



# The centrality of social construction Between strategies and processes of social interaction

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## Abstract:

Adaptation is one of the manifestations of social interaction, and it is a dynamic social process that develops with the development of the individual himself and with changing social events. Its basis is the activity and behavior of individuals and the efforts of conscious groups, in order to coordinate and stop conflicts and avoid the methods and hostilities that occur between disputants and adversaries, groups or individuals, to reach a peaceful solution and humane compromise. And cultural and intellectual divergence, serving the interest of the individual and society to reach satisfaction and permanent coexistence to achieve the desired goal and social development.

**Keywords:** social construction- Social Adaptation Strategies - social interaction- Social interaction processes- Social systems.

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## Introduction:

The social structure, including the main and subsidiary social systems and relations and parts interrelated to human behavior or those phenomena that are affected by human behavior and interact with each other mutually, comprehensively and positively with social systems, which constitute in their entirety the social structure associated with the laws that harmonize social life and biological. The nature of each social system is determined by this interdependence of a set of social phenomena related to a particular aspect of human behavior.

The study of social construction as an integral fabric or an interconnected set of parts. To know the behaviors of individuals, systems, or organizations will only be done by exploring the direct and indirect relationships that are between any element and the elements of the relatively fixed social structure, while maintaining its adaptation, interaction and cohesion.

The social structure in its adaptation and various interactions is and builds the identity and status of the individual, which helps him to be more positive within the society in which he lives, because the personality of any individual is

formed as a result of the process of social interaction that takes place between him and his social environment through the process of socialization, which is one of the most important processes in social construction. .

## Study problem:

Our study came to search for the concept of social construction in its formats and its role in finding effective strategies for social interaction processes to reach the degrees of social adaptation in order to maintain a strong social network.

## Objectives of the study:

This study aimed to create opportunities for people to be distinguished by building their personalities to produce planners, creators and aggressive, as the individual acquires the ability to express, initiate and discuss, and facilitate integration and harmony between individuals and groups in the social system, by finding a basic basis for establishing successful and acceptable relationships in order to achieve normative, value, relational and developmental commitment, and proposing mechanisms for applying the results and implementing research recommendations to reduce cases of inherited cultural conflict. .



## Curriculum:

The appropriate approach for our research is the descriptive analytical approach, as a method of analysis based on sufficient and accurate information about a specific phenomenon or topic through a known period or periods of time in order to obtain scientific results that have been interpreted in an objective manner and in line with the actual data of the phenomenon, and in order to prove as well as the questions of our study, according to the nature of the research that imposes on the researcher the type of approach followed, and in our research we would like to know and investigate the effective strategies for social interaction processes to reach to degrees of social adaptation.

### 1. Social construction and its components

#### 1.1. The importance of social construction

It is difficult to imagine the concept of social construction in some countries, such as the United States of America, for example, because part of the inherited culture of this society makes people tend to think individually, and look for motives for behavior within the individual himself, a phenomenon such as the tendency of women to join jobs of little importance, and the lack of their ambitions compared to men, most Americans interpret it as being attributed to something in the feminine nature itself that makes a womanless determined to succeed and excel than men, and less daring to break into the field of work, this thing may be the female hormone that makes women thin and unable to aggression, and may be their fear of going through the battle of life and the harshness of the struggle lest they be accused of their feminine nature and appear as men, is this the real explanation for that phenomenon? Is it not possible that women behave in this way to social conditions in which they found themselves, and this can also be said on members of society of different color, race, race or culture, their lack of elevation or aspiration to higher positions, is not due to their color, race, dynasty or culture, but due to their conditions, and this issue has been addressed from multiple perspectives, so the owners of conflict theory say: » The methods of organizing production are the most important social manifestations, and the vast majority of society is engaged in production, while very few control the organization of this production, and the

products themselves, such as the systems related to production, on which some control the work of others, and on which the social structure is based in the first place" (Fahmy, 1979, p. 55).

### 1.2. Components of social construction

#### 1.2.1. Social systems

The concept of social systems allows us to identify the way in which social behavior is organized, and the social system includes elements that depend on each other, and are linked in a regular way, so that any change in one element, affects the rest of the other elements, and structural analysis includes the definition of what the system is and the elements that make it up, and how these elements are related to each other, this system can be society as a whole, and what it includes of different social systems such as the family, religious, political, economic and educational system, and it may be One of these systems, such as the family system and its members, and the social relations it contains, can also be any other group in which individuals interact over time, create ways of working, and strengthen relationships among themselves. (Sharroukh, 2004, p. 152)

The common concept that distinguishes all social systems and is considered a common characteristic between them, is the interdependence between the elements that make up this whole, and this whole is different from the parts that make it up, as each social system has its characteristics and cannot be reduced to the characteristics of its members or the elements that make up this on the one hand and on the other hand, the part within the whole, affects the nature of each of the other parts or elements that make up this whole, and this nature They can only be understood in the light of the larger system (society) that includes everyone.

#### 1.2.2. Minor and major formats

Social life is like a group of Chinese boxes, each box includes a small box, and sociologists talk about the mini-system when they refer to the initial and very simple forms of social interaction, especially the momentary behavior of people in a particular situation such as a couple, for example, or a group of friends or some workers in one department, and when they talk about major formats, they refer to



formats at a higher level of abstraction, the economic system is an abstract larger format, unlike the assembly line in a company Of the industrial companies, which represents a smaller format, falls within the framework of this larger format, and the legal system as well as a larger format just the intervention within which a smaller format, as a court rule, for example, and this includes each larger format or level smaller formats or levels. (Bin Muhammad al-Saghir, 2001, p. 102)

## 2. The concept of adaptation

**Hamid Zahran** (1978) defined it: "happiness with others, commitment to the ethics of society, keeping pace with social standards, and compliance with the rules of social control, acceptance of social change, proper social interaction, and work for the good of the group." (Solomon, 2014, p. 162)

**Asaad Zarrouk** believes that: "This is the process in which the individual borrows the pattern of behavior appropriate to the environment or environmental changes, and for the behavior of the individual is the change that occurs according to the necessities of social interaction, and in response to one's need to harmonize with his society and keep pace with the social customs and traditions that prevail in this society." (Mohammed, 1996, p. 10.)

It is also defined as the ability of an individual to establish appropriate relationships and keep pace with the members of the group to which he belongs, and at the same time enjoys the appreciation, honor and respect of the group for his views and attitudes. (Terrifying, 2010, p. 27)

Social adaptation means the ability of the individual to follow the behavior that corresponds to what is prevailing in society in a way that achieves satisfaction with himself and the satisfaction of the group with him. (Fahmy, 1979, p. 25.)

It means the willingness and ability to change and deal with different social conditions and respond to the developments of social life and its new social variables and the ability to coexist with the new society in which the individual will live with his individuals, customs and traditions and the laws that regulate the relations of individuals with each other. (Bin Muhammad al-Saghir, 2001, p. 43)

Social adaptation is defined as a complex behavioral process that reflects the pathological relationship of man with the general environment of the individual, and its goal is to provide a balance between the individual and the changes that occur in the environment and adaptation refers to the individual's attempts, activities and processes with the intention of obtaining an acceptable balance between the requirements of the surroundings through conscious voluntary control and allows him to maintain his competence, but goes beyond that to provide opportunities to develop these competencies and support them with new experiences. (March, 2002, p. 111)

The concept of adaptation refers to the ability of an individual to practice acceptable behavior in the surrounding environment, and to do the actions expected of him, which achieves successful social interaction. (Belkhair, 2012, p. 62).

Mustafa Ahmed Ali defines it: "Adaptation is those processes by which the individual achieves a kind of balance in his social relations through which he can satisfy his needs within the limits of the culture of society." (Mohammed, 1996, p. 09.)

Ahmed Ezzat Rajeh defines it as: "The attempt of the individual to create a kind of harmony and balance between him and his physical or social environment, and this is through compliance with the environment, controlling it, or finding compromises between them." (Mohammed, 1996, p. 10)

## 3. Types of social adaptation

**3.1. Self-adaptation:** that is, the individual's adaptation to himself, and his ability to reconcile his multiple motives with conflicting social roles in order to enable him to solve the problems he faces according to his abilities in order to achieve satisfaction for himself, remove anxiety and tension, and deepen the feeling of happiness

It can be said that self-adaptation means that a person is free from internal conflicts and violent personality disorders, which makes self-adaptation better important than social adaptation, because self-healing and the individual's struggle with himself and his mental ill health must reflect negatively on his ability to

interact properly with the outside world. (Terrifying, 2010, p. 59)

The form of self-maladjustment appears when the disabled person is dissatisfied with herself, hating her, indignant with her, or not confident in her abilities, which makes her psychological life full or fraught with tensions and conflicts that are sometimes associated with feelings of guilt and a sense of inferiority. .

**3.2. Social adaptation:** It means the adaptation of the individual to the community, i.e. to the external environment, whether physical or social, as well as the acceptance of society and its absorption of the individual according to the dimensions of: (Bin Muhammad Al-Saghir, 2001, p. 68)

- Commitment to the morals of society, as the process of social normalization must include the individual's commitment to the ethics in society derived from the heavenly segments that serve as standards that guide the behavior of individuals.

- Commitment to the rules of cooperation and social harmony on the basis that each human society is organized by a set of rules and systems that represent its material and intangible cultural model and that lead to the regulation of relations between individuals.

It is a social process that involves the activity and behavior of individuals and groups aimed at harmony between the individual and others, between a group of individuals and their environment, or between different groups.

It also represents the individual's ability to reconcile himself with his multiple motives, and with his social roles conflicting with these motives in order to achieve satisfaction for himself, remove anxiety and tension, and deepen the feeling of happiness.

#### 4. Degrees of social adaptation

- The majority of individuals surrender to the prevailing conditions of society without discussing or violating them, whether they are right or wrong, and these are highly adaptable.

- A minority of individuals try to change for the better because they have a better vision of life, and without their existence, humanity would not have progressed, and these enjoy the highest degree of adaptation and level of mental health (the association of adaptation with mental

health and each one performs the function of the other) such as apostles and social reformers..

- An extraordinary minority of individuals deviates from the values and laws of society, no matter how good they may be, and these are misfits, and these are poorly adapted. (<http://art.uobabylon.edu.lcid=45371>)

- There is another group that does not play a role in society because of isolation, and these people always have developmental and neurological diseases such as depression, sexual deviations, hallucinations, obsessions and social behavior, and it is a major cause of their social isolation..

#### 5. Social Adaptation Strategies

**5.1. Use of support systems:** Research indicates that people who have a supportive and effective social system are less depressed and anxious, have the ability to resist loneliness, are more successful in maintaining self-esteem and are more optimistic about their lives than those whose supportive system is bad and ineffective, and there are three forms of support: emotional support, material support, and informational support. (Al-Nouri, 2002, p. 114)

**5.2. Using the skill of problem solving:** The problem-solving method is a procedure followed by the individual when developing plans to respond to life's challenges, and it is a practical harmonic skill that is psychologically useful and the serious practice of the problem-solving method is a helping factor in building confidence, a sense of competence and control, which is supported when what is known to have the skill of solving problems, and that those who solve their problems well accept the fact that overcoming life's challenges requires personal efforts.

**5.3. Self-relaxation:** The human being has developed a natural relaxation response to facing daily frustration and discomfort, and it is easy to learn this response, as it mainly requires patience, practice and following the proposed instructions, and the individual can modify these instructions to suit his taste and individual needs. (Al-Nouri, 2002, p. 114)

**5.4. Maintaining internal control:** People differ in their perception about the extent of control that they possess in their lives, people who bear responsibility for the things that happen to them with an internal control position believe that what is happening outside the scope





of their control have an internal location and the location of the individual's control develops according to his learning and experiences with age.

Studies have shown that those with an internal control position are more independent, have more responsibility for events in their lives and their mental and physical health, and hold to rational ideas and beliefs more than those with external control.

**5.5. Self-talk during challenges:** When difficult situations occur, the individual can provide himself with psychological support through positive self-talk, where the individual can tell himself that he has good adaptive skills, and that he has the ability to use them effectively and other supportive and encouraging lessons.

**5.6. Exercise:** It is the only skill to cope with stress, as it works to increase feelings of psychological control, and it is a good method to reduce the level of anxiety and increase the body's ability to benefit from oxygen and increase physical fitness and exercise has a positive impact on self-concept, and maintaining regular exercise gives the individual a reason to feel good about himself, and provides the opportunity for supportive interactions for others. (Al-Nouri, 2002, p. 117)

## 6. Types of social interaction

### 6.1. Interpersonal interaction

The type of interaction between individuals is the most common type of social interaction, the social interaction between father and son, husband and wife, boss and subordinate... Etc. The interaction environment in this case is individuals who take into account the behavior of others and then influence them and others. In the process of social normalization, for example, we find that social interaction takes this sequence: the child - the mother - the child and his siblings - the child and his peers - the youth and the school - the young man and his workers - the young man and his superiors and in all these social links we find that the person is part of the social environment of others who responds in the same way so that each individual responds to him with others and then interacts with him. (Bin Muhammad al-Saghir, 2001, p. 91)

### 6.2. Interaction between individuals and culture

What is meant by culture in this case is customs, traditions, ways of thinking, actions and environmental links prevailing between members of society, and the interaction between the individual and culture logically follows the individual's contact with the group, as the culture is very similar to the common behavioral expectations of the group, and each individual reacts to cultural expectations in his own way, and each individual interprets cultural manifestations according to what he deems appropriate for the circumstances to which he is exposed, culture is an important part of the environment with which the individual interacts, the goals, aspirations, ideals and values that enter into the personality The individual is a major component of culture, and social interaction between individuals and culture takes place through mass communication that do not involve reciprocal links, such as radio, television, newspapers and cinema. Allali, 2014, p. 112)

### 6.3. Intergroup interaction

The interaction between the leader and his followers or the teacher and his students or the director and the board of directors, the teacher in such a case affects his students as a group and at the same time is affected by the extent of their interest and morale and mutual trust between them, and on the other hand we find that the person interacting with a certain group of people in repeated times results in a kind of behavioral expectations on the part of the group any certain behavior is recognized. (Bin Muhammad al-Saghir, 2001, p. 92)

## 7. The importance of social interaction and its objectives:

### 7.1. The importance of social interaction

- Social interaction contributes to the formation of human behavior, through which the human newborn acquires his human characteristics, and learns the language of his people and the culture of his group, its values, customs and traditions through the process of social normalization.

- Social interaction is necessary for the development of the child; studies have shown that the child who does not have sufficient



opportunities for social interaction delays his growth.

- Social interaction creates opportunities for people to be distinguished by their own personality – subjectivity – and to show planners, creators, as well as aggressive . . . One also acquires the ability to express, initiate and discuss.

- Social interaction is a prerequisite for the formation of the group, as the theory of interaction sees it as a system of people interacting with each other, which makes them relate together in certain relationships, and each of them is aware of his membership in the group and knowledge of some of its members and they form a common perception of their group.

- Social interaction leads to the differentiation of the segments of the group, so leaders appear, and vice versa.

- Social interaction helps to define the social roles or responsibilities that each human being should play, for example, in discussion groups, interaction brings out and deepens the participants' role. (<http://story-with-media.blogspot.com/2019/12/Social-interaction.html>).

## 7.2. Social interaction goals:

Social interaction between individuals achieves a set of goals, including:

Social interaction facilitates the achievement of group goals and determines ways to satisfy needs.

- Through it, the members of the group learn the various patterns of behavior and trends that regulate relations between individuals, groups and society within the framework of the prevailing values, culture, customs and traditions.

- Helps to evaluate self and others continuously.

- Social interaction helps self-actualization and eliminates isolation, which is considered a mental illness.

- Social interaction helps the socialization of individuals and instills common characteristics between them. (Allali, 2014, p. 116)

## 7.3. Characteristics of social interaction

- Social interaction between individuals is characterized by several important characteristics, which we summarize as follows:

-Social interaction is the main means of communication between members of the group, and communication takes place either directly or indirectly.

- When an individual within a group performs certain behaviors and performances, he expects a certain response from the group members, either positive or negative. (Sharroukh, 2004, p. 171)

- Interaction between group members leads to the emergence of leaders and the emergence of individual abilities and skills.

- Also one of the characteristics of that interaction is the tension of social relations between the interacting individuals, which leads to the convergence of forces between the members of the group.

## 7.4. Context of social interaction

Most of our daily activities take place within stable systems with recognized rules, status, and roles, and even when strangers meet, there is a certain pattern of their interaction, although this pattern can vary widely for different cultures, and that no society can ever allow situations in which norms are mixed, rules, places, and roles are not clear, or things are left to chance and whims.

**7.4.1. Non-normative:** Durkheim used this term to refer to situations that are devoid of standards, or in which the standards are unclear or confused, so people who have to play certain roles do not find normative rules to address, we have described man as a rule-making and organizer being, and on this chaos cannot be tolerated, people try to find meaning and develop systems and rules for situations that are devoid of organization, by analyzing and understanding these situations and finding rules to regulate them. (Sharroukh, 2004, p. 172)

**7.4.2. Attitude:** The behavior of the individual is not only determined by the position he occupies, but is determined by his definition and interpretation of the situation in which he finds himself, and the definition of the situation indicates that the behavior carried out by the individual, is simply not just a response to the environment in which he exists, but it is an active effort to identify and interpret the context in which he finds himself, which interests him, and then chooses the types of behavior that suit him, what people consider real is real in relation



to the consequences that result from it, and when Others agree with us on our definition of a particular situation, there is agreement, meeting and common expectations that allow mutual understanding, which facilitates social interaction, that situations are not self-defined, but their meaning depends on what the participants add to them, that is, it is people who know the situations.

If behavior is a response to the situation as perceived by its participants, attitudes define different definitions, depending on people's perception of them, which results in differences in behavior.

### 8. Social interaction processes

People tend to think that what takes place within a group of different social interaction processes, but it is done in an automatic way, and this may be because we spend a lot of time within many groups, but in fact the members of the group determine the goals of social interaction, and exchange opinions on how to achieve these goals, and the way to distribute the benefits and gains that can be obtained, and in this context the various social interaction processes take place.

Although each social interaction has its own unique and distinct elements, the ways in which individuals interact and perform their roles are limited, and the processes that result from social interaction can be placed in a continuous line ranging from the intense desire to interact and the exchange of benefits, to a sense of extreme aversion, and that the individual is forced to this interaction, and as long as more than one individual participates in any business, there is always the possibility of conflicting needs arising, because the benefits vary and vary, as well as the need for them. (Allali, 2014, p. 115)

Individuals in human society are linked to countless relationships and links, arising from the nature of their meeting and from the interaction of their desires, and from the friction of each other, and this interaction and friction, these social processes based between individuals in society and the social process involves a set of relationships and links to which individuals are subject, the social process is therefore broader than the social relationships, but some thinkers do not differentiate between them in terms of relationships which is a direct result of interactions or social processes, and

from These processes what lead to gathering, which are called (combined processes such as cooperation, brotherhood, marriage and peace, and some of them lead to disharmony and dissolution, which are called (repulsive and disjointed processes) such as conflict, hatred, divorce and war, the following is a review of the most important processes of social interaction:

**8.1. Principles of barter:** When individuals begin to interact, the elements of barter govern the relationships of this interaction, and the barter process means that the individual thinks about what he can give, in exchange for what he can get from the things he needs or loves and desires, if there is a surplus in a person, whether this surplus is material goods, energy or emotion and he wants to barter it for something he needs and desires, he is looking for someone they have what he needs, and the barter process takes place, and that what is considered Social relations arise as a result of many people's attempt to achieve benefit, and the social order remains and continues as long as the participants in the interaction realize more power than others in the barter process. (Sharroukh, 2004, p. 113)

**8.2. Cooperation:** Cooperation occurs when individuals or groups agree to divide what they have to achieve a common goal or achieve a public interest, and cooperation includes taking others into account, and believing that the interest and well-being of the group pervades each individual in it, and that it is therefore the responsibility of all members of the group, and this necessarily requires that individuals realize that the group meets their desires in an appropriate way, and from the perspective of barter is the basis of the social system, and that it is the best type of interaction and the closest to achieving the goals of society. (Sharroukh, 2004, p. 114)

Some psychologists believe that although cooperation is a social process, it responds to some innate motives inherent in human natures, and that man, although he is driven by self-interest, the natural order suggests to him to achieve the interest of others, and he is in the process of achieving his interest, and where individuals aim for a common purpose called "cooperation".

It may happen that each of the collaborators performs a special work, different from the



other's, but these partial actions are collectively oriented to achieve a single purpose, and are concentrated towards a common theme that leads to complementarities.

**8.3. Competition:** Competition is a social process that activates the forces and human potential, provided that it is within reasonable limits, but if it exceeds its limits, it turns into a conflict and not competition, and competition is usually generated from cooperation, because this process is the subject of competition and it is a process that is loved by the souls of individuals in various fields of social activity because this process - in the manifestations of social life - leads to the release of latent forces and try to exploit them in the finest Images In order for competition to perform its social function, it must be between two equal parties, because the inequality of competitors leads to the victory of the strongest in the field of competition and the defeat of the weak party, and this reduces its strength, and destroys its morale, so society loses a useful member victim of unfair competition.

We must point out that the cultural situation in society, is the one that determines the direction of cooperation and competition, which determines the purposes to which individuals are headed, and as societies were different within the limits of their culture, they also differ in the manifestations of their competitive cooperative activity, and there is no doubt that each competitive match has rules and teachings, so we find society sets rules governing the process of competition between individuals and groups in the various fields of human interaction, and competition is an important factor of change and progress in society.

**8.4. Conciliation:** We can describe conciliation as a cooperative effort to minimize the manifestations of competition, and here we find again a basic agreement between the members of the group on principles, on the meaning of justice, and individuals or groups may mutually compromise on each other their demands and expectations in order to achieve or in order to ensure the achievement of other goals less than them, and the most important thing in conciliation is that all parties realize that they are getting important benefits. (Allali, 2014, p. 116)

**8.5. Conflict:** The conflict is one of the most dangerous social processes (i.e. social interaction) because it expresses the struggle of social forces and the extent of their collision, and it represents the extreme manifestation of free competition, it may happen in many circumstances, that the competition goes out of its framework, that the competitors throw in the field of competition with all their potential, they overwhelm them in that challenge and are driven by unbridled passions, and governed by the principle of « conflict There is no doubt that the manifestations of conflict are many, it may be between two people or between two groups or two classes, as happens between peasants and feudal lords, and between classes of workers and capitalists, and the scope of the conflict may expand, so it arises between peoples and countries, and the conflict may be directly and face to face, and it may grow in secret and take illegal manifestations such as murder and assassination, and the plotting of intrigues and conspiracies. The conflict also takes place in various aspects of social life, in politics, language, and religion, moral and artistic norms. (Fahmy, 1979, p. 112).

If the conflict is between two equal powers, it usually ends in cooperation between them, because each of them is tired or tired of the continuation of the period of competition, and cannot bear the losses it suffers from it, so the result is a convergence in the two points of view, and the possibility of reaching compromises in the arena of conflict, as it must be defeated, and the conflict ends with the rule of the strongest and the submission of the weak, and perhaps this phenomenon is clearly visible in the various manifestations of the conflict between unequal forces, whether the conflicting individuals, bodies, groups, countries or peoples, and there is no doubt that the conflict is a social process, affecting human attitudes and perceptions, and fueling distrust of others such as aggressiveness, hatred, and often lead conflict situations to conflict individuals and groups for the goal that they are fighting For him, they focus their efforts in trying to smash each other. (Fahmy, 1979, p. 112).

## 9. Conclusion

The process of social application of the individual must include the individual's





commitment to the values of society, customs and customs and ethics derived from heavenly laws, and from our heritage extending through the ages of our history, these ethics are considered as standards to control the behavior of the individual in the light of these ethics so as not to be outside or deviated from the system of this society and exposed to the punishment of society with its positive laws enacted to maintain ethics, and when the individual is committed With this set of ethics, this is evidence of the individual's unity with the group, and leads to his belonging to it and feels in its midst satisfaction, happiness and psychological satisfaction, and these are signs that indicate adaptation and adaptation.

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