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PREVENTION OF THE INVOLVEMENT OF PARTICIPATING YOUTH  
IN DESTRUCTIVE PSYCHOLOGICAL DEPENDENCE

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ҚАТЫСУДЫ АЛДЫН АЛУ

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ПРОФИЛАКТИКА ВОВЛЕЧЕНИЯ УЧАЩЕЙСЯ МОЛОДЕЖИ  
В ДЕСТРУКТИВНУЮ ПСИХОЛОГИЧЕСКУЮ ЗАВИСИМОСТЬ

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**Abstract**

The situation of social trouble, instability characteristic of modern youth generates profound crisis changes in life of people, imposing increased requirements to their resilience. Getting into difficult life situations, facing the changing and contradictory ideas and values, young people find the solution of problems in obtaining euphoria due to the use of psychoactive substances, or apply not chemical ways (long carrying out in the virtual world, rates on sport, religion). For the purpose of prevention of involvement of young people in destructive psychological dependence, different preventive programs are developed, however their efficiency at the moment is at the low level.

Subject of consideration of this article is the carrying out problem work prevention. The main shortcomings of the available programs of prevention are considered and specified. Also in article the main activities of prevention of involvement of youth in the psychological dependence included in preventive programs, developed by authors of the submitted scientific article are described.

**Key words:** psychological addiction, addictive behavior, young people, psychological stability, preventive program, social and pedagogical conditions.

**Аңдатпа**

Қазіргі жастарға тән әлеуметтік қолайсыздық, тұрақсыздық жағдайы адамдардың өмірінде терең дағдарыстық өзгерістерді туындатады, олардың өміршендігіне жоғары талаптар қояды. Қиын өмірлік жағдайларға тап бола отырып, өзгермелі және қарама – қайшы идеялар мен құндылықтарға тап бола отырып, жастар психобелсенді заттарды қолдану есебінен эйфория алу мәселелерін шешеді немесе химиялық емес әдістерді қолданады (виртуалды әлемде ұзақ уақыт өткізу, спорт, дін ставкалары).

Жастардың деструктивті психологиялық тәуелділікке тартылуының алдын алу мақсатында әртүрлі профилактикалық бағдарламалар әзірленуде, алайда қазіргі уақытта олардың тиімділігі төмен деңгейде.

Бұл мақаланы қарастырудың мәні жұмыстың алдын алу мәселесі болып табылады. Алдын алу бағдарламасының негізгі кемшіліктері қарастырылды және көрсетілді. Сондай – ақ, мақалада ұсынылған ғылыми мақаланың авторлары әзірлеген профилактикалық бағдарламаларға енгізілген, жастарды психологиялық тәуелділікке тартудың алдын алу қызметінің негізгі бағыттары сипатталған.

**Түйінді сөздер:** психологиялық тәуелділік, аддиктивтік мінез – құлық, жастар ортасы, психологиялық тұрақтылық, профилактикалық бағдарлама, әлеуметтік – педагогикалық жағдайлар.

#### **Аннотация**

Ситуация социального неблагополучия, нестабильности, характерная для современной молодежи, порождает глубокие кризисные изменения в жизни людей, предъявляя повышенные требования к их жизнестойкости. Попадая в сложные жизненные ситуации, сталкиваясь с изменяющимися и противоречивыми идеями и ценностями, молодые люди находят решение проблем в получении эйфории за счет употребления психоактивных веществ, либо же применяют нехимические способы (длительное проведение в виртуальном мире, ставки на спорт, религия). С целью предотвращения вовлечения молодых людей в деструктивную психологическую зависимость, разрабатываются различного рода профилактические программы, однако их эффективность на данный момент находится на невысоком уровне.

Предметом рассмотрения данной статьи является проблема проведения профилактикой работы. Рассмотрены и указаны основные недостатки имеющихся программ профилактики. Также в статье описаны основные направления деятельности профилактики вовлечения молодежи в психологическую зависимость, включенные в профилактическую программу, разработанную авторами представленной научной статьи.

**Ключевые слова:** психологическая зависимость, аддиктивное поведение, молодежная среда, психологическая устойчивость, профилактическая программа, социально – педагогические условия.

#### **Introduction**

Today the Kazakhstan youth is exposed to massive influence of information flows, there is a fight for minds and souls of young people. Problems among young people in our country are considered at the state level and consequently citizens of our country have the right to count on the professional help and support, having appeared in a difficult life situation.

An inevitable consequence of addictive behavior among young people – destruction of basic need of the person for safety, destabilization of a picture of the world that leads to the serious delayed consequences – nevrozization, to depressions, loss of self – confidence. The lack of personal prospect in many respects defines the future not only one person, but also the whole social groups [1].

Today the system of prevention of involvement of youth in destructive psychological addiction is at the insufficient level of readiness: low level of scientific and methodical providing, lack of author's programs, indicators and criteria for evaluation of efficiency of the available preventive programs are not developed. The main task of preventive measures is – creation of conditions for formation and development of psychologically steady personality; realization of the rights of youth for knowledge of types and ways of the help, strengthening of health, including social and psychological. By means of preventive measures social problems of the personality and group of persons during origin of a problem are fixed, thereby creating a basis for decrease in rates of gain of the problem field of society [2].

In a number of the organizations of education are created and successfully the educational systems focused on the needs of pupils, teachers and parents considering specific social and pedagogical conditions that allows to expand the range of opportunities of preventive impact on the personality function. But in prevention of involvement of youth in psychological addiction there is enough problems which are among [3]:

- emergence of a new system of the requirements of society to the personality generated by new social realities;
- social stratification of society generates feeling of lameness, disbelief in social justice;
- underestimation of human life as major value;
- negative impact of mass media on formation of the personality;
- insufficient scientific and methodical ensuring prevention;
- insufficient possession of teachers, psychologists and social teachers of modern psychodiagnostic and psychocorrectional technologies.

Proceeding from the above – designated problems, it is necessary to consider prevention of involvement of youth in destructive psychological addiction as one of the main strategic and priority objectives of development of modern society. Possibilities of prevention among young people will be effective when using the psychological conceptual model in a solution assuming synthesis of modern social and psychology and pedagogical theories. Educational programs for youth are the best way of the prevention providing fully development in young people of autonomy and internal responsibility, creation of the positive vital scenario and accumulation of resources for its implementation today.

The program of prevention of involvement of youth in destructive psychological addiction developed by us includes [3]:

- identification of the young people needing attention, rendering the emergency psychological assistance, ensuring psychological safety, removal of emotional excitement or braking, decrease in a stressful state;
- formation of psychological resistance to negative impact of the environment;
- instilling existing in the society of social norms of behavior, formation of skills of psychological culture for the purpose of overcoming psychological difficulties, formation positive an image I.

The main activities of the program of prevention of involvement of youth in destructive psychological addiction are presented in Table 1.

Table 1 Main activities of the program of prevention

<i>№</i>	<i>Activities</i>	<i>Form and methods of work</i>
1	Acquaintance to age features during personal development	Lecture, conversation, seminar
2	Information inoculation for impact on a cognitive component of the personality for the purpose of development of outlook	Lecture, conversation, seminar
3	Impact on the emotional and strong – willed sphere of the identity of the teenager for the purpose of preservation and development of psychological stability	Creative self – expression, viewing and discussion of movies, psychodrama and staging
4	Acquisition of skills on overcoming difficult life situations	Individual and group consultations, social and psychological trainings
5	Escort of young people and members of their environment, including teachers and employees	Individual and group consultations
6	Self – identification and creation of a positive life scenario	Lectures, seminars, trainings, consultations

### Conclusion

In the conditions of modern society the number of youth with destructive psychological addiction grows that generates need of detailed studying of the reasons, motives, situations of its manifestation and ways of prevention. The program of prevention has to assume works in three directions: work of the psychologist with teachers, young people and members of their families and also with significant people. And also during age and vital crises distortion of a subjective image of the world, i.e., representations and the attitude towards itself and to the world in general is peculiar to the person who only entered adulthood in the course of personal self – identification [4]. Manifestations of dependent behavior are a consequence of unproductive adaptation to life the – the fixed, nonflexible creation by the person of the relations with themselves, the relatives and the outside world on the basis of operation of the mechanism of alienation: to attempts to resolve a difficult life situation in the unsuitable, inadequate ways. Creation of psychologically safe environment, preservation and development of psychological health, psychological support, psychological assistance and acquisition of skills of psychological culture can promote overcoming psychological difficulties.

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