Social and psychological means of optimization resocialization of minors that are sentenced to imprisonment

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Abstract. This study examines the social and psychological means of optimization juveniles resocialization that have been sentenced to imprisonment. Are described training program features and the results of the forming experiment. Established that tested optimization program promoted the formation of adapter skills and improve minors ability to social endorsements conflict resolution strategies in the light of the formation harmonious prisoners personality traits.

Keywords: minors, convicted to imprisonment, resocialization, social and psychological training.

Relevance of optimization the convicted minors resocialization, consist in the frequent cases relapsing of criminal actions in the midst of minors that got free from penitentiary facilities and in which already existing serving punishment experience. Formation of the criminal personality occurs in the process of committing new illegal acts by minors. Therefore, for the purpose to prevent recidivism among minors were proposed to optimize the resocialization process in the institution of punishment.

In a result of analyzing the studies on singling out the isolation and its specific characteristics, that help to reduce crime recurrence in the process of influencing at them, play the role of the main target of resocialization and are summarized into a group of specific characteristics – "dynamic risk factors" (D. A. Andrews, J. Bonta, R. Borum, P. Bartel) [2,3,6,7].

Scientists aver that the concept of dynamic risk factors in its basis contain the characteristics that may be changeable. The result lies in the increasing or decreasing the risk of recidivism, depending on the specificity of variables fluctuation (A. Forth, K. F. Cox, V. de Vogel, C. de Ruiter) [9]. According to the researchers of attitudes, values and beliefs they are more likely to undergo of psychocorrection changes, that’s why they are dynamic. Unlike static such as race, age and social background. Correction programs should be based on the dynamic factors and their positive changes will promote recurrences lowering of juvenile delinquency (Y. Bouman, R. D. Hoge, H. P. B. Lodewijks) [4, 5, 10].

In a result of analyzing the researchers we see that with the help directed constructive social and psychological influences on the dynamic characteristics is of minors, risk factors are significantly reduced. Was established that presence of positive change on the part of the risk factors help to reduce recidivism of crime that shows the relationship between these characteristics () [1, 8, 12].

The loss of social contacts, violations of interpersonal interaction and social isolation, appear as one of the risk factors. It is evident that deprivation of the individual juvenile offenders arises as a violation factor in social behavior. In the process of work with juveniles prisoners we have to take into account factor of the social isolation, stimulate formation of positive life orientation for the future and also acquire skills to control the aggression. Considering the totality of the data features in the work with convicted minors, is a factor in the positive outcome of social adaptation [9, 12, 13].

Literature references show that the socialization process is disrupted as a result of autodestructive tendencies. Autodestructive behavior of prisoners is caused by the conflict with the social environment, that’s why priority is given to leveling minor autodestructive trends.

Correction of this kind of behavior is carried out by: creating conditions for understanding and explanation of family conflicts; development of the ability to reflective thinking; development of trust in the social environment; forming communicative skills, skills of emotional self-regulation, the formation of positive self-esteem [11].

For the effective of resocialization are using a range of techniques including meditation, introspection and self-analysis. Convicted are taught to make rational use of psychological mechanisms, such as the neutralization the attraction of illegal actions and amoral acts in general; preventing antisocial and destructive inclinations, in the way of strengthening positive attitudes.

The variety of work methods that are aimed at resocialization optimizing, poses at practical psychologist is not an easy choice midst of the variety of methodological tools. Work with convicted minors involves using methods of group work, because the way of influence become a group, as a opposed to individual methods where arises only one psychologist and is presented like a means of influence. The peculiarity of group work is purposeful of using group dynamics according to the purpose of correction and optimizing activity of the coach – complex of relationships and interactions that occurs between members of the group [13].

HYPOTHESES AND RESEARCH QUESTIONS. The result of our empirical study stated violation of individual adaptation and insufficient tension socio-psychological characteristics that contribute to the normal process of the prisoners adaptation. The minor choice confrontation and distancing strategies and finding social support in the process of conflict resolution. Formation of the aggression, depression and emotional lability, as the dominant individual psychological characteristics. The inability to control by minors their emotions and difficulty in recognizing the emotions of others. Also, the presence of situational anxiety as a result of social deprivations.

Methodological basis and justification for the concept of optimization the resocialization program consists in the following positions: 1. The adaptation to social norms appears as a key to harmonious personality formation and reduce the crime situation in the society. Adapter skills activity and their implementation by juvenile delinquents minimizes the risk of criminality recurrence during the dismissal from the prison and the first period of the stay at liberty; 2. Individual-psychological characteristics play a crucial role in the process of repeated social adaptation. Reducing the level of aggression and anxiety, development altruism and goodwill, as well as self-regulation
emotional conditions by using elements of group psychotherapy, promote harmonization of minors personality; 3. The problem of constructive strategies choice of conflict resolution by minors, is a leading task in preventive maintenance of interpersonal conflicts; 4. The need of behavioral deviations correction becomes an integral pledge of successful resocialization. This task is successfully solved with the help of cognitive-behavioral approaches in work of practical psychologist.

METHOD. Was developed training program “Optimization of convicts resocialization” experimentally and implemented in the form of group work with convicted minors serving their sentences in penal colonies. Participation in the training program based on the principle of voluntariness, and in it took part fourteen underage boys that are sentenced to prison in age category from 14 to 18 years. The duration of program – 36 hours and consists of six blocks. The main time accounts for four blocks that are aimed at optimization of resocialization processes in punishment institution.

If we consider the age distribution, composition of participants is following 14 years – 2 sentenced 15 years – 3 sentenced 16 years – and 5 sentenced and 17 years – 4 prisoners. Between the participants of the training program are 3 convicted for violent crimes, including two 16–17 years old and one 17–18 years old. The rest of the quantitative composition of the training group convicted for acquisitive crimes. Participants expressed interest in the program and were selected on a voluntary basis, additional methods of selecting members of the training group where not used.

RESULTS. At the first and last stages of our research were offered to answer questionnaires. In the result of the received responses was made calculation and conducted a mathematical analysis of the studied responses.

Table 1. Comparative characteristics of prisoners social adaptation

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Before influence</th>
<th>After influence</th>
<th>t - criterion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adaptation</td>
<td>44,5</td>
<td>52,1</td>
<td>2,941*</td>
</tr>
<tr>
<td>Self-acceptance</td>
<td>54,2</td>
<td>53,0</td>
<td>-0,653</td>
</tr>
<tr>
<td>Acceptance of other</td>
<td>36,5</td>
<td>64,4</td>
<td>3,103*</td>
</tr>
<tr>
<td>Emotional comfort</td>
<td>35,0</td>
<td>44,7</td>
<td>4,201**</td>
</tr>
<tr>
<td>Internality</td>
<td>85,5</td>
<td>80,3</td>
<td>-0,561</td>
</tr>
<tr>
<td>Desire to dominate</td>
<td>48,4</td>
<td>46,0</td>
<td>-0,472</td>
</tr>
</tbody>
</table>

Note: * – significance level p<0,05; ** – significance at p<0,01

The results of psycho diagnostic procedures before and after the training program, showed significant differences between the variable of adaptation and acceptance of others emotional comfort.

The most significant changes experienced emotional comfort indicator – the growth of emotional comfort is favorable basis for further positive personality changes of convicted. Created in training group emotional comfort allows members of the group to be more open, honest and efficiently acquire new skills.

Growing indicators by parameters of adaptation and acceptance of others is a necessary component of successful social reintegration. Correctly chosen methods in training groups have improved capabilities adapter of all members. So everyday social isolation is not the most effective way of resocialization the minors, but also even performs the inverse function – reducing adapter properties of the psyche, that we can see as a result.

It should be stated that the parameter – acceptance of others also sustained positive change. The growth rate acceptance of others demonstrates the minor openness to new social contacts. When is selected strategies searching of social support and establishing harmonious interpersonal relationships, are forming in minor positive social and legal forms of interaction with others.

The results of emotional conditions as anxiety after control diagnostic, have allowed us to conclude that was decreased value indicators of personal and situational anxiety. Valid situational anxiety reduction was occurred as a result of the training program that shows its effectiveness. Creation favorable conditions of program realization, as personal enthusiasm and openness among the members of group contributed to a significant reduction (almost to the limit of normal) indicator of situational anxiety. Foremost uncomfortable conditions in the environment of punishment serving, such as systematic fear of disciplinary measures and strict regulation of juvenile activity, increases the level of anxiety. Reducing the level of hard daily routine regulation, creating favorable interpersonal relationships with peers in team and to the administration of the institution, significantly will reduce the level of juvenile offender situational anxiety, prevent further occurrence frustration situation and situational aggression.

In order to determine the dominant behavioral strategies, and whether they have been changed, was made diagnostic of minors coping strategies that are participants of the training group.

Table 2. Comparative characteristics of convicted minors coping strategies

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Before influence</th>
<th>After influence</th>
<th>t - criterion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Confrontational coping</td>
<td>12,25</td>
<td>12,4</td>
<td>0,004</td>
</tr>
<tr>
<td>Distanced</td>
<td>11,2</td>
<td>11,2</td>
<td>0,000</td>
</tr>
<tr>
<td>Self-control</td>
<td>7,0</td>
<td>9,4</td>
<td>3,413**</td>
</tr>
<tr>
<td>Search for social support</td>
<td>8,4</td>
<td>12,1</td>
<td>5,603**</td>
</tr>
<tr>
<td>Acceptance of responsibility</td>
<td>6,8</td>
<td>8,3</td>
<td>2,102*</td>
</tr>
<tr>
<td>Escape-avoidance</td>
<td>4,2</td>
<td>5,1</td>
<td>0,762</td>
</tr>
<tr>
<td>Scheduling solution of problems</td>
<td>8,2</td>
<td>10,4</td>
<td>3,367**</td>
</tr>
<tr>
<td>The positive reappraisal</td>
<td>5,4</td>
<td>6,0</td>
<td>0,000</td>
</tr>
</tbody>
</table>

Note: * – significance level p<0,05; ** – significance at p<0,01

In a result of comparison and analysis of the data, parameter of self-control, finding social support, acceptance of responsibility and planning problems solution increased, that indicates about positive tendencies. A juvenile has formed the ability to take responsibility for their own actions, generate resolving conflicts strategies in different situations and skills of self-control behavior. The important achievement is the mastery of social support search strategy as a manifestation of the effectiveness and efficiency of juveniles resocialization. Program of optimization the resocialization process was contributed to change several parameters that play a significant role in solving the problems with which minors are faced by. Growth of self-control level plays a fundamental and critical importance in the whole long process of resocialization. The ability to control emotional and volitional reactions and behavioral aspects are forming a personality that can resist negative and disapproving social actions or inactions. Self-control becomes as a means of behavior regulation in the adaptation process. Of course, it is necessary to work hard over this parameter, to make obtained results that will be not temporary, as well as permanent and long lasting.

Triad of searching social support, planning to solve the problem and taking responsibility for their own actions
creates a qualitatively new formation in the psyche of juvenile convicts, which increases the efficiency resocialization in the penitentiary establishments. Securing high stress level of these mechanisms will facilitate automation of the ways of solving the dilemmas in conflict situations. Optimization program has introduced the possibility of raising the level of these indicators, on condition of permanent exposure and support, that arise the possibility to form the continuous formation that facilitates social approving adapter technology of convicts juvenile resocialization.

In the process of formative experiment, it was found that the parameters of emotional intelligence is not developed at the an adequate level for the purpose to full disclosure of the minors resocialization potential. In this connection, arose a scientific interest – to study out if program of resocialization optimization could make sufficient quality and effect on the characteristics of minors emotional intelligence.

Among the scales of techniques that are intended to determine the level of emotional intelligence has changed five parameters, namely the recognition of other emotions, empathy, motivation, control their emotions and emotional awareness. An interesting fact is that empathy reduction raises of 5% to primary importance. We believe that activation of personal resources allow delinquents to activate emotionally other important components.

As a result of training program, we can see 16.5% increasing in the indicator of control own emotions, that is suggesting the possibility of formation the skills and abilities that adjustment and control their own emotional states by minors. The change of emotional awareness is presented in 12% increasing, as opposed to the previously diagnosed indicator. From previously presented by us research is resulting that the is a correlation between parameter of emotion control and emotional awareness. Interpreting the results of performed optimization program also was observed a simultaneous increasing in these parameters. Working with emotional awareness of minors will let them more deeply understand their emotional experiences, excitement and of people that are surrounding them. The differentiation of emotional experiences will contribute to adequate choice of the emotional reaction strategies in various life situations and improvement a psycho-emotional climate that is surrounding the minors.

In a result of formative experiment we observe that work with emotionally-volitional and self-regulatory sphere of minors and have demonstrated positive result in changing in to high rates of social adapting abilities parameters. Reducing the level of aggressiveness as individual personal characteristics of the minor, contributes to increasing the self-control and self-regulation, which in turn is an integral part of social adaptation.

Conclusions. Consequently, there was established that tested optimization program promoted the formation of adapter skills and improve minors ability to social endorsements conflict resolution strategies in the light of the formation harmonious prisoners personality traits. The resulting feedback from convicts demonstrates the interest of minors in such programs that remove emotional stress in the microenvironment of prisoners and facilitate dialogue in the problem solving process. Psychoemotional unloading reduces the influence and manifestation of aggressive tendencies level. Also is realizing a harmonious mental mechanisms that are favorable factors of resocialization.

REFERENCES