

ГУМАНІТАРНІ ТА СУСПІЛЬНІ НАУКИ
HUMANITIES AND SOCIAL SCIENCES**УДК 159.923.2:316.624(045)=111****ADDICTIVE BEHAVIOUR: PSYCHOLOGICAL DISCOURSE**

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АДИКТИВНА ПОВЕДІНКА: ПСИХОЛОГІЧНИЙ ДИСКУРС

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The article deals with the main approaches of scientists to the study of the addictive personality behaviour problems. The main stages of the formation of an individual's addictive process have been characterized. The main signs and psychological characteristics of people with addictive behaviour have been determined. The main types of addictive behaviour have been identified and a general classification of chemical and non-chemical forms of addictive behaviour that can manifest in a person has been described. Factors that can cause the formation of addictive personality behaviour have been analysed.

Key words: *addictive behaviour, addiction, dependence, individual and typological peculiarities, negative influence.*

Стаття розглядає основні підходи науковців до вивчення проблеми адиктивної поведінки особистості. Охарактеризовано основні етапи формування адиктивного потенціалу індивіда. Визначено основні ознаки та психологічні властиві людині із залежною поведінкою. Виявлено основні види адиктивної поведінки та розглянуто узагальнену класифікацію хімічних і нехімічних форм залежної поведінки, що можуть проявлятися у людини. Проаналізовано фактори, що можуть спричинити формування адиктивної поведінки особистості.

Ключові слова: *адиктивна поведінка, адикція, залежність, індивідуально-типологічні особливості, негативний вплив.*

In recent decades, the problem of addictive behaviour has gained significant relevance throughout the world. To date, there is a steady trend towards an intensive increase in the level of addictive behaviour in the youth environment, which is associated with the abuse of psychoactive substances, alcohol addiction, tobacco smoking, Internet addiction, gambling, etc. The scale of the spread of various kinds of addictions endangers the physical, moral, and psychological health of a person. Against the background of drug addiction, the level of crime increases, because a person prone to addiction does not consider it necessary to follow rules, traditions, and norms.

Addictive forms of personality disorders are one of the most common types of

deviant behaviour. The phenomenon of addiction is a global social problem. A noticeable trend is that more and more manifestations of addictive behaviour are observed in the younger generation. In parallel with the development of society, new forms of addictions begin to appear and spread. The instability of economic, social, and political conditions prevents a person from navigating the surrounding reality, creating stressful situations. Feeling the influence of these factors, many young people are unable to cope with such pressure. One of the consequences of such an influence can be a kind of escape from reality, a change in mental state using various substances, fixation of attention on a certain activity.

Addictive behaviour in this case becomes a way for a person to adapt to the surrounding reality. However, any object of addiction can lead to disruption of ties with society, deterioration of physical and mental health, and other negative consequences. It is impossible to find out the most common cause of this phenomenon. The prerequisites for the emergence of addictive behaviour of a person vary depending on the individual characteristics of the person, the lifestyle, environment, etc. An urgent task of modern research on the problem of addictions is to find out the most common factors that can lead to the formation of addictions in the younger generation, which, in turn, will make it possible to prevent and correct various addictions more effectively. Unequivocal influence of specific factors on the occurrence of addictive personality behaviour is currently incompletely determined, which makes research in this direction relevant.

The purpose of the article is to carry out a theoretical analysis of the problem of researching the main determinants of the addictive behaviour occurrence in students.

Analysis of recent research and publications proves that many scientists deal with the problem of researching addictive behaviour of an individual. Various aspects of addictive behaviour, its prevention and correction are investigated by N. V. Vynychuk, A. V. Gogoleva, O. P. Makushina, and others. Models of the formation of addictive disorders were studied by B.S. Bratus, namely “the shift of the motive to the goal”, B. Weinhold studied the stages of the development of addiction, L. Burbo described a psychodynamic approach to addiction, A. Yanova defined addiction as protection

against primary pain.

To determine the most common factors that can lead to the emergence of addictive behaviour, it is necessary to find out the specific manifestations of this phenomenon. The problem of studying addictive behaviour has attracted the interest of many scientists.

The basis of the emergence and development of addictions is the desire to change the mental state, which is somehow uncomfortable for the individual. The content of the psychological reality from which the individual tries to escape can be different, just as there can be different ways to get rid of it. Elements of addictive behaviour are characteristic of any person who departs from reality by changing own mental state. The problem of addiction begins when the desire to escape from reality, associated with a change in mental state, begins to dominate the mind, becoming a central idea that invades life, leading to detachment from reality with addictions [2].

Dependent behaviour is characterized by the following signs: a syndrome of altered susceptibility of the body to the action of a certain stimulus; syndrome of mental dependence; physical dependence syndrome, which is more pronounced in people who are dependent on any chemical substances, but to a lesser extent it can also occur in people with non-chemical dependencies [3].

The word “addiction” has got rather unpleasant images associated with drug addiction and alcoholism in human understanding. And the concept of “addiction” seems to be something distant and abstract, associated only with prohibited substances. However, this is not the case. Addiction is an obsessive, pathologically strong desire to perform actions that lead to a certain mental state, most often to relaxation, satisfaction, and comfort. This state differs from a habit precisely in the strength of the need, the impossibility of engaging in any other business until the desire is satisfied, constant thoughts about the object of addiction, unconsciously performing some actions to achieve the goal. It is worth understanding that addictions can relate to anything, from food to gadgets, and occur in people of different ages, status, and gender.

Psychophysiological characteristics of a person determine the individual

uniqueness of addictive behaviour. They can significantly influence the choice of the object of addiction, the pace of its formation, the degree of expression and the possibility of overcoming [1].

Addictive behaviour or any other type of deviant behaviour can be mediated by deviations in the functioning of any levels of individuality. In modern psychology, individuality means the uniqueness of the combination of various properties and qualities of a person, which are reflected in behavioural stereotypes. By a set of individual qualities and properties, people can be fundamentally similar, but by the combination of these qualities, they can also be radically different [1].

Propensity to addictive behaviour can be determined by the typological features of the nervous system. A. Thomas and S. Chess established that the main properties of temperament are manifested already in new-born children and determine the individual behaviour style of the individual in the future. The authors outlined nine main parameters of temperament, including adaptability (to new situations), quality of mood, sensitivity, contact. Some of the innate properties, under other unfavourable conditions, contribute to the formation of addictive behaviour. Often, deviant forms of behaviour are mediated by the strength and expressiveness of temperamental properties. Some of them are based on emotional lability (instability), others on hyperactivity, etc. At the level of temperament, the norm is indicated by the balance of psychophysiological processes [5].

There are two main types of addictions: chemical (from drugs or alcohol) and non-chemical (psychological, behavioural). They are formed according to a single mechanism: a person with alcohol addiction and a gambling addict are very similar from the point of view of addiction. Addictions can flow from one to another, for example, a gambling addict can become addicted to alcohol, or after getting rid of alcohol addiction, a person can get used to gambling. An example of a non-chemical (behavioural) addiction can be gaming (gambling), computer or Internet addictions, relationship addiction, sexual, love addictions, etc.

Factors that contribute to the emergence of addictive behaviour are biological - genetics; psychological - accentuations, psychopathy, etc.; need-motivational sphere -

the desire for self-affirmation; social - dysfunctional family, reference group.

Addictiveness can be determined by the presence of such signs in a person's behaviour as frequent lies, fear of rapprochement, complexes, anxiety, conformity, propensity for manipulation, shifting responsibility.

Most people naturally find it difficult to lie. But if a person is forced to constantly lie to himself/herself, then soon it turns into a habit, and he/she begins to lie for every minor reason. If someone lies a lot, it does not mean that they are addicted. But people with severe forms of addiction almost always lie. An addictive person is afraid to become attached to people, but also afraid that someone will become attached to them. He/she does not want to be needed by someone, does not want someone to “climb into his life”. In addition, he/she is afraid of exposure and that the person whom he/she will let too close will sooner or later find out about his/her shameful and destructive passion.

Realizing that the person is on the side-lines of life, the addicted person gradually accepts it. His/her self-esteem falls, and he/she begins to believe that he/she does not deserve anything good. At the same time, he/she is very worried about own shortcomings and is afraid that others will see them. An addicted person always thinks of the object of addiction. This person regularly must worry about whether he/she will be able to satisfy urge in time. If for some reason it is needed to hold back for a while, the level of tension and anxiety increases greatly.

A characteristic feature of people with addictive behaviour is marked conformity. They tend to agree with the opinion of the majority, trying not to differ in any way from those around them and not to stand out against their background. People with addictions begin to manipulate loved ones. They change their behaviour, sometimes becoming rude, then pliable, begin to put pressure on their relatives. In their manipulations, they use a wide range of tools: physical and moral violence, demonstrative suffering, threats of suicide, and others.

Of course, the tendency to shift responsibility to others happens often. But individuals with harmful preferences demonstrate it almost always because they need to justify their weaknesses with external circumstances.

The formation of addiction includes the following stages: food, alcohol, drugs or a certain strong emotion deeply affects a person; the brain is more excited than usual and produces more neurotransmitters than normal, thanks to which a person feels joy and euphoria; over time, the number of neurotransmitters decreases and they are no longer enough to cause the desired emotion; a person begins to feel discomfort and tries to eliminate it with a new portion of the “drug”. And here there is a belief that eating, playing, smoking, etc., is what helps to cope with irritability. This is precisely the moment when psychological dependence begins to form [4].

Each addiction leads to consequences, often irreversible, such as physical and psychological exhaustion of the individual's body; dissatisfaction of personal and social needs; violation of social interaction; fatal consequences, etc. An addicted person initially does not feel and does not recognize the fact of addiction. He/she looks for an excuse for her behaviour, the so-called rationalization occurs, when a person sincerely believes that “others do the same, so it's quite normal”. Tolerance to the object of addiction increases and criticality decreases, that is, “everything is under control”.

In the case of attempts to help an addicted person, he/she develops a feeling of mistrust of “rescuers”, treating them as strangers. Everything loses its meaning, except for the object of dependence. Relationships, work, values recede into the background or disappear altogether. There is an unstoppable wish to satisfy one's desire at any cost. Criticism of oneself and one's behaviour decreases, defensive-aggressive behaviour increases, and signs of social maladaptation increase.

It is worth remembering that any addiction is a disease that requires treatment and correction by qualified specialists. Therefore, the fight against addiction should be started earlier, when it is easier to get rid of it, and not wait for the point of no return.

Therefore, when forming an individual's addictive behaviour, establishing the life position, considerable attention is paid to a multitude of dissocializing factors, each of which by itself does not lead to addiction, but their complex effect weakens a person's adaptive capabilities, makes him/her vulnerable to problems and increases the likelihood that under certain circumstances, he/she may become involved in the use of tobacco,

alcohol or drugs. We see the prospects for further research in the empirical study of the addictive behaviour of the personality.

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ХАРАКТЕРИСТИКА ПЕДАГОГІЧНИХ УМОВ ВИХОВАННЯ ПРАЦЬОВИТОСТІ У ДІТЕЙ СТАРШОГО ДОШКІЛЬНОГО ВІКУ В ПРОЦЕСІ ОЗНАЙОМЛЕННЯ ЗІ СВІТОМ ДОРΟΣЛИХ

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THE CHARACTERISTICS OF PEDAGOGICAL CONDITIONS OF UPBRINGING THE DILIGENCE OF SENIOR PRESCHOOLERS IN THE PROCESS OF FAMILIARIZING WITH THE WORLD OF ADULTS

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Одним із ефективних способів формування працьовитості у дошкільників є ознайомлення зі світом дорослих, яке може бути успішним лише за наявності спеціально організованих педагогічних умов. У статті подано характеристику та обґрунтування педагогічних умов виховання працьовитості у дітей старшого дошкільного віку в процесі ознайомлення зі світом дорослих.

Ключові слова: працьовитість, педагогічні умови, наслідування, трудова активність, соціальна активність, старший дошкільник.

One of the most effective ways to develop diligence in preschoolers is to familiarize them with the world of adults, which can only be successful if there are specially organized pedagogical conditions. Therefore, it is important to study such conditions and determine their characteristics, which will help educators to develop effective strategies for the formation of diligence in older preschool children in the process of familiarizing them with the world of adults. To achieve this goal, we have used the following research methods, namely: systematic and structural analysis and systematization of philosophical, psychological and pedagogical works; comparative and pedagogical



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