

## MECHANISMS OF ADAPTATION TO ADJUST TO THE SITUATIONS OF LIFE

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The human being is the product of continuous remodelabil of confluence of modelable and of a multitude of factors. In view of the many factors that can influence the way that the adjustment of the individual we are introducing in study groups of turkish-tatar to reveal whether membership of an ethnic group or religion affects whether or not the adaptive model.

In this connection, we started from the idea that the defence as develops earlier with so they will have a decisive role for the future, so therapeutic approach should take account of the depth of defense, its counterparts which are behavioural adjustment in close relation with personality and not least by biological variables such as gender, the age, duration, number of children, ethnicity, religion, etc.

Comparative study will aim to highlight where there are significant differences in the statistical relationship between personality and coping mechanisms (viewed from a broader perspective, the adjustment of the map) in the ethnically and religiously. The role of membership in an ethnic group and religion will be studied in the context of the life of the couple on the steps of its stability, this research brings attention to ways and means of adjustment of the partners in a mixed couple.

We believe that we can achieve a comprehensive evaluation model to bring attention to a map of adjustment on the unconscious-conscious, with personality and role in the determination of the role that it can have variables on ethnicity and religion that relationship.