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New research method of social-psychological adaptation of freshmen

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A method created for research of social-psychological adaptation of students and the process of its elaboration is described in the article. Conception of the experience, which was described in L. S. Vygotsky's research based on place of the social environment in the psychological and personality development, is a theoretical base of the method. Process of adaptation was estimated by statistically significant shift in rate and intensity of the feelings which appears as a result of various problems during university years. With the help of this method the examination of students (N=110) was made at the beginning and at the end of the first term. The fact of the adaptation to many difficulties, which freshmen faced, was established.

Key words: social-psychological adaptation, experience, students, freshmen.