

## **Dependence of the social and psychological adaptability of religiosity among first-year students**

Valiullina M.

*Kazan Federal University, 420008, Kremlevskaya 18, Kazan, Russia*

---

### **Abstract**

© 2015, Review of European Studies. All right reserved. Modern society is in dire need of finding and developing ways of mental health self-control that allow people as painlessly as possible to overcome various kinds of stress. Religiosity, as personal quality, which is expressed in the aggregate of certain properties of consciousness, behavior and attitudes can be considered as a factor that certainly affects the social and psychological adaptability. The objective of the article is to show by an example of students whose age is less than eighteen years of age, correlation peculiarities of religion and a number of characteristics of social and psychological adaptability. To achieve the objective we have chosen relevant psychological tests and used statistical methods. It has been shown that the internal religiosity does not directly affect the general characteristics of such psychological adaptability as the ability to self-regulation of behavior, communication and socialization of students with low levels of external religiosity. However, regulating mechanisms of social and psychological adaptability of the subjects differ greatly. Aspects of the research may be used in theoretical courses of lectures on the psychology of religion and religious studies, social psychology, as well as in practical psychology to better understand the motives of young people and the development of individual-oriented psychocorrective techniques that promote social and psychological adaptability, taking into account the level of internal religiosity of customer identity.

<http://dx.doi.org/10.5539/res.v7n4p153>

---

### **Keywords**

Communicative tolerance, Ego defense mechanisms, Inner religiosity, Self-regulation, Social and psychological adaptability, Students