

An Approach to the Concept of Social and Emotional Adaptation: State of the Art Research Project "Level of Social and Emotional Adaptation of Women Victims of the Armed Conflict, Members of the Networks of Women Victims in Tuluá and Andalucía, according to the Victimizing Event"

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Abstract: - Within the framework of the research project Level of social and emotional adaptation of women victims of the armed conflict, members of the networks of women victims in Tuluá and Andalucía, according to the victimizing event, the present article is proposed as a first product that contains the conceptual framework in an attempt to approach and define the concepts of social and emotional adaptation as processes in which the subject modifies his or her behavior in order to fit in with the environment in which he or she coexists. For these purposes, the concept of adaptation is initially approached from a historical perspective, and then from a psychological perspective, thereafter the concepts of social adaptation, emotional adaptation, definitions, characteristics and authors' points of view are reconsidered. To conclude, the importance of addressing the adaptive thematic in its social and emotional component, applied to research on women victims of the armed conflict members of the networks of women victims from Tuluá and Andalucía according to the victimizing event is discussed.

Key-Words: - Level of social and emotional, victims, armed conflict, victimizing event

1 Introduction

The armed conflict brings with it forced displacement, homicides, disappearances, kidnappings, among other victimizing facts, generates delicate sequels in the condition of people and their family component, the loss of goods, properties and loved ones are a result of it; This scourge generates emotional conflicts that condition the reality of those who suffer them, destroying their personal, family or community life projects and also causing the loss of their social and cultural environment. This disfigurement of the personal, social and emotional dynamics means that the individual now restarts a stage of adaptation characterized by new habits and customs not related to his condition of life, and where the level of social and emotional adaptation, still not treated in depth, determines a fundamental condition when overcoming the sequels that this phenomenon has caused.

Historically, the concept of adaptation is approached from the biological conception, in which Darwin expressed that only those individuals capable of reaching an adequate level of adaptation would survive to dangerous and hostile environments.

(...) All living organisms tend to preserve a state of internal consistency, tend to enter into action and remain in action, until the source of activity is removed. This process in behavior, which results from some source of stimulus, is common in all organisms and it is called the process of adaptation. (...) (Heyns 1958).

The adaptation of the human being originates from the moment of birth, in which the newborn is taken away from the comfort represented by the mother's womb and must now face an unknown and challenging environment.

(...) the transition from intrauterine to extra-uterine life which requires at birth, the implementation of complex mechanisms of homeostasis, maturation of organs and systems,

indispensable for survival outside the mother's womb. We call all these complex modifications that occur during the neonatal period, "adaptation" (...) (Canizarro-Paladino, 2011).

From the perspective of Psychology, adaptation refers to the emotional and intellectual ability of individuals to face the demands suggested by the space in which they inhabit.

It is a reaction of the individual as a way of responding to a situation or circumstance. The consequence of adaptation is behavior modification. Many "complexes" or "emotional imbalances" respond to a failure to adapt. The continuous adaptation of the human being to the circumstances of the environment constitutes an essential sign of balance and mental health. (Dictionary of Psychology 2010).

Adaptation, then, can be staged as the process of transformation of the individual in relation to the environment, in an attempt to achieve stability that enables him to ensure subsistence, in a dynamic, changing society, permeated by new patterns of coexistence, conflicts, and diversities that from different perspectives shape the existing social, political, economic and cultural context.

2 Social Adaptation

The Social Adaptation allows the adoption of new customs and forms of behavior once the individual must face a new space of coexistence, in which he is forced to abandon his traditional model of life and must put into practice the social skills he preserves.

Social adaptation is then the process whereby an individual or a group of individuals modify their patterns of behavior in order to adjust to the norms demanded by the social environment in which they interact. (Wikipedia, 2018)

As part of the social group, the individual must share with the other members of the social group their habits, traditions, norms, values and established customs. Adaptation to the social environment is then conditioned by the level of adherence of the person and the flexibility or rigidity of the society.

Social adaptation affects the personality of the individual, as it occurs at three levels: biological, affective and mental. At the biological level, the individual develops physiological needs, gestures or characteristic preferences according to the socio-cultural environment in which he or she lives. At the affective level, each culture or society favors or

rejects the expression of certain feelings. At the mental level, the individual incorporates knowledge, images, prejudices or stereotypes characteristic of a given culture. (Social Adaptation, 2012)

Added to the theme of social adaptation, the theorist Jean Piaget points out that living beings have the capacity to adapt to the continuous changes they must face, thanks to mental structures that allow them to rescue and reintegrate lived situations.

(...) One of the most important characteristics that distinguish living beings is that they are self-regulating systems, that is, they are capable of maintaining their structures by reestablishing them and restoring them when they are altered or damaged. In this way, living beings aim to reach a state of equilibrium, which is achieved through processes of adaptation.

(...) It is therefore necessary to continually change the given answers in order to compensate for the variations presented by the environment. Now then, how is this equilibrium achieved? Through two contrasting processes of adaptation, although complementary to a certain extent, these are assimilation and accommodation.

(...) Assimilation is the process by which previous schemes are imposed on the new elements, modifying them in order to integrate them. In the same way that the physical organism assimilates the new matter, feeding us and making the digestion; it is also necessary to assimilate the new information over the already existing intellectual structures.

(...) Accommodation is the process by which previous schemes are modified according to external variations. That is to say, the constructions about the environment that surrounds the individual are altered according to the new incoming information. This supposes, contrary to assimilation, an internal change in order to achieve the state of adaptive equilibrium. (The Processes of Adaptation: Assimilation and Accommodation, 2018).

It is important to note that, in order to achieve an effective adaptation process, both processes must interact correctly.

Other authors point out that social adaptation plays a determining role in socialization, understood as the process by which individuals adopt existing patterns in society such as: Norms, values, roles, among others, attempting to express a formal behavior and be accepted by society.

(...) There are three types of socialization characteristics or processes, which cover different socio-family scenarios:

Normalized socialization process, in which social competencies are acquired that enable an active incorporation into the established social environment. This socialization process can be materialized with the following indicators:

- Stable family nucleus.
- Adequate social stimulation in quantity and quality.
- Basic socio-economic and cultural level.
- Favorable habitat conditions.
- Regulated schooling process.
- Acceptable social articulation to the environment.
- Stimulating community setting location.
- Availability and accessibility to health services.

Risk socialization process, in which the lacking or insufficient socio-family context little or inadequately stimulates the individual, influencing social competence in a deficient manner and placing him or her at risk. The indicators are:

- Dysfunctional family nucleus: Single mothers, marital separation, absence of one of the parents, couple conflicts.
- Inadequate socio-affective stimulation.
- Deficient habitat (overcrowding and insanitary conditions).
- Difficulty of access to the labor market: underemployment, unemployment, black economy.
- Low cultural level. - High morbidity rate, medical care only in crisis situations.
- Difficulty of access to normalized schooling: school absenteeism, school failure, early school leaving.
- Difficult social articulation.
- General isolation even within stimulating social environments.
- Plurality of community dynamics in their own environment.

The marginal socialization process, in this group we find those individuals socialized from marginal lifestyles (delinquency, drug addictions, prostitution...), which supposes a situation of high risk in their integral development process and a conflict with the socially established guidelines, the indicators are:

- Unstructured intervention nuclei
- Marginal lifestyles.
- Low cultural level and/or illiteracy.
- Precarious habitat.
- High frequency of intervention performed by the police and legal system: delinquency, drug addiction, prostitution, mendicity, minors neglectation.
- Lack of schooling and failure to enter the school system.
- Means of subsistence mediated by their marginal activity
- Conflictive community dynamics. (Mondragón and Tigreros, 2004).

3 Social Adaptation

Emotional adaptation is understood as the ability that individuals have to reach a degree of emotional control by themselves and cope with various situations of a physiological type, such as those that activate biological systems and the activation of the nervous and endocrine system. Psychological; Where attention and memory are the basis and of behavioral type; In which the individual assumes a position in front of the environment.

In an attempt to complement the subject, it is valid to note that emotions have diverse functions, and each of them is associated with emotional adaptation.

(...) Adaptive function: Prepares the organism for action. It facilitates the appropriate behavior to any given situation.

Motivational function: it can determine the appearance of the motivated behavior to lead us towards a certain goal.

Social function: It allows people to predict the behavior we are going to develop and allows us to predict theirs.(...) (GIL 2014).

The proper management of the emotional condition has allowed individuals to survive over the years regardless of the circumstances, in such a way that in many cases it is necessary to transform their condition in order to adapt and be accepted as a member of a community.

(...) The human being experiences both positive and negative stimuli in the course of life, and the one who finds himself facing an adverse situation it can

trigger emotions such as anger, jealousy or fear; which if not well managed can favor the inadaptation at some time, on the contrary a positive situation would trigger joy, optimism or hope, through which the human being is able to experience certain well-being and emotional balance, a situation that facilitates the emotional adaptation. (...) (Pisquiy 2012).

The armed conflict has generated innumerable effects on the family, social, economic, cultural and psychological dimensions of the victims, which as well implies suffering, pain, destruction, damage to physical and psychological integrity, termination of economic activities and the place of residence abandonment. These situations, in turn, generate uncertainty, anguish, insecurity, hopelessness, anxiety and hostility towards themselves and the environment, depressive states, among other circumstances that permeate their social and emotional condition.

One of the main dilemmas is generated within the family component; where disintegration, the break-up are generated due to the fact that the members of the family group leave from one place to another without a fixed course in an attempt to safeguard their own lives; their identity, traditions and lifestyle are left behind. A new social, economic, family and cultural dynamic is now taking place, in which not only psychological affectations are confronted, but also the adaptation to a new context in which individuals are often displaced in the presence of their new place of permanence.

(...) Displacement distorts social dynamics, upsetting the life projects of those who suffer from it, uprooting especially the rural areas inhabitants, who are regularly sheltered in urban environments, where they begin a stage of adaptation to new habits and customs, generally contrary to their culture and lifestyle, in conditions where the struggle to protect their physical integrity prevails, the acquisition of means of subsistence that favor their survival and that of their family nucleus in a context where they perceive exclusion, discrimination and stigmatization (...) (Marín Yusty 2015).

At present, the post-conflict is seen as an unbeatable circumstance to improve the living conditions of victims, on the basis of comprehensive reparation and restitution of their rights; however, it is a pending task to delve into their dynamics of interaction and adaptation in the place where they build their current reality, in an attempt to recognize their level of adaptation in this environment.

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