

# Complex psychological, pedagogical, medical and social adaptation of adolescents at risk as a strategy for the development of the city educational potential

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**Abstract.** With the aim of considering an important socially significant problem of adaptation of orphan adolescents prone to deviant behavior, the authors conducted a study of their personal characteristics on the basis of the educational institution Sinyaya Ptitsa. Sinyaya Ptitsa (Blue Bird in English) (Moscow region, Stupinsky district) is one of the first orphanages for children and adolescents in Russia. Sinyaya Ptitsa is a stationary institution that implements a set of measures for the social rehabilitation of children and adolescents. Orphan children and adolescents, who were left without parental care, temporarily live in the institution, where specialists provide them with comprehensive social, psychological, pedagogical, medical, and social aid. The respondents underwent psychodiagnostic examination and questioning in accordance with the tasks set. The results of this study allow to draw up a psychological portrait of an adolescent from a deprived background with deviant behavior, who has a file in the juvenile delinquents' room. Their physical and indirect types of aggression are normal but close to a high level, there is a readiness to manifest negative feelings at the slightest excitement, which prevents cooperation with others, they are inclined to provoke conflicts and often use a coping strategy for solving problems in a stressful situation, in an attempt to effectively overcome a problematic life situation. This study has allowed to identify the specifics of the personal characteristics of orphan adolescents, the knowledge of which increases the level of competence and educational potential of teachers. The psychological work on the prevention of deviant behavior in adolescents will allow to improve the quality of life of the younger generation in the metropolis in the future.

**Keywords:** adaptation, city educational potential.

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## **1 Introduction**

The development of the city educational potential is one of the priority tasks of the Government of the Russian Federation and the Ministry of Science and Education, according to Federal Law of the Russian Federation No. 304-FZ dated 31 July, 2020 (as amended on 7 May, 2013) “On Amendments to the Federal Law “On Education in the Russian Federation” regarding the Education of Students” [1]. Early prevention and correction of deviant behavior in adolescents is an urgent and highly demanded direction in the educational environment.

Deviant behavior of adolescents is an acute socially significant problem of psychology, pedagogy, sociology, and philosophy. Experts who are engaged in this problem are looking for answers to a series of questions concerning the genesis of deviant behavior in adolescence [2-5]. The relevance of the topic is undeniable, because the number of minors who have committed aggressive and illegal actions is growing every year. Violent forms of behavior have spread to a new platform – social networks [6-7].

The problem of the deviant behavior phenomenon in adolescents is progressing in the media space; the modern forms of behavioral deviations such as cyberbullying, shoplifting, gerontophobia, etc. are rapidly emerging [8-9].

Studies by Russian and Western psychologists reveal that the manifestation of deviant behavior in adolescents is associated with various specifics of the social situation of adolescents’ development and is multifactorial [3, 10-12]

The factors contributing to the emergence of deviant behavior in adolescents include external environmental conditions, hereditary and biological prerequisites, and individual psychological characteristics of the personality of adolescents [13]. L.S. Vygotsky suggests considering the social environment not as one of the factors but as the main source of personality development in the cultural historical theory of the development of higher mental functions [14]. The authors compare several indicators in the present study that contribute to the formation of deviant behavior: specifics of parent-child relationships, personality traits, level of personal and situational anxiety, and inclination of adolescents to deviant behavior [15]. An analysis of the relationship among these indicators helps the authors develop psychological and pedagogical recommendations for the prevention of deviant behavior in adolescents most at risk.

## **2 Methods and materials**

### **2.1 Sample description**

Fifty respondents took part in the study: 25 female adolescents (average age was 14) and 25 male adolescents (average age was 15), the students of the State Budgetary Institution Center for the Promotion of Family Education Sinyaya Ptitsa. The data had been collected for two years. Diagnostics were made on the condition of anonymity.

To compare the groups of adolescents who had and did not have a file in the juvenile delinquents’ room, the authors had identified three criteria: by gender (male, female), by having a file in the juvenile delinquents’ room, and by the presence (absence) of difficult life situations. The data on difficult life situations and having a file in the juvenile delinquents’ room were obtained from the State Budgetary Institution Center for the Promotion of Family Education Sinyaya Ptitsa. Out of 50 respondents, 10 female adolescents and 15 male adolescents had a file in the juvenile delinquents’ room for committing administrative offenses (hooliganism, drinking alcoholic beverages, and fighting). Out of 50 respondents, 22 adolescents lost their parents in early childhood, and 28

adolescents had parents deprived of parental rights due to alcohol or drug addiction or serving a prison sentence.

## **2.2 Methodological basis**

The methodological basis of the study is the cultural historical theory of the development of higher mental functions by L. S. Vygotsky.

### *2.2.1 The following methods were used in the study:*

- Spielberger-Khanin Scale of Anxiety,
- H. Eysenck Personality Inventory,
- Buss-Durkee Hostility Inventory (adapted by S. N. Yenikolopov),
- the “Propensity for deviant behavior” questionnaire (A. N. Orel),
- the Adolescents about Parents (ADOR) test,
- and the method “Coping behavior in stressful situations” (adapted by T.L. Kryukova) [16].

## **3 Results and discussion**

The analysis of the average values of the anxiety indicator revealed the inclination of male adolescents to increased anxiety (43.0) compared with female adolescents (41.0). The results were similar on the scale of situational anxiety: the indicator of situational anxiety was 40.6 in the adolescents who had a file in the juvenile delinquents’ room and 43.0 in those who did not have a file in the juvenile delinquents’ room, which indicated moderate severity of the indicator. The comparison of the indicators of personal anxiety revealed that they were also within the normal range (39.7 in the adolescents who had a file in the juvenile delinquents’ room and 44.1 in those who did not have a file in the juvenile delinquents’ room). The comparative analysis of the indicators of situational and personal anxiety in the adolescents whose parents were deprived of parental rights and those who lost their parents in early childhood revealed that the indicators of situational and personal anxiety were within the normal range.

The analysis of inclination to deviant behavior revealed that the respondents who had and did not have a file in the juvenile delinquents’ room were equally inclined to violate social norms and rules and also escaped reality by altering their emotional and psychological state. The expressed needs for thrill, low value in life, and propensity to take risks were equally common for both male and female adolescents (n = 50). The analysis of the average values of the deviant behavior indicators revealed difficulties in the regulation of volitional control in female adolescents, and an inclination to manifest delinquent behavior was expressed in male adolescents.

The authors note that the inclination for aggression and violence, as well as that for delinquent behavior were more pronounced among the respondents who did not have a file in the juvenile delinquents’ room. Aggressive behavior was more common among the adolescents who had lost their parents. The adolescents who had lost their parents in early childhood had weak volitional control and difficulties in expressing emotions. The respondents whose parents were deprived of parental rights showed more pronounced tendency towards delinquent behavior.

When comparing the average values of the indicators of relationships with a father and mother between the orphan respondents and those respondents whose parents were

deprived of parental rights, high values of the autonomy indicator in relation to a father were recorded in the adolescents who had lost their parents.

The analysis of the relationship between the indicators of psychological characteristics of the adolescents with deviant behavior from a deprived background (Mann-Whitney U test) revealed significant differences between the orphan respondents and the respondents whose parents were deprived of parental rights: in terms of directiveness towards a father = 0.001 ( $p < 0.05$ ); in terms of directiveness towards a mother = 0.002 ( $p < 0.05$ ); in terms of autonomy in relation to a father = 0.003 ( $p < 0.05$ ); and in terms of inconsistency in relation to a father = 0.004 ( $p < 0.05$ ).

The indicator of physical aggression was determined at the significance level of 0.257 ( $p > 0.05$ ): there were no differences between the manifestation of physical aggression in the adolescents who had and did not have a file in the juvenile delinquents' room. No differences were found in terms of neuroticism 0.231 ( $p > 0.05$ ) in the adolescents who had and did not have a file in the juvenile delinquents' room either.

The correlation analysis was made using the Spearman's rank correlation test, which revealed significant values between physical and indirect aggression = 0.405\*\* ( $p = 0.003$ ,  $p < 0.05$ ), which indicated a direct relationship between the indicators. The correlation coefficient between verbal aggression and negativism was 0.536\*\* ( $p = 0$ ,  $p < 0.05$ ), which was a significant connection. The correlation coefficient between the indicators of personal and situational anxiety was 0.030\*\* ( $p = 0$ ,  $p < 0.05$ ), which indicated significant empirical values.

### 3.1 Findings

1. There is no difference between the manifestation of various forms of aggression in the adolescents who have and do not have a file in the juvenile delinquents' room.

2. The specifics of parent-child relationships have significant correlations with forms of aggression. Significant correlations have been revealed between indicators describing the psychological characteristics of the adolescents with deviant behavior: between inconsistency and delinquent behavior (0.338\*\* ( $p < 0.05$ )); inconsistency in relation to a father and feelings of guilt (0.319\* ( $p < 0.05$ )); positive interest in relation to a mother and feelings of guilt (0.278\* ( $p < 0.05$ )); and autonomy in relation to a mother and feelings of guilt (0.303\* ( $p < 0.05$ )).

3. There is a significant relationship between neuroticism and volitional control of emotional reactions (0.295\* ( $p < 0.05$ )); avoidance of failures and verbal aggression (0.290\* ( $p < 0.05$ )), as well as with indirect aggression (0.289\* ( $p < 0.05$ )).

## 4 Conclusion

The predominance of aggressive forms of behavior in adolescents is not the main fact for having a file in the juvenile delinquents' room. However, the adolescents who have a file are more prone to independence and autonomy from their fathers. Getting out of the influence and control of parents, the pronounced independence, and protest reaction are some of the possible factors for the emergence of illegal actions with the aim of self-affirmation in society. Therefore, the authors have concluded that the destructive nature of parent-child relationships is the most important determinant in the emergence of a tendency to deviant behavior in adolescence. Adolescents with problematic relationships with their parents tend to manifest aggressive behavior as a factor in the release of negative emotions, as well as verbal, physical, and indirect aggression.

The results of the present study allow to draw up a psychological portrait of an adolescent from a deprived background with deviant behavior, who has a file in the juvenile delinquents' room. The physical and indirect types of aggression in such adolescents are normal but close to a high level. There is a high readiness to manifest negative feelings at the slightest excitement, which prevents cooperation with others. An adolescent with deviant behavior is inclined to provoke conflicts and often uses a coping strategy for solving problems in a stressful situation, in an attempt to effectively overcome a problematic life situation.

The development of the State Budgetary Institution Center for the Promotion of Family Education Sinyaya Ptitsa, as a multidisciplinary institution that pays special attention to working with a group most at risk, will allow for the social rehabilitation of orphans and children in difficult life situations, for the successful socialization of graduates, and for decreasing the level of social orphanhood. This institution can act as a scientific and methodological resource center broadcasting innovative models of education, upbringing, and social adaptation of children and adolescents with behavioral problems, with the purpose to increase the level of competence of teachers and to develop the city educational potential.

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