

THE ROLE OF PERSONAL RESOURCES AS AN IMPORTANT FACTOR FOR THE SUCCESSFUL INTERCULTURAL ADAPTATION OF FOREIGN STUDENTS IN THE COUNTRY OF THEIR EDUCATION

Borisova Alina Oleksiivna

Associate professor, Department of Psychology, Pedagogy and Philology

Kharkiv State Academy of Culture PhD in Psychology, PhDr.

e-mail al.boris@ukr.net

The ascending dynamics of the number of foreign students in Ukrainian higher education institutions testify to certain achievements of the national education system on its way to integration into the European and world educational space. The competitiveness of Ukrainian educational services at the global level is ensured by such factors as economic accessibility of education, a wide range of the proposed areas of training bachelors and masters, powerful scientific, pedagogical and professional potential of the teaching staff, implementation of modern forms and methods of teaching, appropriate to European methods and standards. At the same time, foreign students' preparation provides high results of training future specialists. The problem of social and psychological adaptation of foreign students who come to a new country to get higher education is of particular importance nowadays. A foreign student is a bearer of specific experience, values, traditions, attitudes, stereotypes, beliefs, habits, behaviors and attitudes, different from the common ones in a new society. Relocation is associated with the necessity of undergoing a complex process of intercultural adaptation, which is taken as "a complex process in the case of successful completion of which a person achieves compatibility with the new cultural environment, accepting its traditions as own, and acting in accordance with them".

The situation in which a foreign student finds himself in the process of intercultural adaptation in the country of study, fully corresponds to the features of

the so-called "difficult life situations" by its psychological characteristics. success of the process of adapting to the new cultural and socio-economic conditions requires actualization of students' personal resources to overcome various difficult life situations.

The "resources" concept is defined as "functional potential, which provides high level of the realization of his activity, performance of work tasks, achievement of a set of indicators within a certain time ... personal qualities and attitudes that influence the behavior regulation". Based on the analysis of theoretical material and results of the research, we can distinguish universal components of the phenomenon of "personal resources of intercultural adaptation": vitality (hardiness), ability to constructively copy, personal dynamism, tolerance for uncertainty.

The success in the process of adapting to new cultural and socio-economic conditions requires actualization of students' personal resources to overcome difficult life situations. In the structure of personal resources of intercultural adaptation, universal and ethno-specific resources can be identified. Universal resources include personal characteristics, which ensure the success of coping with difficult life situations: vitality (hardiness), coping, personal dynamism, tolerance for uncertainty. Ethno-specific resources include positive ethnic identity and ethnic tolerance. Coping is a behavior that allows a person to "get through stress or a difficult life situation".

As a necessary component, personal resources of intercultural communication should also include tolerance for uncertainty – the ability to take important decisions, make plans, and implement them without knowing the possible outcome when the necessary information is lacking.

The development of these personal resources that help overcome difficult life situations is a prerequisite for the success of intercultural adaptation of foreign students in the country of study. Programs of social-psychological and pedagogical support of foreign students in higher educational establishments of Ukraine should include diagnostics and timely correction of psychological phenomena that determine the specifics of their integration into Ukrainian society during the learning process.