

MARIA ANNA TUROSZ

Lomza State University of Applied Science , Poland

ANNA BROJEK

Lomza State University of Applied Science , Poland

KRZYSZTOF SYCHOWICZ

Lomza State University of Applied Science , Poland

THE MEANING OF PERSONALITIES FACTORS IN A PROCESS OF ACADEMY STUDENTS ADAPTATION.

Abstract:

The aim of researches was to define the meaning of personality variables in optimization of adaptation process to young people studies who have just started studies at Academies. The researches were run at Lomza State University of Applied Science in Poland. 313 students of the 1st year took part in the research. They were students of 12 fields of studies. In the researches surveys with 24 questions were used. Thanks to that 3 levels of adaptation were defined- weak, partly and full. Personalities variables were describes by using 4 psychological questionnaire which enable to define the following levels:

- satisfaction of life (SWLS by E. Diener, R. A. Emmons, R. J. Larson, S. Griffin),
- self-assessment (SES by M. Rosenberg),
- emotional intelligence (PKIE by A. Jaworowska, A. Matczak),
- social expertise (PROKOS by A. Matczak, K. Martowska).

The Cronbach Ralpa reliability of scales were $\alpha = .81$ do $\alpha = .95$. The data obtained from the scales were analysed by using the SPSS 21.0. In order to determine differences Kruskal-Wallis H Test using SPSS Statistics the grade, a one-way variance analysis (ANOVA) were used. The fully social- educational adaptation of 1st year students foster high level of life quality, self-assessment, social expertise (mainly: assertiveness, conviviality, social activist). Academy should actively support students who start their studies by organising during the 1st semester additional adaptation workshops and inspire people and students to social actions which help to be a part of local society life.

Keywords:

personality, adaptation, students