	Resilience	Family Support
Social Adaptation	1	0.62**	0.58**	0.66**	0.54**
Self-Efficacy	0.62**	1	0.49**	0.57**	0.41**
Self-Esteem	0.58**	0.49**	1	0.52**	0.38**
Resilience	0.66**	0.57**	0.52**	1	0.45**
Family Support	0.54**	0.41**	0.38**	0.45**	1

Note: * $p < 0.01$ (two-tailed)

The correlation analysis demonstrates statistically significant positive relationships between social adaptation and all examined psychological determinants. The strongest association was observed with psychological resilience ($r = 0.66$), followed by self-efficacy ($r = 0.62$) and self-esteem ($r = 0.58$). These findings indicate that higher levels of internal psychological resources and perceived family support significantly contribute to better social adaptation among unorganized youth (Table 2).

Overall, the methodological findings confirm that social adaptation is a multidimensional psychological construct shaped by both internal personal resources and external social conditions. The use of SPSS-based statistical analysis provides empirical validity to the identified relationships, supporting the theoretical assumptions of the study and ensuring the reliability of the research results [13].

Discussion

The findings of this study provide a comprehensive understanding of the psychological determinants influencing the social adaptation of unorganized youth in modern society. The results clearly demonstrate that social adaptation is not a single-dimensional phenomenon but rather a complex process shaped by the interaction of internal psychological resources and external social conditions. In particular, the strong correlations between social adaptation and variables such as psychological resilience, self-efficacy, self-esteem, and perceived family support confirm the central role of both intrapersonal and interpersonal factors in successful adaptation processes [14].

The highest correlation observed between resilience and social adaptation indicates that the ability to cope with stress, recover from difficulties, and maintain psychological stability is a key protective factor for unorganized youth. This finding is consistent with international psychological literature, which emphasizes resilience as a fundamental resource for overcoming social exclusion and maintaining adaptive functioning in unstable environments. Similarly, self-efficacy and self-esteem were found to be significant predictors of adaptation, suggesting that individuals who possess a strong sense of personal competence and positive self-evaluation are more likely to engage effectively in social environments and establish stable social roles [15].

Family support also emerged as an important external determinant, highlighting the continued relevance of primary social institutions in shaping youth development. Even in conditions of social transformation and weakening traditional structures, the family remains a critical source of emotional security and psychological stability. These results align with sociocultural theories which emphasize the role of supportive environments in facilitating psychological development and social integration.

Overall, the study confirms that unorganized youth face adaptation challenges primarily due to the imbalance between internal psychological resources and external social demands. Strengthening psychological support systems, developing resilience-based interventions, and enhancing family and community involvement can significantly improve their social integration outcomes.

Conclusion

This study examined the psychological determinants influencing the social adaptation of unorganized youth in modern society, with particular attention to the interaction between internal psychological resources and external social conditions. The obtained results confirm that social adaptation is a multifaceted psychological process that depends on the level of resilience, self-efficacy, self-esteem, and perceived family support. Among these factors, psychological resilience demonstrated the strongest association with adaptive outcomes, indicating its crucial role in helping young people cope with stress, uncertainty, and social instability.

The findings also highlight that unorganized youth are more vulnerable to adaptation difficulties due to limited engagement in structured educational or occupational environments. This lack of structured social integration often leads to reduced motivation, weaker self-regulation, and insufficient development of social competencies. However, the presence of supportive family environments and positive self-perception significantly improves their ability to integrate into society and develop stable behavioral patterns.

From a theoretical perspective, the study supports the assumptions of sociocultural and activity-based approaches, emphasizing that personality development and social adaptation occur through continuous interaction with the social environment. From a practical standpoint, the results underline the necessity of implementing targeted psychological interventions aimed at strengthening resilience, enhancing self-esteem, and improving self-efficacy among youth.

In conclusion, improving the social adaptation of unorganized youth requires a comprehensive approach that combines psychological support, family involvement, and community-based programs. Such integrated strategies are essential for reducing social exclusion and fostering the successful integration of young people into modern social structures.

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