THE ADOLESCENTS' WITH SELF-DESTRUCTIVE BEHAVIOR TEMPORARY TRANSSPECTIVENESS

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Abstract

This article covers the research of the alcohol addiction formation in the adolescence features. The review of approaches to the alcohol addiction factors studying is given. The results of the adolescents' with the alcoholic behavior temporary transsspectiveness content experimental research are shown. The inclination to focus on the recent negative events, to describe mainly the close future filled with failures is identified. The justification of the alcoholic behavior primary psychoprophylaxis arrangements content is represented.

Key words: adolescents, alcoholic behavior, deadaptation, vital values, sense life orientations, temporary transsspectiveness, self-destructive behavior, psychoprophylaxis.

Introduction

In transformation of the society development strategy and personality's social and spiritual life instability situation modern young people differently perceive their own lifetime demanding active deeds in relation to changing not only world image, but their own life image. Dynamic changes in the ways of adolescents' goal-setting and life-setting take place in periods, when the past, the present and the future lose their usual definiteness for them, are comprehended and experienced by them anew (Bolotova, 1997). These changes gain the extra significance in connection with the problem of psychoactive substances taking by young people (Egorov & Igumnov, 2005; Bajyard, 2013). The personal features also influence psychoactive substances taking process. Causes of the abnormal, destructive development are usually: child's disability to productive resolve the situation of vital needs satisfaction difficulty; disformation and inefficiency of psychological protection waysallowing him to cope with the emotional stress; presence of the psychotraumatic situation, that can't be constructively resolved by the adolescent; features of the world and their own life image (Carman at al., 1983; Cooper, 1994; Duncan at al., 2006; Tomcikova at al., 2009, Stavrinides at al., 2010.).
The lifetime and its subjective reflection in consciousness are integral aspects of the life image (Lokteva, 2013). However, the inclined to dependent behavior adolescents' temporary transspectiveness formation model is not yet described.

In psychology, time is studied both in the perception context and in the experience context (Derevyanko, 2011). Addressing to the «temporary transspectiveness» construct is dictated by the whole age-related development process and demands placed by society on young people (Golovaha & Kronik, 1984). Activation of self-analysis and reflection processes, the holistic view of oneself and time formation, the individual vital values setting and life position formation promote the favourable process of the vital perspectives construction (Shlyahtin, 1991; Serenkova, 1995). All of this forms personal and social responsibility, and concerned with oneself and life responsibility development mediates life planning process and creates the basis for plans realization (Pahno & Nevstrueva, 2005).

The adequate time reflection is considered as an integral index of the personality maturity (Muzdybaev, 2000; Rosek, 1990). The researches making role of the temporary transspectiveness clear and determining risk of adolescents' chemical dependency formation are necessary for the dependent behavior psychological preventive measures justification. All of this determined the objective of our research.

**Objects and methods of the research**

184 adolescents (89 girls and 95 boys) at the age from 14 to 17 years old took part in the complex research. The 1-st group (control) included adolescents, which didn't have the alcohol drinking experience (60 people). The 2-nd group (64 teenagers) contained adolescents, which had the alcohol drinking experience, but they drink alcohol not regularly, only situationally. The important criterion of including in this group was the physical dependence features lack. Adolescents drinking alcohol regularly and actively looking for occasions and suitable companies was included in the 3-rd group (60 people). For the members of this group drinking alcohol took form of alcohol behavior, although there wasn't enough clinical data for the alcoholism diagnostics.

The main methods of the research were the scientific literature theoretical analysis, a clinical-and-psychological method (the conversation, the structured clinical-and-psychological interview) and an experimental-and-psychological method (psychological diagnostic techniques, projective techniques). Psychological diagnostic techniques: «The pathocharacterological diagnostic questionnaire» (Ivanov & Lichko, 1995); «The sense life orientations test» (Leont'ev, 2000); the technique of personality relations analysis - «Sentence completion test»; the
quality of life examination - the SF-36 questionnaire; the projective method of personality relations examination - «The colour relations test» (Bazhin & Jetkind, 1985).

Results and Discussion

According to results of the conversation the received data was systematized and there was identified that during alcohol behavior formation the personality gains hedonistic orientation and cognitive need loses its actuality. Members of the 2-nd (76.6%) and the 3-rd (58.%) groups put in the first place hedonistic goals to a greater extent, then members of the 1-st group (45%). Besides that the choice of such goal as getting education loses its value in the research dynamics from the 1-st (68.3%) to the 3-rd group (25%). Differences in the answer choice are observed in the «Attitude to the future» theme. The received data shows the drinking alcohol adolescents are less inclined to plan their own future. All of this indicates the adolescents' goals disformation, life perspective uncertainty. Drinking alcohol in the adolescent age relates in one way or another with difficulties of adaptation to new social roles and relations against the background of psychophysiological changes due to puberty. The scientific literature data analysis shows, that this is due to series of causes connected with the age specificity: significant morphofunctional changes during the puberty, socialization difficulties, the lack of life experience, the world view disformation.

The detailed analysis showed temporary perception features in adolescents with the different alcohol drinking rate. The results we discover following regularities presented in the Table 1.

**Table-1: Characteristics of adolescents' attitude to the past, the future and goals.**

<table>
<thead>
<tr>
<th>Scale</th>
<th>1 group (Me)</th>
<th>2 group (Me)</th>
<th>3 group (Me)</th>
<th>1 и 2 groups (p≤0.05)</th>
<th>1 и 3 groups (p≤0.05)</th>
<th>2 и 3 groups (p≤0.05)</th>
</tr>
</thead>
<tbody>
<tr>
<td>the attitude to the past</td>
<td>0.10</td>
<td>0.05</td>
<td>0.40</td>
<td>0.256</td>
<td>0.002</td>
<td>0.000</td>
</tr>
<tr>
<td>the attitude to the future</td>
<td>0.22</td>
<td>0.45</td>
<td>0.78</td>
<td>0.088</td>
<td>0.000</td>
<td>0.016</td>
</tr>
<tr>
<td>the attitude to the goal</td>
<td>0.12</td>
<td>0.25</td>
<td>0.88</td>
<td>0.083</td>
<td>0.000</td>
<td>0.000</td>
</tr>
</tbody>
</table>

For regularly drinking alcohol adolescents distortion in the past, the future and goals appreciation is more typically then for the 1-st and the 2-nd groups (p≤0.05). Adolescents from the 3-rd group have strained relations to their past and future, goals uncertainty (p≤0.05). The alcohol abuse begins mainly against the background of insufficient socialization - the standards and social life values assimilation. It is revealed in the ethical requirements ignorance, lack of the public ideals, vital purposes, the tendency to education, professional knowledges, family life. The
adolescents give negative tones to the past or idealize it. The 3-rd group of adolescents isn’t inclined to identify future perspectives. For such adolescents the low comprehension of the future assessed as strained, uncertain, monotonous is typically. The lack of interest in life indicates these adolescents' temporary perspective and orientation to the future limitation. The adolescents' willingness to goal-setting and goals realization is decreased as they drink alcohol.

The generalized system of notions about subjectively significant stimulus in adolescents with the different alcohol drinking rate studying allows to find both some common and different trends. The results we discover following regularities presented in the Table 2.

**Table-2: Emotional attitude of adolescents to stimuli.**

<table>
<thead>
<tr>
<th>stimulus</th>
<th>1 group (%)</th>
<th>2 group (%)</th>
<th>3 group (%)</th>
<th>1 и 2 groups</th>
<th>1 и 3 groups</th>
<th>2 и 3 groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>happiness</td>
<td>78.3</td>
<td>81.2</td>
<td>65</td>
<td>φ*=2.06; p&lt;0.05</td>
<td></td>
<td></td>
</tr>
<tr>
<td>health</td>
<td>60</td>
<td>51.5</td>
<td>60</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>future</td>
<td>63.3</td>
<td>62.5</td>
<td>58.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>past</td>
<td>13.3</td>
<td>37.5</td>
<td>45</td>
<td>φ*=3.17; p&lt;0.01</td>
<td>φ*=3.96; p&lt;0.01</td>
<td></td>
</tr>
<tr>
<td>present</td>
<td>65</td>
<td>51.5</td>
<td>55</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>life</td>
<td>65</td>
<td>57.8</td>
<td>63.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>sorrow</td>
<td>18.3</td>
<td>12.5</td>
<td>43.3</td>
<td>φ*=3.02; p&lt;0.01</td>
<td>φ*=3.97; p&lt;0.01</td>
<td></td>
</tr>
<tr>
<td>stress</td>
<td>18.3</td>
<td>12.5</td>
<td>45</td>
<td>φ*=3.20; p&lt;0.01</td>
<td>φ*=4.16; p&lt;0.01</td>
<td></td>
</tr>
<tr>
<td>problem</td>
<td>15</td>
<td>14</td>
<td>43.3</td>
<td>φ*=3.51; p&lt;0.01</td>
<td>φ*=3.71; p&lt;0.01</td>
<td></td>
</tr>
<tr>
<td>disease</td>
<td>18.3</td>
<td>12.5</td>
<td>30</td>
<td>φ*=2.42; p&lt;0.01</td>
<td></td>
<td></td>
</tr>
<tr>
<td>psychological trauma</td>
<td>15</td>
<td>15.6</td>
<td>35</td>
<td>φ*=2.57; p&lt;0.01</td>
<td>φ*=2.52; p&lt;0.01</td>
<td></td>
</tr>
<tr>
<td>loneliness</td>
<td>31.6</td>
<td>9.3</td>
<td>40</td>
<td>φ*=3.18; p&lt;0.01</td>
<td>φ*=4.15; p&lt;0.01</td>
<td></td>
</tr>
<tr>
<td>the goal of life</td>
<td>85</td>
<td>79.6</td>
<td>56.6</td>
<td>φ*=3.51; p&lt;0.01</td>
<td>φ*=2.79; p&lt;0.01</td>
<td></td>
</tr>
</tbody>
</table>

Particularly, the 2-nd and the 3-rd groups of adolescents give positive characteristics to the «past», idealize it in self-consciousness.
The 2-nd group of adolescents has differences with the 1-st group in the research of the adolescents' emotional-evaluative attitude to subjectively significant elements evaluation. Differences are indicated in the «loneliness» parameter: it is not typically to give positive characteristics to the loneliness for adolescents from the 2-nd group. At the beginning alcohol drinking relates in one way or another with difficulties of the adaptation, the loneliness experience. During the self-assertion seeking and trying to cope with emotional experience these adolescents often join to some asocial oriented groups.

The 3-rd group of adolescents has differences with the 1-st group in the research metrics of the emotional-evaluative component of personality relation to significant notions system extramental aspect. Adolescents from the 3-rd group more often give positive meaning to the such notions as: «sadness», «stress», «problem», «psychological trauma». They have difficulties in their emotional state recognition, drink alcohol, when they face the problems. The demanding their own behavior control problem is perceived like a threat, a psychological trauma, a cause of drunkenness. The stereotypy of such behavior is typically. Drinking alcohol, the adolescent only modulates his emotional behavior in conflict situation, not trying to resolve it in another way. Regularly drinking alcohol adolescents can't formulate the purpose of life vision. They cope with the temporary perspectives determination, life events ordering worse.

For the extramental aspect of the personality relation system emotional-evaluative component changing under alcohol drinking influence the 2-nd and the 3-rd groups research results were analysed. Signs of the disorder in the developing personality relations system-forming spheres increase as alcoholization form progresses. The notion of the «happiness» is characterized by positive attitude to a lesser degree in adolescents who are prone to frequent alcohol drinking. The subjects from the 3-rd group more often give positive meaning to such categories as: «sadness», «stress», «problem», «disease» «psychological trauma», «loneliness». Differences in these categories were revealed also when comparing the 3-rd group with control group. This is confirmed by the fact that the subjects, who are prone to regular alcohol drinking, find it difficult to differentiate their emotional condition. In stressful, problem situations, which determines the negative emotions emergence, alcohol acts as a mechanism to cope with emotional experiences. The attitude to the disease also has a distinction: adolescents from the 3-rd group more often give positive evaluation to the disease state. The discovered distinctions point to the disease perception distortion in adolescents from the 3-rd group, they insufficiently clearly realize consequences of the alcoholization. 40 % of adolescents from the 3-rd group give the positive evaluation to the state of loneliness, dealing with the emotional discomfort caused by this state, in
Adolescents from the 3-rd group less often endow the purpose of life with positive qualities (p<0.05). This points to the goal-setting component and the vital perspectives planning and forecasting disorder, the positive perception of the future lack in these adolescents. Namely at the adolescent age the fundamentals of such time perception component as the remote temporary perspective on which many personal qualities and behavioural patterns depend are founded. Adolescents from the 3-rd group differ in the level of life comprehension in the temporary space context (p<0.05).

Consequently, the inclined to alcohol drinking adolescents' quality of life is rather decreased in comparison with adolescents who don't drink alcohol. In regularly drinking alcohol adolescents the social activity is decreased, the role of physical problems rises, the emotional state, mood and generally well-being subjective evaluations are reduced considerably.

Therefore, the drinking alcohol adolescents are characterized as adapting to social conditions with difficulty, low estimating their own quality of life, experiencing mainly negative emotions. The quality of life evaluation in psychic and physical components is reduced as the alcoholization progresses.

**Conclusion**

The inclined to drinking alcohol adolescents' (the 2-nd and the 3-rd groups) vital values reflect hedonistic personality orientation, seeking to get pleasure from life, the low level of cognitive personality orientation. The increased risk of alcoholization is also connected with intense relation to the past, perhaps, confirming the psychotraumatisation experience (the 2-nd and the 3-rd groups). There is observed more pronounced distortion of temporary perception as alcoholization form progresses. In regularly drinking alcohol adolescents the insufficient satisfaction with their own life in the past, uncertainty of the future causing emotional tension are noted. Some revealed trends confirm the fact, that their own life isn't perceived as interesting and filled with sense.

The drinking alcohol adolescents cope with temporary perspectives determination, life events ordering worse. At the same time the emotional attitude to life events is connected with the past, their achievements at the present time evaluation. Adolescents from the 3-rd group with prevalence of negative emotional relation to the time range have weak faith in freedom of choice and their own ability to control their life events. They not always see the connection between their actions and some significant life events, that makes them dependent on one's people and external events. Regularly drinking alcohol adolescents experience difficulties in their emotional state recognition, alcohol becomes the way to cope with problems.
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