**Social and psychological adaptation**

**of urban and rural women to global changes.**

 **Russian - Eurasian model.**

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The process of globalization affects both urban and rural women, testing the strength of their ability to adapt. At first glance urban women with their active liberal-feminist attitudes have adapted to global changes much better than rural women. But there are costs of such adaptation while trying to combine career and family - stresses, age-related crises, depression, sense of losing femininity, aggressive behavior, copying the worst traits of men.

Rural women of Russia are not adapted to the processes of globalization, primarily because globalization has not yet entered the village, where institutions of civil society do not almost work. Insufficient provision of villages with hospitals has set up problems of medical care, including people with disabilities, both adults and children.

Today many rural women have the only chance to work at their individual farms for survival. Prospects for development and prosperity are only for women- executives involved in business and farming. The feminization of poverty, a discrimination against rural women are hidden in the fact that the labor of men in the village of today is better paid.

 At the same time women who have a private farm often dominate in the family, manage finances and take economic decisions by themselves, in fact performing masculine functions. Many women experience an internal conflict of the clash of liberal-feminist attitudes with traditionalist ones.

However, in the lives of rural women in Russia one can see very encouraging trends, indicating that the adaptation of women to the global changes taking place in Russia is not only spontaneous but also quite conscious, that is the State pays attention to it.

1. In addition to those women who dream of moving to the city, there are other women, carriers of the opposite trend - a willingness of moving from the town to the village. A number of women who are so fond of the village and do not want to leave the city is increasing.

2. Although the rural population of Russia is gradually declining, it is aging more slowly than the urban one. Today a rural woman has a much higher life expectancy (71-72 years) than men living on average at least less than 60 years.

3. There are new forms of self-organizing of women in the village - spontaneous associations, organizations and groups that support each other and inhabitants of the area. Such communities are made up mostly of citizens who moved from town to village full-time or temporarily. They organize various art fairs, folk festivals, historical reconstructions, development centers and crafts there. Women are active participants of this revival of the economic and cultural life of the village.

Russian non-governmental organization "Sail of Hope" comes from the fact that the women's movement in Russia, Eurasia and the world has a huge potential in the development and influence on global processes. A new Russian-Eurasian integrative model of female cooperation is guided by the following ideas:

1. Adaptation of urban and rural women happens differently. Adaptation of urban women engaged in their career, business, active social life, often is accompanied by problems of medical-biological, spiritual and psychological nature. This is due to an increase in the civilization load on the fragile female psyche.

2. Difficulties of women's adaptation contain new challenges and opportunities, which if used in a right way can take a new leap in the development of deep democracy. The nature of a woman is to ensure the continuity of generations, especially when women are organized in social movements. This helps to mitigate the negative impact of socio-economic and global changes.

3. Women by nature less than men tend to be highly competitive and can help the establishing of a more equitable relationship between people, organizations and even countries. To date patterns of mutual negative perceptions that bear masculine features, which are based largely on the ideological confrontation of the past are still operating between the inhabitants of Russia and western countries.

 Women are immersed into a private life and family issues more than men and are freer from such ideological stereotypes. If women are united in a public organization, they can do much more to overcome such prejudice,

than a cumbersome state-bureaucratic structure, which is based on male officers.

1. Women in Russia, especially rural women have always been carriers of the national-cultural experience, with its tendency towards communalism and solidarity between people of different ethnicities and beliefs. Use of this experience can help to remove the conflict potential that exists in society.

Inter-regional public charity organization "Sail of Hope", which had an extensive experience working with rural women, offers a variety of measures to address the problems of rural women:

a) Our Russian-Eurasian integrative model of female cooperation comes from the fact that the village is not only a keeper of the traditions of the past, but also the space of future possibilities. Unfortunately, there is no sufficient

attention paid both in this country and around the world to the problems of the village, its population, especially its women. The city carries the momentum of modernization with it; the village carries the energy of tradition.

The experience of the successful leap of many countries in Asia combining scientific - technological progress and reliance on traditions, shows us that the greatest success can be achieved harmoniously combining the best that is in the city and in the countryside.

b) We believe that a modern citizen has a poor picture of a village.

There is a need of introduction of new disciplines to the educational standards that are relevant to the village (the basis of the rural economy, animal husbandry, breeding, farming, building, ethno-cultural and ethno-musicological professions, etc.)

c) There is a need of popularization of village and rural life to raise its authority as well as the status of rural women in society.

d) There is a need of supporting scientific and public organizations involved in the study of the village and lives of rural women in the modern world, as well as women working in the field of rural culture (handicraft centers, teams of folk arts, traditional music groups and ensembles, the movement of historical reconstructions, organizations involved in national pedagogy and assistance for children with disabilities)

d) It is necessary to create conditions for professional and creative self-realization of rural women working in small and medium-sized businesses, in services, as well as in rural educational and cultural institutions.

e) Provision of mass and diverse care for rural women who raise children with disabilities. This may be a variety of courses, the creation of a dedicated network of advisory centers, where mothers of children with disabilities and especially children with disabilities would be able to get a professional consultation and information on health centers and medical institutions in Russia and in the world, where children could receive treatment and high-quality medical care.