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**СТУДЕНТТЕРДИН АДАПТАЦИЯСЫНЫН ПСИХОЛОГИЯЛЫК АСПЕКТТЕРИ
(Саткынбай Тентишев атындагы Азиялык медициналык институтунун
студенттеринин мисалында)**

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**ПСИХОЛОГИЧЕСКИЕ АСПЕКТЫ АДАПТАЦИИ СТУДЕНТОВ
(на примере студентов Азиатского медицинского института имени Саткынбая Тентишева)**

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**PSYCHOLOGICAL ASPECTS OF STUDENT ADAPTATION
(on the example of the Asian Medical Institute named after Satkynbai Tentishev)**

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Бул изилдөө Кыргыз Республикасынын Кант шаарындагы Саткынбай Тентишев атындагы Азия медициналык институтунда (С.Тентишев атындагы АЗМИ) чет өлкөлүк студенттерди жогорку билимге адаптациялоонун жолдорун жана каражаттарын изилдөө болуп саналат. Бул эл аралык студенттер негизинен Индия, Пакистан жана Бангладештен. Изилдөөнүн негизинде бул макалада студенттердин турмушундагы орус жана кыргыз тилдеринин ролу баяндалган. Студенттер келген жеринен айырмаланып башка кошумча чөйрөгө ыңгайлашуу үчүн көптөгөн тоскоолдуктарды жеңип чыгышат. Алар таптакыр жат климатка, тилге жана окуу планына көнүшү керек. Демек, суукка көнүүдөн баштап, чет тилин үйрөнүүгө, бейтааныш адамдар менен баарлашууга, жаңы акча бирдиктерин сатып алууга жана башка тамак-ашка көнүп калууга чейин үйрөнүү жана кайра үйрөнүү ийри сызыгынан өтүү талап кылынат.

Негизги сөздөр: адаптация, көнүүгүшүү, чет өлкөлүк студенттер, тил, психологиялык чөйрө, маданий вариациялар.

Это исследование представляет собой исследование путей и средств адаптации иностранных студентов к высшему образованию в Азиатском медицинском институте имени Саткынбая Тентишева (АЗМИ им. С.Тентишева) в городе Кант, Кыргызской Республики. Эти иностранные студенты в основном из Индии, Пакистана и Бангладеш. На основе исследования в данной статье описывается роль русского и кыргызского языков в студенческой жизни. Студенты преодолевают массу препятствий, чтобы адаптироваться к конкретной дополнительной среде, отличной от той, откуда они пришли. Им приходится приспосабливаться к совершенно чуждым им климату, языку и учебной программе. Следовательно, требуется пройти всю кривую обучения и переобучения, чтобы пройти от адаптации к холоду до изучения чужого языка, общения с незнакомцами, покупки новых денежных единиц и привыкания к другой пище.

Ключевые слова: адаптация, приспособление, иностранные студенты, язык, психологическая среда, культурные вариации.

This study represents the research on ways and means of adapting international students to higher education at the Asian Medical Institute named after Satkynbai Tentishev (AzMI named after S.Tentishev) in the city of Kant, Kyrgyz Republic. These international students are mostly from India, Pakistan, and Bangladesh. Based on the research, this article outlines the role of Russian and Kyrgyz languages in student's life. Students go through a ton of obstacles to be

adapted to a specific collateral environment different from where they came from. They have to adapt to the climate, language, and curriculum entirely alien to them. Hence, it requires entire learning and re-learning curve to go through from adapting to sheer cold to learning an alien language to communicating with strangers, buying new currency units, to getting used to different foods.

Key words: adaptation, adjustment, foreign students, language, psychological environment, cultural variations.

Adaptation is a process of changing to meet new circumstances, and it is the most important factor in human life. Adaptation is not only about physical changes but also psychological, social and cultural changes. The aim of this essay is to discuss adaptation in Kyrgyzstan, because the country has many problems that need to be solved.

A.V. Kravtsov explains adaptation as a process or the course of which depends on individual traits and skills, the characteristics of situations, the strength of the required of changes required of the individual, the time of staying in the new culture, previous experience and training, the presence of close social ties, with representatives of the country in which they are.

To conduct our own study of international students' adaptation in the university, we will combine the factors into two groups: internal and external. Internal (psychological, subjective) factors that provide its internal mechanism, revealing a set of needs, values and motives, emotional level and psychological readiness for interaction, as well as active creative activity in the university and the new environment. External (socio-pedagogical, objective) factors are objective reasons affecting the process of adjustment of foreign students to the new socio-cultural environment [4, 98-100].

Based on the materials of the research conducted in Nizhny Novgorod, the most problematic for foreign students is adaptation to everyday life and educational process. In physiological adaptation the greatest difficulties are connected with adaptation to climatic conditions of Kyrgyzstan. In academic and socio-cultural adaptation difficulties are related to insufficient level of knowledge of Kyrgyzstan language [1, 92-98].

Indian students can go through many problems and barriers to adaptation. Adaptation is the key to unlocking the potential of the student. Adaptation is the evolutionary process where an organism becomes better able to live in its habitat. There are two types of adaptations: biological and behavioural, in both of them climate plays an important part;

There are two types of bio adaptations: biological adaptations and non-biological adaptations. As for biological adaptations, the human body readily responds to changing environmental stresses in a variety of biological and cultural ways. One can acclimatize to a wide range of temperatures and humidity. When travelling to high altitudes, organism adjusts so that cells still receive sufficient oxygen. Adaptation is an aspect of virtually all questions of human biology. Besides their interest in evolution through the adaptive selection of primates, including man, physical anthropologists are concerned with biological adaptability as a human attribute.

Part of the non-biological adaptations are like when students first arrive at their study abroad destination, the initial culture shock can be quite overwhelming, but they just need to get through it. During the first couple of days, students are suffering from insomnia, homesickness and experiencing great hesitation and desperation. In order to help students in AsMI there are provided several services as hostel management, student management and leaders' mentorship and advisers system.

Student management provides support from the very first step after landing on Kyrgyzstan: transfer from airport to campus, package of notebooks, books and medical uniform.

Hostel management makes sure that students are settled state wise, taking account their religion and native language. Besides that hostel management provides Indian and Pakistan national food.

Leaders' mentorship is a system helping students to adjust to new studying process, explaining institute requirements, peculiarities of studying process planning, schedule and internal regulations of AsMI. So fresher students also get benefits from their seniors as they have already experienced about the situation the freshers going through right now. The seniors always take regular session for enlightening fresher students to what to do and what not to do.

Advisers' system is tracing students from the first year till their graduation, controlling their progress, attendance and psychological wellness. At the same time advisers are guiding students in their academic scientific and cultural activities. So, for AsMI students Kyrgyzstan is full of social interest and entertainment; they never missed any chance to meet the expectations and desires of the foreign students. Not only on-campus but also off-campus

activities are also there, so that the student can participate and can ease the struggle of medicines as well as to make life no so boring. While taking about on-campus activities, AsMI never lags behind in providing the best extra curriculum interest which includes sports and games also. They also come with new and innovative ideas like Olympiads, conferences, workshops and so on. The active international activity of the university is a guarantee of its sustainable and successful development that meets the challenges of our time [2, 62-78].

According to the research in AsMI, which involves around 31 students, out of which, 17 students mentioned that adapting the environment of Kyrgyzstan, they also add that the climate is very unpredictable that it is obvious for a foreign student to get sick but it can be prevented by taking a few provisions, like, wearing proper winter clothes, using heaters, taking appropriate diet, at the same time adding iron and calcium supplements can help a lot. On the other hand, some students mentioned that the main role of Adaptation in students' life is to adapt the level and standard of learning medicine, whereas they consider the adaptation to environment and climate is secondary as career is more important than health.

AsMI plays a very vital role for local students as well as foreign student in Student Adaptation. As an Indian/Pakistani Student, it is very difficult to adapt the people, the food, the nature, the climate, the environment and the new language. In AsMI, the management used to teach Kyrgyz and Russian languages to the foreign students in the first year only, so that they will not face any problem in communication with local population. They also help student to give life lessons like the recent AsMI mission launched by the management and institute, which mentioned about moral ethics, hygiene, and so on.

Psychological Aspects of Student Adaptation: student adaptation is an important part of any educational system, as it helps ensure students reach their highest potential. There are many aspects of student adaptation, including psychological, emotional, and behavioural. This article will focus on the psychological aspects of student adaptation.

Psychological aspects of student adaptation refer to the various mental processes and strategies used by students to understand, cope with, and adjust to their educational environment. These strategies include developing self-awareness, developing self-efficacy beliefs, managing stress, increasing motivation, and developing problem-solving skills. Romanov S.A. proposes to use psychological and pedagogical support for foreign students, which will create psychological conditions for the development of his personality, as well as to increase the level of adaptability to the new cultural space, i.e., to develop the ability independently achieve internal balance in va-

rious situations [3, 114-117].

It is important to note that the adaptation of foreign students to the new psychological, social and cultural conditions upon entering the university is a key factor that determines in most cases the effectiveness of the educational process as a whole. In this regard, the problem of the efficiency of the university work on the adaptation of foreign students is of particular importance at the present stage of society development, which indicates the relevance of the topic of scientific research.

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