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Сучасні підходи профілактики девіантної поведінки у діяльності психологічної служби

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Анотація. У статті представлено сучасні підходи до профілактики девіантної поведінки, що використовуються психологічною службою. Актуальність цієї проблематики пов'язана зі стрімким поширенням девіантної поведінки серед осіб підліткового та юнацького віку. Метою дослідження є аналіз особливостей діяльності психологічної служби у сфері роботи з особами з девіантною поведінкою. У роботі використано теоретичні методи аналізу проблеми дослідження, на основі яких висвітлено перспективу подальших досліджень в емпіричному напрямі. Відповідно до поставлених завдань, проаналізовано основні напрями та завдання діяльності психологічної служби на сьогодні. Висвітлено особливості девіантної поведінки серед підлітків і молоді, основні її причини. Описано актуальні підходи щодо запобігання поширення та зменшення девіантної поведінки в роботі психологічних служб. У процесі теоретичного дослідження з'ясовано, що сучасні підходи до профілактики девіантної поведінки, якими оперує психологічна служба, характеризуються наявністю у її працівників первинних теоретичних знань про особливості девіантної поведінки, зокрема, причини та фактори її виникнення. Обґрунтовано спрямованість профілактичної роботи на усунення та запобігання виникнення девіантної поведінки у межах завдань і компетенцій психологічної служби. Вказано, що з урахуванням теоретичних основ щодо поняття девіантної поведінки, працівники психологічної служби формують план надання психологічної допомоги, який передбачає системність, поетапність профілактичної роботи. Підтверджено необхідність використання сучасних методів профілактичних підходів, серед яких, тренінгові заняття, використання інформаційних технологій і психологічні арттерапевтичні техніки. Саме такий підхід, виявлений у результаті теоретичного дослідження, забезпечить ефективність профілактичної роботи психологічної служби в напрямі профілактики девіантної поведінки

Ключові слова: підлітковий вік, консультування, психологічна допомога, психологічне забезпечення, соціальне благополуччя

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Modern Approaches to Deviant Behaviour Prevention in Psychological Service Activities

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Abstract. The study presents modern approaches to deviant behaviour prevention used by the psychological service. The relevance of this issue is associated with the rapid spread of deviant behaviour among adolescents and youth. The aim of the study is to analyse the peculiarities of the psychological service's activities in the field of working with people with deviant behaviour. The study uses theoretical methods for analysing the researched subject, on the basis of which the prospect of further examination in the empirical area is highlighted. In accordance with the tasks set, the authors analysed the main areas and objectives of the psychological service's activities for today. The study highlights the features of deviant behaviour among adolescents and youth, its main causes. The authors described current approaches to preventing the spread and reduction of deviant behaviour in the work of psychological services. In the course of theoretical research, it was identified that modern approaches to deviant behaviour prevention, which are operated by the psychological service, are characterised by the presence of primary theoretical knowledge among its employees about deviant behaviour features, in particular, the causes and factors of its occurrence. The focus on eliminating and preventing the occurrence of deviant behaviour within the tasks and competencies of the psychological service is substantiated. It is indicated that considering the theoretical foundations of deviant behaviour, employees of the psychological service prepare psychological assistance plan, which provides for systematic, step-by-step preventive services. The study confirms the necessity of using modern preventive approaches, including training sessions, the use of information technologies, and psychological art therapy techniques. This approach, identified as a result of a theoretical study, will ensure the effective prevention of deviant behaviour by psychological service

Keywords: adolescence, counselling, psychological assistance, psychological support, social well-being

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INTRODUCTION

At present, researching the issue of deviant behaviour spread among adolescents and youth occupies is relevant. This is due to the crisis periods that occur in the age stages described above. Quite frequently, deviant behaviour among adolescence is accompanied by its occurrence at earlier ages. The psychological service reduces deviant behaviour spread in society and prevents its occurrence. Therefore, it is important to analyse the current state of psychological service development, the quality of services provided, which will ensure the identification of methods and approaches that can be used in working with the described categories of people.

The analysis of recent studies on this issue allowed stating that the activity of the psychological service is based on current trends in science and society development. Accordingly, the main tasks are the timely, systematic provision of appropriate psychological conditions for persons who are under the care of the psychological service. This means studying clients' psychophysical development, analysing their behaviour and activities, taking into account age and psychological individual characteristics. Summing up the main psychological service tasks, it is evident that all of them are aimed at preserving the psychological health of individuals and providing psychological support. The main modern tasks of the psychological service are covered in the studies of S.D. Maksymenko [1] and V.G. Panok [2].

The research of deviant behaviour spread among the young population is characterised by investigating the causes of deviant behaviour, its consequences for psychological health and personal development. M.I. Mahdysiuk [3, p. 57-59] and R.P. Fedorenko [4] studied the peculiarities of deviant behaviour among adolescents. Features of preventive services and psychological assistance to persons with deviant behaviour are researched by R.V. Kozubovskiy [5, p. 99-103], L.M. Volnova [6]. Scientists are certain that deviant behaviour prevention should be holistic, step-by-step, and structured.

Modern scientific views of foreign scientists, in particular, Yu.A. Kleiberh [7], suggest that deviant behaviour prevention among the young population should be based on the elimination of causes that have a direct impact on the occurrence of this behaviour. That is, the preventive services of the psychological service on this issue are focused not on working with deviant people, but on preventing the spread of the causes that provoke this behaviour. Summing up the main psychological service tasks, deviant behaviour features, the authors can state that the preventive services should be based on characteristics of age and environment, use new and effective methods.

Therefore, *the purpose of the study* is a theoretical substantiation of modern approaches to deviant behaviour prevention in the practical activities of the psychological service. The *task* of the proposed theoretical research is to analyse deviant behaviour, the areas of its prevention, which can be used directly in psychological service activities; to study the current state regarding the quality of psychological assistance provided by the psychological service to persons with deviant behaviour. Based on the study purpose and tasks, the authors analyse the current state of the issues regarding deviant behaviour prevention, since ignoring these issues may result in the spread of criminal behaviours among the young population. The spread of criminal behaviours will pose an even greater threat to society and to the personality development of a teenager.

LITERATURE REVIEW

In the course of the theoretical research, current approaches and interpretations of the studied subjects are highlighted, namely deviant behaviour, psychological service, and deviant behaviour prevention. According to the relevance of the study subject and its main concepts, they are diverse and are examined by researchers of various specialities. This is due to the fact that deviant behaviour is related to psychology, pedagogy, legal science, and so on. Therefore, the prevention services are characterised by different levels, the main tasks. The psychological service in this area is based on the main theoretical and practical provisions on providing psychological assistance to prevent deviant behaviour.

Representatives scientific foreign and Ukrainian views on deviant behaviour are Yu.A. Kleiberh [7], L.M. Volnova [6]. Analysis of their studies allows stating that deviant behaviour is considered as a spectrum of root causes that provoked it. That is, researchers assert that deviant behaviour is characterised by a general orientation of the individual, and this indicates its deliberate manifestation. However, deviant-like behaviour that is committed at a time when the person was in a state of danger, threat, or non-standard situation is not considered deviant. According to L.I. Mahdysiuk [3, p. 57-59; 4], deviant behaviour should be considered as a phenomenon provoked by numerous factors that affect the state of the individual in general, and the consequence of this state can cause deviant behaviour. In addition, deviant behaviour today is considered a phenomenon accompanied by the influence of previous circumstances that provoked it, which negatively affects psychological health and human development. This is the opinion upheld in the studies of T.Z. Herasymiv [8].

Accordingly, the analysis of the above-mentioned

Ukrainian studies allows asserting that the issue of deviant behaviour prevention is relevant and requires detailed study since the work of psychological services should be aimed at hindering the rapid spread of deviant behaviour among the young population. In the studies of R.M. Andrusyshyn [9, p. 197-200], investigating the influence of factors that shape personal anomalies – deviant behaviour is considered as one of the prevention features. Upon studying the features of deviant behaviour development and relying on the main provisions, preventive measures can be established. The researcher is also certain that deviant behaviour is a consequence of non-compliance with social norms by a person, that is, deviant behaviour is a retreat from generally accepted norms. Such behaviour leads to disturbed interaction of the individual and other society members, which causes conflicts, aggression, and general deformation in the individual's behaviour, the way they meet their needs. Therefore, deviant behaviour is a contradiction between the social requirements and norms, which disrupts the stability and causes behavioural deviations. However, deviant behaviour prevention involves not only establishing the relationship of the individual with society but also solving and preventing personal issues associated with the psychological climate in the family, relationships with parents.

It is the psychological service that is responsible for deviant behaviour prevention in society. This subject was considered by A.G. Obukhivska, V.D. Ostrov [10] who are convinced that one of the tasks of modern psychological service employees is to work on prevention. This activity hinders the spread of deviant behaviour not only among adolescents and youth but also among the general population. However, a substantial issue in deviant behaviour prevention is the small number of employees in the psychological service, as well as the lack of clear regulatory documentation that would allow using modern preventive psychological methods.

METHODOLOGY

In the course of theoretical research of modern approaches to deviant behaviour prevention by psychological services, the methods that allowed analysing the latest scientific developments and establishing a clear idea of studied issue state were applied. The methods in the proposed study were theoretical, namely, analysis of scientific literature, generalisation, classification, systematisation, grouping, criticality. The selected methods allow obtaining new scientific results of the study. The modern studies that best describe the researched issues are analysed using the method of the critical evaluation of information. Grouping, classification, and systematisation provide for

the clear and logical presentation of theoretical research materials, which, in turn, allow generalising the results.

The described research methods provided not only a clear presentation of the material but also systematically presented the results of a theoretical study on the factors, causes, and stages of deviant behaviour prevention by the psychological service. The scientific literature analysis provided for the investigation of research areas on deviant behaviour prevention based on foreign and Ukrainian scientists' studies. This method, in the form of comparing and analysing approaches to preventive activities by the psychological service, has been successfully applied.

Furthermore, the study includes figures that establish the logical perception of the researched material using visualisation tools. The use of this method made it possible to demonstrate in a structured way the material on the preventive activity stages, as well as external social factors of deviant behaviour and their characteristics.

The research stages are characterised by the choice of a relevant subject, the analysis of modern scientific provisions regarding this subject. The applied methods made it possible to analyse the selected issues up-to-date and in-depth at each stage. The above determined the purpose and main tasks of studying the main modern approaches to deviant behaviour prevention by psychological service. The results obtained will serve as a perspective for an empirical study of the relevance of the issue.

RESULTS AND DISCUSSION

Deviant behaviour prevention in the activities of the psychological service requires a detailed study of causes related to such behaviour. Based on these causes, psychological service employees can direct preventive measures to eliminate them. However, it is worth noting that the psychological service, due to its purpose, cannot focus exclusively on this issue. Therefore, it is essential to analyse in detail the tasks and purposes of the psychological service in Ukraine.

The psychological service, as an integral part of the state system for the protection of citizens' mental and social health, provides not only psychological but also social assistance to the individual both in crisis situations and in the process of development and self-development. The need for psychological service is evidenced by the rapid deterioration of people's psychological health and well-being. Therefore, the issue of deviant behaviour is not prioritised, since the range of work of a practical psychologist within the psychological service is quite large. The main purpose of the psychological service is to increase the productivity of people who seek help by means of applied psychology and, therewith, to protect their mental health and social well-being. Therefore, it is

evident that the range of activities also includes working with deviant people. Logically, due to the different activity areas of psychological service, preference is given to hindering the spread and preventing deviant behaviour. This strategy is conditioned by the fact that less personnel and funds are required for prevention than for the correction of deviant behaviour [1; 10].

To effectively prevent deviant behaviour by the psychological service, first of all, it is necessary to establish an idea of its actual causes. According to the analysis of scientific literature, it is clear that deviant behaviour is developed under the influence of social and personal factors. An important role is played by the family when referring to the deviant behaviour of adolescents and youth. It concerns the upbringing, specific features of communication and relationships of a teenager with parents can be the causes for deviant behaviour. The person's age, adolescence, in particular, has a great impact as well, as it is characterised by an age crisis, which indicates the transition of teenagers to adults, their desire

to be adults. Frequent conflicts in the family, misunderstandings, and rejection by parents provoke young people to want to assert themselves and express themselves in their own ways, which may not comply with generally accepted norms. Therefore, preventive activities should be aimed at ensuring that psychological service employees work not only with deviant people but also with their immediate circle, parents, and relatives [7; 11].

Moreover, it is necessary to take into account external influences on deviant behaviour development, as noted by V.O. Skrebets [12], since they can cause not only deviant behaviour, but also aggressive, addictive, or other undesirable behaviours. Such external influences include physical conditions, namely environmental and climatic factors. These factors are the causes of various phenomena that provoke such behaviour in people. There are also other external social factors that are the causes of deviant behaviour. Such external social factors include (Fig. 1):

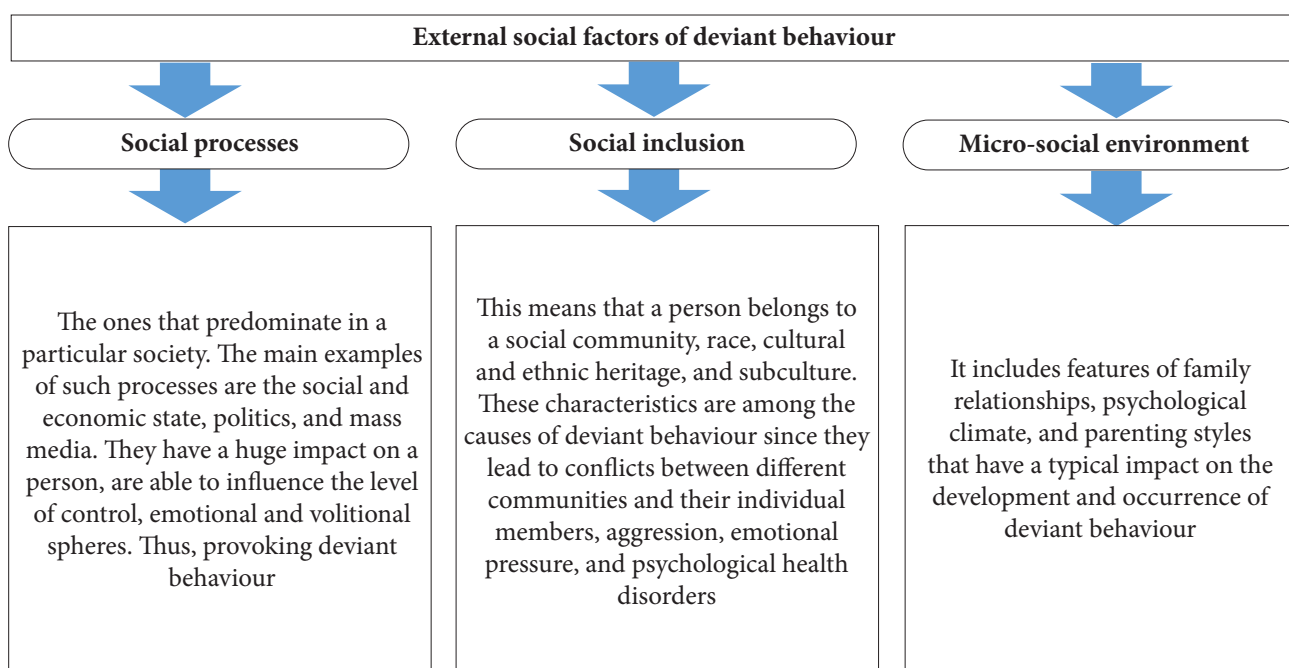


Figure 1. External social factors of deviant behaviour

Source: developed by the authors based on the research of O.B Melnychuk [13] and L.I. Mahdysiuk [14]

In modern studies of deviant behaviour, various authors identify some other factors that cause deviations. One of the factors is individual differences between people, their specific individual qualities (temperament, character, views, expectations). Frequently, the individual causes-factors of deviant behaviour are connected to the differences between the status and social roles of people who provoke conflicts [6; 8].

Summing up, regarding the causes and factors

of deviant behaviour, the authors share the opinion of N.M. Zobenko [15, p. 36-40] that deviant behaviour as a social phenomenon is a form of disorganised worldview and behaviour, and is characterised by inconsistency with moral and legal norms and expectations of the society in which the individual is located. In adolescence, deviant behaviour can be related to upbringing or uncertainty of personality. At a more mature age, deviant behaviour appears as a result of unfavourable personality development

influenced by both individual and external factors [14; 15, p. 36-40].

The analysed scientific literature clarified that in psychological service activities, it is important to base deviant behaviour prevention on its main causes. The prevention of deviant behaviour involves complex and stage-by-stage measures aimed at outstripping its occurrence. The term “prevention” means “outstripping” or “anticipation” – an activity that is aimed at avoiding

the occurrence and spread of negative social phenomena and their consequences [2; 16].

The psychological service activities include several prevention types, in particular, psychological, social, and pedagogical. All of them are interrelated since prevention methods have different areas and prevention involves consistency and complexity. Deviant behaviour prevention consists of not only a combination of its different types but also its stages, namely (Fig. 2):

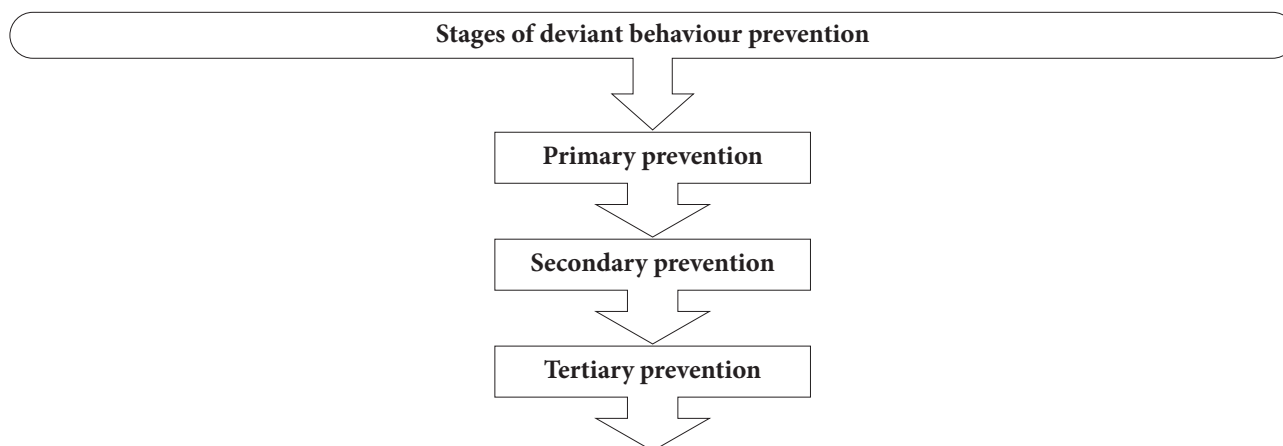


Figure 2. Stages of deviant behaviour prevention

Source: developed by the authors based on research of L.M. Volnova [6] and O.B. Melnychuk [13]

Each stage is characterised by the peculiarities of influence and orientation [6; 10; 13]:

- primary prevention is large-scale and considered the most effective since it is based on a systemic comprehensive study of the conditions, factors, and causes of deviant behaviour. This structure makes it possible to create and further develop conditions that contribute to the prevention and preservation of an individual’s psychological health. The psychological service at a specific stage takes modern primary prevention measures of deviant behaviour, which affect adverse factors, reducing their impact on the individual, thereby increasing resistance to these adverse threatening factors;

- secondary prevention involves diagnosing various aspects of deviant behaviour occurrence. That is, it allows identifying and studying the causes of deviant behaviour in each person individually. It is based on the general results of diagnostics, and, in accordance with the identified results, a plan for correcting the identified features is established. This prevents the spread of deviant behaviour.

- tertiary prevention is characterised by a complex of social, educational, and medical-psychological measures that are aimed at restoring an individual’s personal and social status, returning them to their usual living conditions. The psychological service at this prevention stage is represented in the form of various help centres: rehabilitation centres, clinics, anonymous psychological

assistance, and so on. That is, tertiary prevention is aimed at preventing the transition to a more complex and severe form of deviant behaviour. The main purpose of the described preventive stage is to increase the so-called remission period and consolidate new socially accepted forms of personal behaviour [6; 10; 13].

In general, as for the preventive stages of deviant behaviour (primary, secondary, tertiary), they are interrelated, and also differ in the impact level in accordance with deviant behaviour complexity. It means that the primary prevention used by the psychological service is aimed at a large number of people and is implemented using modern preventive methods: psychoeducation, psychological support, social advertising. These methods have a psychological impact on people, and their purpose is to inform them about the danger and its consequences. Primary prevention is informational since its implementation methods make it possible to inform people about the consequences of antisocial actions, addictions, and legal norms regarding various aspects of antisocial behaviour. Secondary prevention has a restrictive effect, which is aimed at limiting the spread of negative phenomena, including deviant behaviour. Such prevention is widespread and therewith has an individual character, based on the individual work of psychological services. Tertiary prevention is essentially oriented at stopping the transition to a more severe stage of a particular disorder, such as

deviant behaviour. At this stage, the psychological service considers an individual character and is aimed at developing behavioural strategies that will correspond to generally accepted norms [13; 17, p. 97-102].

The effectiveness of preventive activities by psychological services in relation to deviant behaviour, according to researchers, depends on considering the factors described above [6; 10]:

- the level of theoretical knowledge on the issues of deviant behaviour, namely causes, forms, and consequences;
- theoretical knowledge on personality development peculiarities at each age stage, which will allow understanding the individual causes of deviant behaviour;
- obtaining the information about the peculiarities of upbringing, relationships in the family, which allows analysing individual social causes of deviant behaviour;
- creative approach to the performance of professional duties, which is based on scientific, systematic approach;
- ability to build communication, interact with groups of people of different numbers and interests;
- ability to work in a comprehensive group of specialists to solve issues related to deviant behaviour prevention;
- the proficiency level in modern approaches and methods of preventive and correctional activity [6; 10].

The modern approach to deviant behaviour prevention that the psychological service can and should use is the involvement of people with deviant behaviour in activities that allow them to self-fulfil and self-express. These are various exhibitions, excursions, demonstrations of the state and features of staying in rehabilitation centres. It is also effective to use modern films and videos that promote a healthy lifestyle, and biographical films based on real stories of people with similar issues. Involving the family of a person with deviant behaviour in preventive activity is essential. It is appropriate to do at the tertiary stage, precisely when direct individual work takes place [5, p. 99-103].

At each type and stage of prevention, psychological service employees should not only rely on knowledge about the features of deviant behaviour but also use modern approaches and methods in their professional activities. At present, psychology is developing in terms of practical assistance with modern methods. They include art therapy in many of its types – fairy-tale therapy, music therapy, isotherapy, mandalotherapy, etc. Art-therapeutic methods are not only correctively oriented, but they are also effective with regard to preventive measures since they are aimed at self-cognition, individual characteristics, which will allow running diagnostics at the secondary prevention stage and planning a behaviour strategy development at the tertiary stage [4].

An effective and modern method of preventing deviant behaviour, which can be used by employees of the psychological service, is training sessions. Such

sessions can be implemented at the primary and secondary stages since they provide for mass participation and prevention. The involvement of deviant people in training will allow capturing a large number of such people; each participant individually will be able to observe their own and others' behaviour; with the support of trainers and other participants change their behaviour, learn about themselves [4; 17, p. 97-102].

Thus, deviant behaviour prevention should begin with studying the features of its causes and consequences, taking into account individual characteristics. Then, at every stage and level, use modern comprehensive measures that are aimed at diverse areas. This will make it possible to reach a large number of people with deviant behaviour, thereby also providing an opportunity for individual work with such people to psychological service employees. Such activity will be effective and aimed at outstripping and preventing the spread of deviant behaviour.

CONCLUSIONS

Based on theoretical study results on modern approaches to deviant behaviour prevention in the psychological service activities, the authors analysed the causes and occurrence factors of such behaviour, features of the preventive activities by psychological service regarding the deviant behaviour, which allowed establishing the current state of psychological assistance quality to deviant people. The study includes theoretical substantiation of features that refer to modern approaches to deviant behaviour prevention in the practical activities of psychological services.

Therefore, modern approaches to deviant behaviour prevention are based on the theoretical knowledge of psychological service employees about the causes and factors that can influence the occurrence of such behaviour, and preventive activities are implemented in accordance with the tasks of the psychological service, which are characterised by prevention stages and forms. The approaches include modern psychological methods and techniques for preventing deviant behaviour. That is, deviant behaviour prevention involves identifying its causes, including external or individual factors: upbringing, relationships in the family, individual personality characteristics. Based on knowledge about the possible causes of deviant behaviour, there is a step-by-step, holistic, systematic, group, or individual prevention of deviant behaviour for persons under the care of psychological service. When working with this issue, psychological service employees apply modern approaches to prevention, including the involvement of various information technologies, training sessions, art therapy techniques. A holistic and comprehensive modern approach to deviant behaviour prevention will ensure its effectiveness in the implementation of psychological services.

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