

Coping-Strategies of Adolescents' Behaviour Prone to Deviant Behaviour

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Abstract. This article reveals results of the empirical research of coping-strategies with a conflict situation of adolescents prone to the deviant behaviour. Means and standard deviations for the coping-strategies of adolescents' behaviour prone to the deviant behaviour between groups of boys and girls were revealed in this article. Adolescents equally used all strategies for coping with conflict situations. Coping strategies of adolescents' behaviour decreasing and increasing the ability to form their deviant behaviour were determined.

1 Introduction

Research on the problems of the adolescents' deviant behaviour is always actual including the frameworks of the pedagogical psychology and in many related fields.

Many research studies of local and foreign authors are devoted to the problems of adolescents' deviant behaviour, such as Lambrozo, C., Kleyberg, U.A., Freid, Z., Merton, R., Durgeim, E., Bogovich, L.I., Zmanovskaya, E.V., Vaske, E.V., Vasiliev, L.V. [1, 2]. In these studies, researchers uncovered questions about the determination, factors influencing the deviant behaviour, and coping methods.

It is known that the most important personal psychological resource necessary for coping with difficult life situations is the mechanism of coping strategies as the purposeful behaviour of purposeful mastering of the situation for reducing the negative influence. With this, there is a need to research the relationship between adolescents' proneness to the deviant behaviour and coping strategies used by them to copy with the conflict situation.

Many local and foreign research studies are devoted to the peculiarities of the deviant behaviour: Lazarus, R., Folkman S., Haan, N.C., Sirota, V.M., Yaltonsky, N.A., Kruckova, T.L., Nikolskaya, I.M. and others [3,4,5].

Compas, B.E et al. [6] were studying the coping behaviour in the framework of the biopsychosocial models of health and disease in children and adolescents.

The number of foreign research, conducted in developed countries, is devoted to the evaluation of the mental health, coping strategies in children and adolescents, being in difficult life situations.

Mels et al. [7] determined the age and sex peculiarities of coping strategies, their interrelationship with the severity of symptoms of post-traumatic stress disorders (PTSD) among adolescents in hostilities.

Cénat, et al. [8] researched factors of sustainability and coping-behaviour in street children to evaluate the prevalence and predictors associated with PTSD. Despite that, the majority of children are affected by the multiple injuries, the majority of them demonstrated the adaptive strategies of overcoming and a moderate and very high level of resilience.

Investigating the mental health of children affected by the different types of violence, Cheung et al. [9] noted the following factors of the individual level that considerably related to the increase of a chance of a good psychological health condition, such as the positive strategies of coping, inter locus control, the positive self-esteem.

Coping behaviour was researched in children with metastases [10], with chronic somatic diseases including those accompanied by severe pain syndrome [11], in children with the oppositional defiant behaviour in the frameworks of the cognitive-behaviour psychotherapy [12].

Most scientists tend to believe that every adolescent form the individual and unique style of behaviour that manages the condition and allows overcoming stresses of the daily's life.

Local psychologists such as Zmanovskaya, E.V., Kleiberg, U.A., Mendelevich, V.D., Sirota, N. A., Kruckova, T.L., Hazova, S.A., Yaltonskaya, V.M. were researching the questions of the deviant behaviour, mechanisms of coping behaviour and their interrelationships [13,14,15-17].

In addition, many local researchers agree that the major threat of the destructive coping's formation exists for deviant adolescents with even more limited abilities due to disadaptation.

Therefore, despite the considered efforts to prevent the deviant behaviour and despite the concentrative worship of psychologists from different areas of expertise related to the prevention of the deviant

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behaviour, their prevalence does not decrease. With this, new research uncovering and explaining the interrelationship between the deviant behaviour and other personal psychological characteristics of adolescents is in high demand.

2 Results and discussion

Based on the purpose of the research, the following aim of the project was to research coping strategies of adolescents' behaviour prone to the deviant behaviour in conflict situations.

The following research methods and methodology were used:

- 1) the discussion;
- 2) the following questionnaires:
 - "Proneness to the deviant behaviour" (Orel, A.N.);
 - "Diagnostics of the personal proneness to the conflict behaviour" (Thomas, K.);
 - coping-test (Lazarus, R. and Folkman, S.);
- 3) statistical methods of data analysis: t-tests, Pearson's correlations.

Participants were adolescents aged 13-14 (N=50, 25 girls, 25 boys). Table 1 shows the results of the adolescents' proneness to the deviant behaviour.

Table 1. Values of proneness to the deviant behaviour (based on the method of Orel, A.N.)

Values	Group.1 (boys)	Group.2 (girls)	t-test
Proneness to the coping with norms and values	5.74	5.37	0.94.
Proneness to the addictive behaviour	6.74	5.88	2.15 *
Proneness to the self-destroying and self-harming behaviour	8.92	9.2	-0.55
Proneness to the aggressive behaviour	7.84	5.02	5.29 *
Self-regulatory control of emotional reactions	7.22	7.26	-0.07
Proneness to delinquent behaviour	5.28	5.04	-0.51

Notes: * significant *t* at $\alpha=0,05$.

Therefore, there are significant differences between group of girls and boys for "Proneness to the addictive behaviour" (2.15), "Proneness to the aggressive behaviour" (5.29).

This allows us to conclude that boys more than girls are prone to the addictive behaviour, i.e. to escaping from the reality through the mind change and they have a higher prevalence of "sensory thirst".

Also, boys more often than girls show aggression in the personal relationships with others, they are prone to

solve problems through the violence and bullying of the partner to increase their self-esteem.

Research of the strategies to copy with conflict situations was conducted using the method "Research of personal proneness to the conflict behaviour" by Thomas, K. Results are shown in Figure 1.

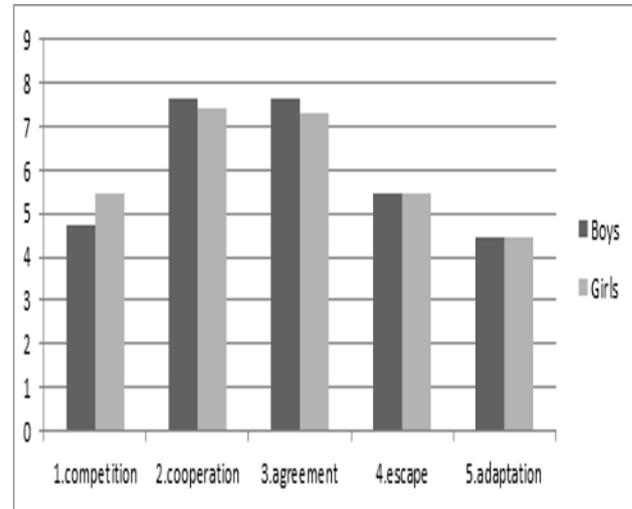


Fig. 1. Strategy of coping with the conflict situations among adolescents.

The results show no significant between group differences (for boys and girls) for use of coping strategies in the conflict situation.

Therefore, both girls and boys are prone to regulate their conflicts equally using the following methods: "Competition", "Cooperation", "Agreement", "Escape" and "Adaptation". Research of coping strategies in adolescents was conducted using the method "Coping test" by Lazarus, R.

Results of the test of Lazarus are shown in Figure 2.

Therefore, results for the following coping strategies such as "Confrontation coping", "Distaining", "Self-control", "The search of social support", "Acceptance of the responsibility", "Escaping", "Planning", "The positive change of self-evaluation" have significant differences in group of girls and boys for all scales.

The obtained results allow concluding that adolescent girls tend not to make concrete, directed actions, but to overcome negative worries by diminishing their value for themselves.

Also, girls are more likely than boys to use intellectual abilities to rationalise, sense of humour, the abstraction and switch of attention.

They tend to search for social support (an advice, condolences) and often react using the principle of avoiding, rejection of the problem and abstraction. With this girl rather than boys will be overcoming problems through the purposeful analysis of the situation and all available ways to behave.

Also, girls tend to overcome negative worries through the positive evaluation of the situation more than boys and by considering it's as a factor of personal growth.

Adolescent boys instead of girls take a responsibility on themselves in the conflict situation and accept their

role in the onset of the problem. Also, they are prone to the self-critique and self-accusation.

It was found that in group of girls there is a high correlation between the values of coping strategies and strategies for escaping from the conflict situations with the values of proneness to the deviant behaviour (14 elements), as opposed to the boys (11 elements).

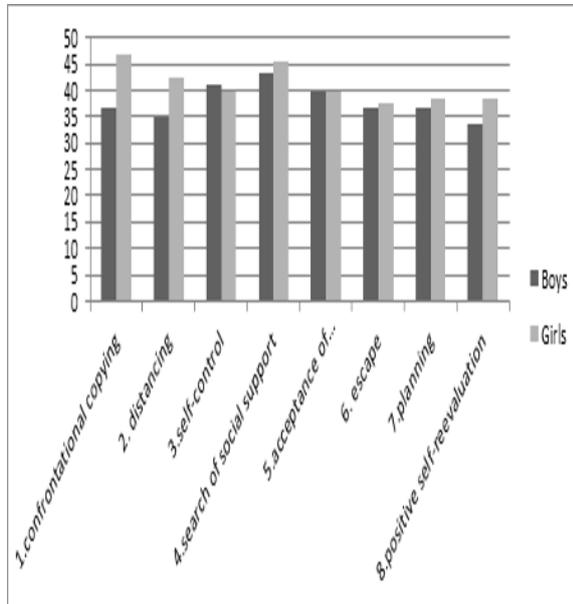


Fig. 2. Values of the prevalence of coping-strategies in adolescents.

In girls the adaptation as a coping method with the conflict situation have a higher value, that decrease their proneness to the self-harmful behaviour and the chance of avoiding of using the coping strategy.

Also, the planning as a coping strategy becomes more meaningful which decrease the adaptation strategy of escaping from the conflict situation therefore it increases the proneness to the self-harmful behaviour, however, with this it decreases the proneness to overcoming norms and rules of the proneness to the addictive behaviour.

In boys also the adaptation as a way to escape from the conflict situation decreases the ability to the self-harmful behaviour, however with this it increases the proneness to the addictive behaviour.

Adaptive strategy can serve such coping strategy as competition that decreases the proneness to the addictive behaviour, however, in increases the chance of using the coping-strategy of escape.

Therefore, in girls, adaptive coping strategies to escape from the conflict situation and coping strategies of planning decrease the prevalence of deviant behaviour.

In boys, coping strategies to escape from the conflict situation significantly vary. In general, the boys are prone to the competition and escape.

3 Conclusions

Therefore, the conducted cross-sectional research allows concluding the following:

1) Adolescent boys more than girls are prone to the addictive behaviour, i.e. to the escape from the reality through the change of the conscious mind (“sensory thirst”).

2) Adolescent boys more often than girls show aggression in the behaviour during their relationship with other people, they tend to solve their problems through the violence and bullying of the partner to raise their self-esteem.

3) Boys and girls equally use all strategies of escaping from the conflict situations.

4) Girls when solve conflicts tend to overcome negative worries as an extent of their diminishment for themselves, the search of social support and reaction based on the evasion.

Adolescent girls more often than boys overcome negative worries through positive self-evaluation, looking at the situation as a factor for personal growth.

Adolescent boys more often than girls overcome negative worries based on their directed suppression and control of their emotions and self-regulating behaviour.

5) In girls, adaptive strategies of escaping from conflict situations and coping planning become adaptive coping strategies that diminish the proneness to deviant behaviour.

In boys, adaptive strategies of escaping from conflict situations decrease proneness to the self-harmful behaviour, however increase proneness to addictive behaviour.

Adaptation as a way to escape from the conflict situation however increases proneness to the addictive behaviour.

Therefore, the conducted research confirms the relationship between coping strategies with conflict situation in adolescent boys and girls and their proneness to the deviant behaviour.

The obtained results can be used in psychological and pedagogical practice: consulting, psychological help to adolescents and their families to copy with deviant behaviour, organisation of educational work, education, and preventive work in settings of schools and higher educational institutions.

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