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## SOCIO-PSYCHOLOGICAL SUPPORT FOR PEOPLE WITH DISABILITY AS A CONDITION OF THEIR SUCCESSFUL SOCIAL INTEGRATION

**Overchuk, V. A. Socio-psychological support for people with disability as a condition of their successful social integration.** The article deals with the problem of integral conception of the essence of social and psychological support for people with disability in the process of social integration. The purpose of this research is to study the problems of people with disability, the factors that prevent their successful social integration and to determine the effective actions to improve the life of these people. For this purpose, the socio-psychological support for people with disability is considered as a condition of their successful social integration and the modern paradigm of social integration of people with disability is constructed. The main groups of barriers that prevent people with disability from having a valuable social life are identified and the methods of their overcoming are proposed.

*Keywords:* people with disability, social and psychological support, social integration, groups of barriers, valuable life, adaptation, social environment, environmental conditions.

**Оверчук В. А. Социально-психологическое сопровождение лиц с инвалидностью как условие их успешной социальной интеграции.** Статья посвящена проблеме социально-психологического сопровождения лиц с инвалидностью в процессе их социальной интеграции. Задачей данного исследования является изучение проблем лиц с инвалидностью, факторов, препятствующих их успешной социальной интеграции, и определение эффективных мер, направленных на улучшение жизни данной категории лиц. С этой целью рассмотрено социально-психологическое сопровождение лиц с инвалидностью, как условие их успешной социальной интеграции, и предложена современная парадигма социальной интеграции лиц с инвалидностью. Определены и охарактеризованы основные группы барьеров, которые препятствуют лицам с инвалидностью иметь полноценную социальную жизнь, и предложены методы их преодоления.

*Ключевые слова:* лица с инвалидностью, социально-психологическое сопровождение, социальная интеграция, группы барьеров, полноценная жизнь, адаптация, социальная среда, условия среды.

**Problem setting.** At the present stage of development of Ukraine the problems of people with disability are getting worse: deterioration of health, sudden decrease of social activity, psychological discomfort, aversion from the society, uncompetitiveness in the labor market, low-income, neglect in the family and society etc. The full functioning of the disabled individuals is impossible without providing them with a complex of social and psychological services: social services, social and psychological support and other measures of social support that suit their social needs.

People with disability are taken to different groups according to the level of complexity of their physical or psychophysical conditions, they live in different levels of development of settlements, have different social status. Moreover, the great importance has the level of social consciousness development as regards places, roles and rights of people with disability. All these factors have effect on the level of social and psychological activity of people with disability and the level of the methods' complexity to be used for their integration or reintegration in social life.

Unfortunately, the study of the problem of people with disability, the factors which prevent from their integration / reintegration and the implementation of effective measures aimed at improving life of these people, leaves much to be desired in Ukraine. At the same time, the modern processes of European integration are forcing Ukraine to revise the current approaches and opportunities to improve this situation.

According to this, it is relevant to analyze the current practices of social and psychological support of people with disability in Ukraine, which should ensure the conditions creation for enhancing adaptive capacity and social activity, to promote the development of intellectual processes, the opening of creative potential, the formation of value attitudes, etc.

**Analysis of recent publications.** The analysis of scientific studies of theory and practice has shown that there are quite fully developed in science the theoretical foundations of psychological and pedagogical maintenance and support for the development of personality. Psychologists, teachers, social teachers made a great contribution to the development of problems of psychological and pedagogical support such as: O. S. Hazman, B. Z. Vulfov, E. V. Bondarevska, L. Vyhotskyi, S. L. Rubinshtein, A. N. Leontyev, N. S. Morova, L. I. Novikov, V. L. Kann-Kalyk, V. A. Slastenin, H. P. Levkivska, V. Ye. Sorochynska, V. S. Shtyfurakta and others. Questions of social rehabilitation of the disabled person in various aspects and problems of his status in society are considered in the papers of such researchers as: P. K. Anokhina, N. F. Demenieva, A. A. Dyskina, Ye. I. Lahunkina, A. I. Mukhlaeva, A. I. Osadchykh, L. P. Khrapylina and others. The research in the field of rehabilitation was conducted by such specialists as: I. P. Pavlov, V. M. Miasyshchev, M. M. Kabanova, O. S. Andrieieva, A. A. Dyskinata and others.

Nevertheless, the problem of integral conception of the essence of social and psychological support of people with disability in the process of social integration, its forms and methods is in the stage of accumulation of empirical material and theoretical developments.

**The purpose of the article** is to consider the socio-psychological support of people with disability as a condition for their successful social integration and build a modern paradigm for the social integration of people with disability.

**The statement of the main research material.** Careful inspection of a number of studies demonstrates the multifaceted problem of social integration of people with disability.

Alpatova and Zub [1] studied the difficulties faced by a person with disability in an urban environment, in terms of sociology. Interestingly, even after 10 years most of the problems, which had been analyzed by the researchers, remained relevant, and not only in the urban environment [2].

Two major groups of barriers that prevent people with disability from having a full social life are physical and psychological barriers. Typically, the most attention is focused on the first group, which is directly related to the physical disability that a person with a disability has. At the same time, psychological barriers are equally important. The source of these barriers can be the same people with disability and all other people. Firstly, the person with a disability can seek more isolated life from society. These people often close up in their world and have a very narrow circle of communication, which includes family members, doctors, possibly a few friends and the same disabled people. The first reason for this lifestyle may be the limitation of physical activity and the lack of adequate infrastructure, which makes a person a prisoner of his own place. Also, a person may despair in himself and others, and refuse the opportunity to realize himself in society. Secondly, the reluctance of other people to accept people with disability into their environment remains widespread. Particularly painful is the phenomenon in the labor market. The reasons here may be different: fears that a person with disability will work less or less qualitatively than others; fears that the physical limitation of a person with disability may repel other people who cooperate with the enterprise; a reluctance to have in the environment anyone who has certain physical differences and the reluctance to spend resources to provide adequate working conditions for people with disability [2; 7].

At the same time, in society, a person with disability may encounter misunderstandings from other people. There may arise another problem, it is communication problem, which is closely linked to both physical and psychological barriers.

Firstly, the communication barrier can exist as a physical display of a disease, for example, in the case when the person has got limited physical activity or hearing and speech defects. Secondly, as it was mentioned above, there are often situations where a person with disability closes in a narrow circle of people, mostly members of his or her family and some other people with disability. Thirdly, a person with disability may have negative experience of dealing with so-called «sane» people through discrimination, disparaging attitude, misunderstanding, insults [3].

Indeed, the problem of discrimination and stigmatization of people with disability remains acute both in Ukraine and in other countries of the world [5]. However, it is obvious that the formal prohibition of discrimination at the state level does not completely eliminate this problem. Particularly painful this problem is for those people with disability who seek a fulfilling working life and professional realization. Discrimination can be manifested in various forms: when hiring somebody or refusal of work, offer of work of lower qualification level, offer of worse pay conditions, refusal of training and development of professional skills; in a biased attitude; there is insult, humiliation, depreciation; humiliation of achievements in front of those around one and others. Stigmatization is quite close to discrimination. In addition, the causes of the problem are not only physical disabilities of persons with disabilities. First, there is a high level of corruption in Ukraine and there are people who have paid disability for money. Certainly, that the society will be sceptical and suspicious of all people with disability in whom the physical manifestations of disability are not obvious. Another aspect of the stigmatization problem is state and regional policy. If relatively recently, the greatest attention has been paid to the physical problems of people with disability, then today, the politicians and sociologists are rethinking the approaches that have existed to this day. On the one hand, the state tries to take care of its citizens who have special needs and are in most cases socially disadvantaged. On the other hand, in 2015, Ameri conducted a study which showed that the imperfection of the system as a whole leads to the fact that people with disability stop to seek changes in life, lose interest in normal employment, become accustomed to being concerned about the state and gradually begin to take a passive position in life. This situation leads to the fact that people with disability are poorly integrated into the society and become subject to stigma. They are begun to despise, considered a burden to society, lazy and so on [1]. This particularly complicates the life of those people who, despite physical obstacles, want to find a full-fledged job and have a full social and working life.

Another group of barriers is educational and informational. Thus, not in every locality, people with disability have the opportunity to receive full counselling on the services and organizations that can help them

[2]. As for education, many Ukrainian educational institutions are not yet adapted to the fact that their students may include people with disability. In addition to the lack of elevators, equipped passageways and aisles, there is a problem with training: employees of educational institutions must learn to work properly with people with disability and give others an example of how should be communication with such people – communication on the principles of equality, justice, respect, respect for human rights [6]. In order to overcome information barriers, it is important to organize the work of social services, employment services, psychological services, and medical institutions and other services and organizations so that everyone with disability and members of their families receive full information about their rights, learning opportunities, rehabilitation and employment. Active collaboration with traditional and online media is needed to systematically extension important information to people with disability.

Another group of methods for overcoming communication and information barriers is the using of new technologies. Today's information technologies allow broadening the circle of communication through the Internet, in particular, through social networks, forums and means of remote communication. Therefore, one way to accelerate the social integration of people with disability is to ensure certain groups of such people have access to the Internet. Communication, through the Internet, can have several benefits for certain categories of people with disability: there is no need to go or go anywhere, overcoming infrastructure deficiencies; other people with whom a person with disability communicates, may if they wish, not to see the person at all and, and therefore not to know that they are consorting with a person who has certain physical characteristics.

At the same time, this method of communication is not without its disadvantages. Thus, for some people with disability, who have movement restrictions, it may be necessary to equip with additional technical means in order for the disabled person to be able to use the new technologies independently (custom mouse, keyboard, recording and audio playback, etc.). Some people, especially older people, may find it difficult to learn new technologies and for them it is necessary to arrange additional training. This is especially true for the elderly with disability and those who are unable to use a regular computer themselves due to certain restrictions on physical activity. Moreover, online communication cannot replace traditional communication and it cannot be the only solution to the problem of social integration of people with disability. Therefore, it is necessary to eliminate other physical and psychological barriers to the mobility of such people and better communication with other members of society. In addition to the Internet, other technologies can be used to overcome communication barriers. Therefore, Politis, Robb, and Yakkundi [8] describe some examples of developing computer games for people with autism spectrum disorders and certain mental disorders (intellectual disabilities), people with such disorders were involved. Each of the authors of the computer games development and development projects described above aimed at improving the reading, communication and socialization skills of people with disability.

This way of solving the problem of communication development skills for Ukraine with its potential in the IT sphere is quite real and can complement other methods, which are used by specialists of social and medical institutions today. At the same time, according to the authors' study, it is still necessary to continue to study the effectiveness of such computer games for different groups of people with disability and to improve these games based on the results of research [8].

For removal the problem of discrimination and stigmatization, the scientists suggest working in two ways: to take the action with those who are stigmatized and discriminated against and with those who stigmatize and discriminate, which requires different methods of solving the problem. Working with people with disability should help these people take an active life position, and it should be supported by appropriate rehabilitation, training, counseling and infrastructure arrangements. In turn, the working with other people should be directed at developing a conscious vision of the problems of people with disability, understanding and tolerance [4].

Research on the conditions of social and psychological support for people with disability requires, first of all, an understanding of the essence and nature of social and psychological adaptation. It should be noted that the problems of adaptation of people with disability have not only objective but also subjective character. These include:

- Low self-esteem of people with disability and unavailability to enter into public relations;
- Lack of individual communication experience outside the walls of educational institutions or beyond family communication;
- The dominance of the abstention mood over the active life manifestation, the consumer attitude towards others, brought up in the previous period of life;
- Low motivation to employment when there is a possibility to live for help; individual disorders of psychophysical development, significantly limit both in the normative and objective manner the possibility of self-realization [6].

Socio-psychological support for all categories of people with disability provides the creation of conditions for increasing adaptive possibility and social activity, concurs the development of intellectual processes, the disclosure of creative potential, the formation of value attitudes, etc.

Finding the ways to solve of the problem of social integration of people with disability should begin from the depth analysis of the barriers to such people. In many cases, it is impossible to eliminate the main barrier – the physical limitation of the person. However, the existing approaches allow overcoming or reducing both physical and psychological, communication, information and educational barriers. The important thing is a comprehensive approach and the using of different methods at the same time to achieve faster and more efficient result. The general paradigm of social integration of people with disability can be generalized as shown in Fig. 1.

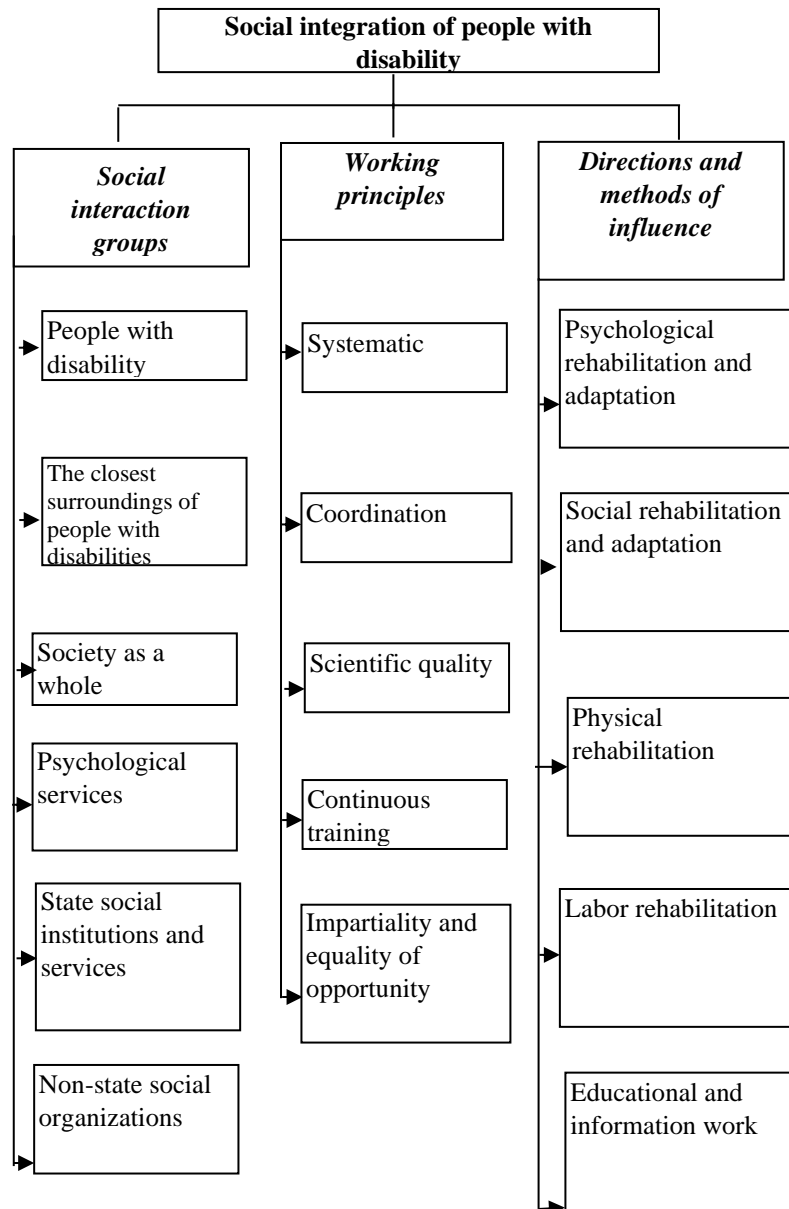


Fig. 1. The modern paradigm of social integration of people with disability

The focus is displacing from solely physical problems to other problems and needs that people with disability have. It is important to develop interaction between individual stakeholders, especially between society in general and people with disability, to find common points of contact, to resolve the existing conflicts and to build trust. Such work should be based on the principles of systematic, scientific, equal opportunity, impartial attitude, continuous learning and coordination of actions of different interested groups.

**Conclusions.** Thus, social and psychological support for people with disability includes many forms of assistance, such as social support, psychological support, psychological and pedagogical support, etc. Social support, as a continuous prolonged process, involving social rehabilitation and integration of people with disability into society, it is made possible by the enrichment of macro-social conditions of the environment (accessibility of the environment, expanding the system of social connections).

Psychological support, which is based on positive assistance in overcoming internal barriers, the assistance in socialization and adaptation, increasing resources and compensation of limitations, it is realized as a result of enrichment of psychological resources of the environment (positive assistance, creation of safe conditions, cooperation).

Socio-psychological support is focused on the development of autonomy in solving their own problems, based on building the relationships of understanding with society, by enriching the psychological environment. With this form of assistance, an important place is given to educators, psychologists, the closest surroundings, who accompany the person at all stages of change and in a timely direct to, but do not care, help to escape from the usual path of dependence, passivity, helplessness to the path of independence and responsibility.

Socio-psychological support for people with disability is possible in the development and enrichment of macro-social, psychological and social conditions of the environment. It is a specially organized process that involves the creation of an optimally accessible environment for the development of general cultural, professional competencies and the development of psychologically healthy personality.

**Prospects for further research** may be to explore the forms and methods of social and psychological support for people with disability in order to improve their social integration.

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**Оверчук В. А. Соціально-психологічний супровід осіб з інвалідністю як умова їхньої успішної соціальної інтеграції.** Стаття присвячена проблемі цілісного уявлення про сутність соціально-психологічного супроводу осіб з інвалідністю в процесі соціальної інтеграції. Завданням даного дослідження є вивчення проблем осіб з інвалідністю, факторів, що перешкоджають їхній успішній соціальній інтеграції, та визначення ефективних

заходів, спрямованих на покращення життя цих осіб. З цією метою розглянуто соціально-психологічний супровід осіб з інвалідністю, як умову їхньої успішної соціальної інтеграції, та побудовано сучасну парадигму соціальної інтеграції осіб з інвалідністю. Визначено та охарактеризовано основні групи бар'єрів, які перешкоджають особам з інвалідністю мати повноцінне соціальне життя, та запропоновано методи їхнього подолання.

Авторкою зазначено, що дослідження умов соціально-психологічного супроводу осіб з інвалідністю вимагає, перш за все, осмислення сутності і природи соціально-психологічної адаптації. При цьому слід звернути увагу на той факт, що проблеми адаптації інвалідів мають не тільки об'єктивний, а й суб'єктивний характер. Пошук методів розв'язання проблеми соціальної інтеграції осіб з інвалідністю потрібно починати з глибокого аналізу бар'єрів, які стоять на шляху в таких осіб. Важливим є комплексний підхід і використання різних методів одночасно для досягнення більш швидкого і ефективного результату. У статті запропоновано сучасну парадигму соціальної інтеграції осіб з інвалідністю. Проведене дослідження дало змогу дійти висновку, що соціально-психологічний супровід осіб з інвалідністю відіграє одну з провідних ролей у їхній соціальній інтеграції та стає можливим лише при розвитку і збагаченні макросоціальних, психологічних і соціальних умов середовища. Соціально-психологічний супровід – це спеціально організований процес, що передбачає створення оптимально доступного середовища, в якому можливий розвиток загальнокультурних, професійних компетенцій і розвиток психологічно здорової особистості.

*Ключові слова:* особи з інвалідністю, соціально-психологічний супровід, соціальна інтеграція, групи бар'єрів, повноцінне життя, адаптація, соціальне середовище, умови середовища.

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### ПСИХОЛОГІЧНІ ЧИННИКИ СІМЕЙНОЇ АДАПТАЦІЇ УЧАСНИКІВ БОЙОВИХ ДІЙ

**Орловська О. А. Психологічні чинники сімейної адаптації учасників бойових дій.** У статті проаналізовано психологічні чинники сімейної адаптації учасників бойових дій. Автором підкреслено, що переживання адаптації в учасників бойових дій проявляється індивідуально. Виокремлено реакції учасників бойових дій на психотравмуючі ситуації. Визначено, що адаптація може проходити із ускладненнями, що може стати ознакою дезадаптивності. Виокремлено клінічні варіанти розладів адаптації, які можуть впливати на психологічний клімат у сім'ї. Автором підкреслено, що в період адаптації потужним ресурсом є підтримка та розуміння сім'ї. Зазначено про психологічну допомогу учасникам бойових дій та їхнім сім'ям, визначено її цілі та завдання. Розроблено рекомендації для членів сім'ї учасника бойових дій для переживання періоду адаптації.

*Ключові слова:* адаптація, психологічні чинники, учасники бойових дій, сім'я, психологічна допомога, цивільне життя.

**Орловская О. А. Психологические факторы семейной адаптации участников боевых действий.** В статье проанализированы факторы семейной адаптации участников боевых действий. Автором подчеркнута, что адаптация у участников боевых действий проявляется индивидуально. Выделены реакции участников боевых действий на психотравмирующие ситуации. Определено, что адаптация может проходить с осложнениями, что может стать признаком дезадаптивности. Выделены клинические варианты расстройств адаптации, которые могут влиять на психологический климат в семье. Автором подчеркнута, что в период адаптации мощным ресурсом является поддержка семьи, определены ее цели и задачи. Упомянуто о психологической помощи участникам боевых действий и их семьям. Разработаны рекомендации для членов семьи участника боевых действий для переживания периода адаптации.

*Ключевые слова:* адаптация, психологические факторы, участники боевых действий, семья, психологическая помощь, гражданская жизнь.

**Постановка проблеми.** Проблематика психологічних чинників адаптації особистості до нових умов займає чільне місце у психологічних дослідженнях. У зв'язку із актуальними подіями в нашій країні підвищується увага до чинників сімейної адаптації учасників бойових дій після повернення до умов цивільного життя. Поза межами нашої держави аспект психологічної адаптації викликає не менший інтерес у зв'язку із наявністю в тій чи іншій країні воєнних дій. Зважаючи на непростий характер діяльності та перебування в стресових умовах, період адаптації учасника бойових дій може стати черговим стресом. В цьому випадку сім'я може стати потужним ресурсом підтримки.