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**ADAPTABILITY AND PERSONALITY CHANGE IN A DIFFICULT SITUATION,  
SUBJECT AUTONOMY AND SOCIOTROPY: EXPERIMENTAL AND THEORETICAL  
ASPECTS**

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**Abstract**

The actuality problems of adaptation in modern conditions is determined by attention to the exploration of human resources to overcome difficult life situations. The purpose of this article is to discuss the hypothetical ideas of individual determinants of the coping difficult situations, the mechanisms of the changing personality with stable individual characteristics of “autonomy” and “sociotropy”. Leading method is a method of theoretical and empirical analysis of experimental data. Were obtained results about the role of autonomy (independence) and sociotropii (dependence on public approval) in choosing coping strategies the adaptability. Confirmed that a difficult situation can significantly influence on personality change, in particular, in particular, neurasthenic, anxious-phobic syndromes and disorders adaptation. It was found the importance of self-regulation in determining individual resource adaptability for autonomous and for sociotropic types.

It is confirmed that in a difficult situation the adaptive relationships and emotions of “sociotropic” subjects are unstable; the individual resource of self-regulation mainly manifests itself in the form of adaptive copings in accordance with the specifics of border changes of personality. It was found that “autonomous” have are more robust indicators of emotional sphere and adaptive relationship in difficult situations due to the preparedness to change and overcome the stereotype of presentation; it turned out that autonomy and awareness are resource of self-regulation behaviorentities in the choice behavioral strategies to overcome and adaptation, taking into account the conditions of the situation. The results presented in the paper could help psychologists, physicians, researchers in their scientific pursuits, and other specialists investigating the problem of individual resources and individual resources of human adaptation.

**Keywords:** Difficult situation, Autonomy, Sociotropy, Subject activity, Adaptability, Conscious self-regulation.