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SOME ASPECTS OF HARMONIZATION OF EMOTIONAL SPHERE OF ADOLESCENTS WITH DEVIANT BEHAVIOR

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The article studies individual psychological characteristics of emotionality of adolescents with deviant behaviour and determine the ways to harmonize emotional well-being on their basis. It is shown that characteristics of the emotionality of criminals are an important factor that determines types of crimes they commit. Deviations in adolescent's emotional sphere are an important factor of appearance of violent actions. Our study of the components of people emotional constructs shows difference in functioning of the emotional sphere of under-age offenders and their law-abiding peers. The article argues that a degree of emotional sphere harmonization is determined by emotions, experiences and feelings that are depend on an external and internal psychological situation of a person, his/her mental state in general. The program is presented that support harmonization of teenagers' emotional well-being and personal characteristics that have influenced on it; it presents key characteristics of emotional experiences and feelings as a course of psychotherapeutic interventions; psychologist's working methods that are aimed at reducing of anxiety, impulsivity, anger overcoming, improving of emotional well-being, restoring of trust and interactions.

Key words: *emotional sphere, deviant behavior, under-age convicted, harmonization of emotional well-being.*

Challenge problem. The problem of adaptation of children and adolescents with deviant behaviour becomes exceptionally important in modern social conditions. Its resolving is hampered by the fact that psychological and educational help is not aimed at a personality as a whole. Efforts are made to correct adolescent behaviour, but not to improve personality characteristics, in particular, his/her emotional sphere, which prevents successful adaptation.

According to the State Penitentiary Service of Ukraine, today, crimes against life and health are on the second place among all types of crimes. Almost 40% of juvenile offenders, including those who are in correctional facilities, are involved in murders, grievous bodily harms, rapes. It is clear that these kinds of crimes are closely related to human emotional experiences. Unfortunately, during crime investigation, little attention is paid to emotional states of the persons committed these offences, although these crimes are committed mostly because of poor interpersonal relationships and personal characteristics of the offenders. In particular, existence of an inferiority complex causes envy. Too high self-appraisal is a determinant of disrespect of others, contempt for them. In turn, emergence of negative feelings leads to antisocial and even criminal behaviour. Resentment leads to a desire for revenge, feeling of hostility does to

aggressive behaviour. Thus, characteristics of emotional sphere of juvenile offenders influence significantly on commission of a crime, and they must be taken into account during teenager's adaptation. That is why the problem of emotional harmonization is especially important.

As it is well-known, emotions participate in mental development from its beginning as an essential component, therefore peculiarities of the emotional sphere influence strongly the process of formation and functioning of a personality, organization of his/her behaviour. Emotions and feelings, performing various functions, are an integral part of person's behaviour, interfering into it both during recognition of a need and assessment of a situation, and at a stage of decision-making and result evaluation. Understanding of behaviour control mechanisms requires an understanding of functioning of the emotional and sensual spheres, their role in this control. Violation of emotional regulation leads directly to disorders in adaptation, social and psychological distortion of a personality.

Analysis of recent research. The conditions of deviant's effective adaptation to modern socio-cultural environment include their ability to foresee consequences of their own behaviour and subsequent behaviour of their peers, based on understanding of feelings, thoughts, and intentions of interaction participants. However, the phenomenon of understanding of emotions, nonverbal expressions and impressive abilities of deviants has not studied enough. Teenagers with deviant behaviour do not understand properly meanings of nonverbal reactions of interaction participants, do not analyze language expressivity in a situational context, have difficulties with situation analyzing. V. Ulyanov notes relationships between reflection non-usage and uncertainty, tension, imbalance, anxiety of adolescent offenders if they need to analyze a standard situation of social interaction with quite accurately defined rules of social behaviour [1]. Typical personal characteristics of juvenile convicts are stereotypical responses to social stimuli, low tolerance to stress, anxiety and tension in social contacts, low criticism and capacity for reflection [2].

N.V. Gresa determines psychological factors of conscience of guilt by juvenile offenders. The psychological factors that determine conscience of guilt by juvenile offenders is, primarily, the capability for self-understanding and understanding of others, empathy [3].

It is clear that creation of trusting relationships requires empathy. O. A. Kokuyev argues that the question of significance and usefulness of other people comes to the fore at creation of trusting relationships by juvenile offenders [4]. Entering into relationships with people, a juvenile offender does not feel real confidence to them because he/she does not consider them non-threatening for him/herself. He/she also does not consider them really valuable (significant) for him/herself. In case of trust manifestation from others, their value (importance) for juvenile offenders will be understood as their usefulness.

L.V. Petryshyna, researching empathy of female juvenile offenders, shows that the higher their level of empathy, the lower their aggression and hostility; the more adequately they understand real importance of events of their lives; the higher their emotional stability, morality and sociability; the lower their dominance; the less they are rigid, frustrated [5].

As for the gender aspect, it should be noted almost 60% of convicted girls committed violent crimes [6]. Girls are 'ahead' boys for committing of grave and especially grave crimes. In particular, the percentage of girls (among the total number of convicted under-age girls) who committed murders is about 13% (compared to 6% of boys). Girls' crimes is linked mostly with «reactions of feelings», while convicted under-age boys are oriented mostly on profiting from crime. Another aspect of emotional and sensual sphere impact on crimes can be seen with the example of adult women prisoners. In particular, 42% of these women are in prison for the manufacture, storage and sale of drugs [7]. These crimes are committed mostly due to positive emotional attitudes of these women to men controlling directly the process.

A role of the emotional sphere in under-age personality development can be examined also during their sentence serving. Convicted juveniles in prison experience such states as: expectations and excitement, depression, hopelessness, boredom, apathy, fear and anxiety, aggression, wishful thinking, self-justification, hope [8]. N.Y. Maximova's studies show that the overwhelming feelings are negative, 96% of respondents indicate such feelings as sadness, grief, anger, aggression [7].

Under social isolation, typical changes occur in mental states of under-age offenders [9]. Mental states experienced by minor offenders form certain syndromes. Minors under isolation are characterized by frustration syndrome, caused by destruction of their life plans and accompanied by feelings of hopelessness, doom, insecurity, despair. It is emphasized that the hopelessness state is always interspersed with hope. The set of states associated with expectation of personally important events (receipt of a letter or parcel, visiting, conflicts between groups, release and so on) refers to a syndrome of expectation. It includes the following states: anxiety, fear, impatience. The state typical for juvenile convicts is longing (for home, family, friends, former way of life). The longing syndrome includes increased anxiety and irritability, sadness, discomfort. It is emphasized that sadness is so hard for minors that they associate it with some monster that torments them. Longing is usually combined with boredom and then can be transformed into apathy. It is noted that further development of the oppression state for juvenile convicts can lead to several border states, depression. Also, due to activation of self-justification mechanisms, a trend grows to weakening of guilt feelings and false belief increasing in own innocence.

The main **goal** of our work is to investigate individual psychological characteristics of adolescent's emotional sphere, and to determine ways of emotional well-being harmonization.

Presentation of main material. Based on our previous studies [10, 11], a pilot program of harmonization of emotional well-being of teenagers with deviant behaviour was developed and tested.

The study basis is: the juvenile correctional facility in Melitopol (Zaporozhye region) for convicted under-age girls, the Centre for Social and Psychological Rehabilitation of Children No 1 of the Services for Children of Kiev City State Administration, the Centre of Family Harmony in Odesa. Two groups of teenagers were selected. The control group consisted of the girls who are in the

juvenile correctional facility. The normative sample consisted of 40 teenage girls of the same age.

The program of harmonization of adolescents' emotional well-being was tested in Melitopol juvenile correctional facility for under-age girls in the framework of the psychotherapeutic group that worked on the basis of the client-centred approach (K.Rogers' method) and with methods of art therapy.

The group was established on the principles of voluntariness, awareness, privacy principle, not judgment and acceptance, with feedback, respect for the developmental relationship limits. The group was closed (without possibility to choose new members). Meetings were held two times a week. Duration of one meeting was 2 hours. There were 21 meetings. Total duration of work was 42 hours.

The group tasks were defined as follows:

- to remove emotional discomfort, to correct anxiety;
- to express, using drawing, emotions and feelings that are difficult to verbalize,
 - to expand teenagers' perception of other person emotions;
 - to develop identification of emotions, to enrich emotional vocabulary of the teenagers;
 - to track transfer of emotions (ways of subjective emotional experience expressing by teenagers).

The process of introspection often took place in a form of discussion over own attitudes to events or other prisoners. Usually, this was as follows: the participants started talking about events outside the groups (from outsiders' point of view), and subsequently, with moderator's help, shifted their attention on their own experiences associated with the same or similar events, started to talk about own attitude to those events. As an example, we can describe participants' conversation on adaptation to conditions of the facility of one of the girls (she was not a member of the group) that later passed into conversation about features of such adaptation. It can be argued that, at this and similar situations, the group started with «blooming gossip», but finished with analysis of personal experience.

Self-analysis was also performed through discussion by participants of their qualities and own fears, but, in any case, it always started from «other person». Indeed, throughout virtually all work of the group, every dialogue started with talk of «others», often those who were not members of the group. The task of the moderator was to return discussions into the «group field», to return participants to themselves in line with conversation.

One of the components of the corrective program was to determine impact of corrective actions on emotional sphere development. At two group meetings, the girls were asked to listen a piece of music followed by a discussion. The group answered the following questions: what mood does the music convey? what feelings do you have during music listening? what would you want to do after music listening?

These fragments have completely different mood, but each of them lifted to the surface the corresponding layer of memories of the group participants, their associations, images which became the subject of group discussions. The first piece was «Little Night Music» by Mozart. The girls imagined the next: an opera

listener, a maestro di cappella, a girl in chic dress on a ball, a person in library reading enthusiastically an interesting book, a housewife cleaning an apartment. Girls were glad sincerely with these images. Overall, there was happy, joyful, light atmosphere. Due to such cheer, girls' willingness to group interaction increased, they disclosed themselves better and we were able to touch important topics. Later, analyzing what happened, we concluded that music gave beauty which the girls wanted answer to. Music pushed to the desire to be better. The survey of the participants showed that this group meeting was the most effective one.

The second piece was «Moonlight Sonata» by Beethoven. This piece caused quite opposite reaction of the participants. It should be noted that very day was gloomy and rainy and it reinforced the effect of music listening. After listening, all girls just started to remember and describe life situations that led them to the facility for juvenile offenders. The group showed grief, sadness, boredom, despair, disappointment. This music caused a feeling of pity and became the voice of conscience of some kind for the girls. Later, at the next group meeting, one of the girls confessed that the meeting gave her inspiration and strength to write her mother and describe her feelings that she did not even think to touch.

Basing on the research of A.I. Makeieva [12] and Woodworth-Schlosberg classification [13], we consider six basic categories of emotions in our study: joy, surprise, fear, sadness, anger, contempt. The emotion that appears most often in participants' diaries is «joy» – 26%. «Fear» emotion is the rarest one – 4%. The most essential emotions are distributed as follows: «surprise» – 14%, «sadness» – 11%, «contempt» – 10%, «anger» – 9%. After correction program testing, the group members were again surveyed with the appropriate test methods. Numbers of synonyms correctly provided to the proposed emotions before and after the correction program and comparison of these data with the survey of law-abiding girls are presented in Table 1.

Table 1.

Comparison of numbers of synonyms correctly provided by adolescents to the proposed emotions

Emotions	Adolescents from the facility before the correctional program (%)	Adolescents from the facility after the correctional program (%)	Normative sample (%)
Joy	53,8	71,7	65,2
Surprise	0	0	6,6
Fear	40	48,3	42
Sadness	75	78,3	55
Anger	83,8	75	51,1
Contempt	37,5	26,7	30,5

Table 2

Comparison of recognition by adolescents of other person's emotions with non-verbal expressions

Emotions	Adolescents from the facility before the correctional program (%)	Adolescents from the facility after the correctional program (%)	Normative sample (%)
Joy	31,8	36,3	47,4
Surprise	20,8	15,6	47,9
Fear	25,8	38,9	35,9
Sadness	39,6	41,7	50,2
Anger	55,4	66,7	60,8
Contempt	27,1	25	47,3

Comparison of recognition by adolescents of other person's emotions before and after meetings with the normative sample is presented in Table 2.

Besides the study of emotional sphere functioning, we performed monitoring of participants' attitudes to what happen during the meetings. At the end of each third meeting, we surveyed participants how they were comfortable, interested and how useful was today's meeting. The «comfortable» criterion was 74%, «interesting» was 78%, «useful» was 90%. Moreover, during meetings, only one of eight girls felt comfortable and interested at the level less than 50%. According to the survey, all members of the group benefited from it. It should be noted that two meetings when music listening was suggested received, on the one hand, the highest (Mozart), and the second, almost the lowest (Beethoven) scores as for all three indicators. Although girls were bewildered after meeting with Beethoven listening, the next time all admitted that although it was hard, but the effect was enormous.

As a result of group interaction, in the opinion of its participants, they received opportunities to get closer to each other; more sincere, cordial relations appeared between them. Girls drew their attention to importance of moral support from other group member. Participants also noted that the group united them and contributed to establishment of communication not only at meetings, but also outside the «circle». Girls stressed that they became more open in communicating with other girls outside groups and the facility staff.

The facility psychologist and educators marked the following changes occurred during group work: the girls began to communicate more with the staff, they became more open, sincere, thoughtful, responsible. A remark is interesting of a facility educator in respect of one of the girl participated in the group. She said that the image of a dashing, reckless girl - leader was complemented now with another one - a fragile girl who is very concerned about others' opinion about her. The work performed gives the grounds to conclude that the hypothesized positive role of emotional sphere in the re-socialization process is confirmed. Helping girls to understand and express their negative

feelings, we thus reduce the tension level and «free space» for positive experiences.

Conclusions. Client-centred group psychotherapy is an important part of the adaptation process of convicted juveniles to contemporary socio-cultural environment. The group participants achieved greater openness, sincerity, thoughtfulness, more positive perception of the world, which is a prerequisite for further educational influences. Presence of empathic understanding and positive attitude of the moderator to the participants, their unconditional acceptance, contributed to their desire for reflection, introspection and personal growth, which led to changes in their behaviour. The corrective mechanism of art therapy is that emotional sphere harmonization is performed with bypassing of the functions of control and understanding, so a teenager becomes less anxious and vulnerable, obtains positive emotions and experience from results of his/her activities.

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ДЕЯКІ АСПЕКТИ ГАРМОНІЗАЦІЇ ЕМОЦІЙНОЇ СФЕРИ ПІДЛІТКІВ З ДЕВІАНТНОЮ ПОВЕДІНКОЮ

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Статтю присвячено дослідженню індивідуально-психологічних особливостей емоційної сфери підлітків з девіантною поведінкою, і визначення на їх основі, шляхів гармонізації емоційного самопочуття. З'ясовано, що визначення особливостей емоційної сфери злочинців є важливим фактором що визначає різновид скоєних ними злочинів. Вивчення компонентів емоційного конструкту особистості показало відмінність в функціонуванні емоційної сфери неповнолітніх засуджених і їх законотриваючих однолітків. Апробовано програму, яка передбачає гармонізацію емоційного самопочуття підлітків та особистісних характеристик, що мають на нього вплив.

Ключові слова: емоційна сфера, девіантна поведінка, неповнолітні засуджені, гармонізація емоційного самопочуття.

Щербина-Прылука В. Н., Шидуленко А. В. Некоторые аспекты гармонизации эмоциональной сферы подростков с девиантным поведением. Статью посвящено исследованию индивидуально-психологических особенностей эмоциональной сферы подростков с девиантным поведением, и определением на их основе, путей гармонизации эмоционального самочувствия. Определение особенностей эмоциональной сферы преступников является важным фактором, который способен предопределить вид совершенного ими преступления. Изучение компонентов эмоционального конструкта личности показало различия в функционировании эмоциональной сферы несовершеннолетних осужденных и их законопослушных одногодок. Степень гармонизации эмоциональной сферы личности определяется эмоциями, переживаниями и чувствами, которые зависят от внешней и внутренней психологической ситуации, ее общего психического состояния. Апробировано программу гармонизации эмоциональной сферы.

Ключові слова: эмоциональная сфера, девиантное поведение, несовершеннолетние осужденные, гармонизация эмоционального самочувствия.