

# Model of social and pedagogical protection of sobriety

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**Abstract.** The article deals with approaches to the study of the problem of approval and preservation of sobriety. Issues of protection of sobriety of the younger generation are considered. Some reasons of inefficiency, the current “Concept of prevention of substance use in the educational environment” are analyzed. The mechanism for forming a program for self-management of alcohol and tobacco poisons is explained. The role of sobriety public organizations and public teachers - sobriety teachers in maintaining sobriety is emphasized. A model of a system of social and pedagogical protection of sobriety, built using the categorical method “Functional System Diagram”, is proposed. Conclusions are made about the social and pedagogical essence of the sobriety protection system. The author hopes that a number of the proposals made will be useful in improving the mechanism for protecting the sobriety of children and adolescents.

## 1 Introduction

One of the main strategic objectives of society and the educational system is to protect children and youth from the influence of various destructive actions and phenomena. And the purpose of senior representatives of society is to warn the younger generation about biological and moral danger. Methods, techniques can be different, but it is imperative that this work be carried out systematically and on an ongoing basis. The conceptual, theoretical and ideological foundations, on which the system of preventive work is built, are equally important. Today, in the field of education, the “Concept for the Prevention of Substance Use in the Educational Environment” has been adopted, in accordance with which preventive measures are carried out [1]. A lot of work is being done: commissions, councils are being created, round tables are being held, conversations and lectures about the dangers of alcohol and tobacco are included in the plans of educational work of educational institutions. But the effect of such events is small. The age threshold for first exposure to intoxicants is constantly decreasing, and people who are poisoned by alcohol and nicotine are increasing. Moreover, today “vapes”, “iqos”, “hookahs”, etc. have joined the ranks of intoxicants. Young people thoughtlessly succumb to newfangled poisonous “tricks”, and the line of modern prevention does not work. The measures recommended by the “Concept for the Prevention of Substance Use in the Educational Environment” are ineffective for various reasons. The existing prevention system introduces children and adolescents to

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intoxicants, provoking cognitive interest or frightening without eliminating an attractive image of poisoning. Not the least role is played by the fact that preventive measures are prepared and conducted by teachers who themselves do not adhere to sobriety, which nullifies all educational efforts. This was found out back in the 19th century by Sergei Aleksandrovich Rachinskii - a scientist, teacher, educator, professor at Moscow University, one of the instigators of the sober movement in Russia. In a letter addressed to students of the 4th year of Kazan Theological Academy on December 21, 1890, he wrote: "While I held on to moderation, all my speeches remained a voice crying in the wilderness. Everyone agreed with me, no one corrected. Since I made and fulfilled my vow of sobriety, thousands have followed me". In the article "From the Notes of a Rural Teacher", Sergei Aleksandrovich affirms the same truth: "Meanwhile, this negligible self-restraint (i.e., complete rejection of alcohol) turned out to be the most powerful lever of my personal participation, since I am resolutely unable to teach and preach. Moreover, I became convinced that people, gifted with eloquence, imbued with the best intentions, remain completely powerless in the fight against drunkenness, until they personally eliminate all its possibility". [2] Thus, the sobriety of the teacher is the most important element of the system of successful protection of sobriety.

Today we know almost everything about the impact of legal and illegal poisons on the human body and society. This knowledge has been obtained by scientists and researchers from around the world over the past two hundred years.

Thus I.M. Sechenov in his works described in detail the physiology of alcohol poisoning. I.P. Pavlov proved the danger of any doses of alcohol, V.M. Bekhterev developed medical and preventive measures, N.E. Vvedensky argued that the impact of alcohol is narcotic, S.S. Korsakov outlined a clinical picture of alcoholism and its investigation - alcohol paralysis, F.F. Erisman talked about the role of the school in preventing children from touching alcohol and advocated that teachers be familiar with the physiological effect of alcohol on the human body and set a personal example of sobriety [3].

In the last century, the study of the influence of alcohol on the life of a person and society continued. Many books have been written about the medical and social consequences of self-control of alcohol by the world-famous surgeon F.G. Uglov [4-8]. E.L. Popov in the book "Alcohol and Man" proved that alcohol kills precisely the creative, active attitude to life, making a person an "alcohol machine" [9].

The French demographer Sully Lederman introduced the term "social infection", proving the most important role of society in shaping the alcohol behavior of an individual [10].

Finnish sociologist Kettil Brün investigated the impact of alcohol on public health and concluded that average per capita consumption allows to estimate approximately the size of alcohol-related problems [11].

In the 21st century, with the development of technology, new objects became the subject of study. Thus, foreign researchers conducted a review of applications with which it is possible to assist family members of people with disorders related to the use of psychoactive substances or smartphone applications designed to promote the use of alcohol and prohibited substances [12]. The focus of attention of other researchers was "controlled alcohol consumption" and "alcohol consumption culture" [13-14]. Analysis of accidents at work, state of sobriety of victims [15], recovery of health after use of psychoactive substances [16] was carried out.

For modern researchers of our country, the problem of psychoactive substances in adolescence is of interest [17], issues of the effectiveness of criminal legal measures aimed at reducing the distribution of alcohol among minors [18], pedagogical prevention of the use of psychoactive substances among children and young people in the educational

environment [19], identification of the causes of self-control of adolescents and methods of psychological and pedagogical prevention [20]. However, in the bulk, the studies present and describe the consequences, and the reasons for these phenomena remain undisclosed.

For the first time, the Soviet psychophysiologist G.A. Shichko scientifically substantiated the social and psychological causes of dependence on intoxicants [21-22]. The nature of social programming of people for bad habits was confirmed by Dr. Hans Olaf Fekyaer [23]. The Norwegian researcher Skog held the same point of view, who formulated the theory of social interaction, calling the exchange of alcohol experience "diffusion" [24]. A.A. Zverev in his works proved the organized essence of the process of self-control of people with alcohol and tobacco poisons [25-27].

All these studies are undoubtedly important. They give a complete picture of the danger of poisoning with alcohol and tobacco poisons, reveal the reasons why sobriety is taken away from adolescents and young people. But in order to build a system for protecting children and adolescents from the influence of intoxicants, it is necessary to investigate and find out not only the consequences and causes of self-abuse, but also to make theoretical research in the field of the science of sobriety. It is extremely important to determine what "sobriety" is, to shift the focus in preventive work with alcohol and tobacco to sobriety itself as such. But there are very few studies devoted directly to sobriety, the study of its essence, the methodology for approving and preserving sobriety. Thus, for example, Zotova V.A. in her works interprets the concept of "sobriety" from the point of view of sociology, anthropology, philosophy and social psychology, focusing on the fact that sobriety is mainly interpreted exclusively in the context of "lack of intoxication". [28]. I.V. Bachinin also showed that for the development of sober education it is necessary to define the concept of "sobriety" [29]. Kliushnikova E.A. and Raspopov R.V. in their article give a definition of the concept of "sobriety", in which not alcohol is put in the center, but sobriety itself as a social phenomenon: "Sobriety is the natural state of a person, family, society (free from programming for self-control by any intoxicants and physical poisoning by them in any quantities)" [30].

Thus, it can be stated that today the period has come to develop and create the theoretical foundations of the pedagogical process of approval and preservation of sobriety. This is especially important for building strong social and pedagogical protection of sobriety of children.

L. S. Vygotsky in his works substantiated the importance of the social environment in which the child interacts with others and which determines his external actions [31]. And it really is. Today we observe that the information impact in society is so great that alcohol and tobacco have become an indispensable attribute of socialization. And this fact does not cause rejection in people, including teachers and young people. This information impact should be called information terror. The formation of tolerance for alcohol is not a spontaneous process, it is correctly and clearly organized. There is not a single film in which alcohol scenes are not broadcast. Tobacco and alcohol have long penetrated children's books and cartoons. Alcohol producers and sellers systematically organize the availability of their products: small packaging, affordable price, step accessibility. In addition, in stores, alcohol is adjacent to food, thereby forming a false understanding in children that alcohol is food. And if it is customary in the family to celebrate holidays with alcohol, then it can be considered that the child has already received this alcoholic mental virus. First, this virus is weak. But, receiving constant feed from society: alcohol memes, alcohol scenes in films, magazines, clothes and household things, it gains strength and causes the formation of a program for self-control. Thus, the organizers of self-control prepare for themselves an eternal cohort of consumers from early childhood, laying in consciousness and in the subconscious image-thought: alcohol and tobacco are our tradition and part of culture, it is impossible to live without this. And this situation applies to almost

all countries, with the exception of those in which alcohol and tobacco are prohibited at the legislative level.

Social and pedagogical protection is a system of ways, means, measures that protects the child's rights to sobriety, protection is relevant precisely in childhood, when the child's psyche is still developing. It is during this period that it is easier to translate natural sobriety into conscious. To translate natural sobriety into conscious one needs certain knowledge, traditions and laws. The foundation of sobriety should be the morality of sobriety, transmitted from generation to generation. The main regulator of the preservation of sobriety should be folk pedagogy. And then the educational system and methods of legal regulation are connected to the preservation process.

At the present stage, social activists - members of sobering organizations - are increasingly acting as folk teachers. Sobriety teachers go to schools and universities, conduct Sobriety lessons, organize courses for the formation of sober beliefs. But the system of education and education at the state level does not include conceptual issues of maintaining sobriety.

In order to prevent the training of consumers of tobacco and alcohol poisons from childhood, it is necessary to build a system of social and pedagogical protection of sobriety.

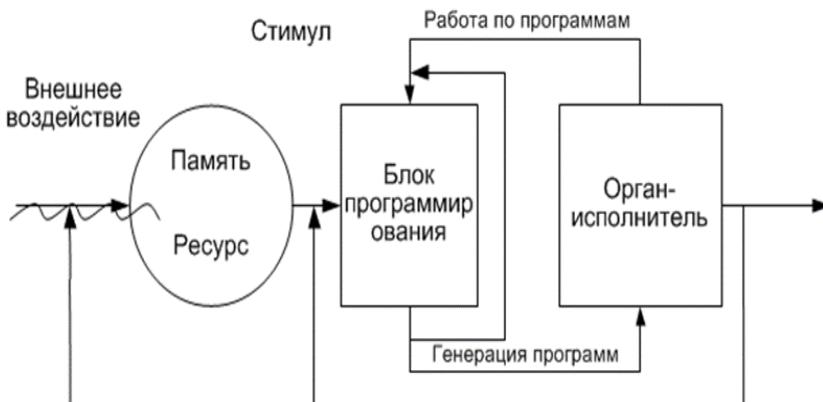
By "social and pedagogical protection" we mean a system of social and pedagogical actions that ensure the preservation of the natural sobriety of the younger generation and its return in case of loss. Social and pedagogical protection of sobriety will work under several conditions:

1. The protection system shall be meaningful.
2. Social and pedagogical support shall be carried out constantly and systematically.
3. The protection system shall be based on the ideology of affirmation and preservation of sobriety.

## 2 Materials and methods

In order to build a model of a social and pedagogical system for protecting sobriety, we turned to a categorical-system methodology, which became the methodological basis of the work. Categorical-system methodology (CSM) helps not only to structure a non-systemic view of the object, but also to obtain new knowledge and categorical designs for understanding. Categorical schemes can provide a deeper understanding of any subject. Thus, categorical schemes act as special universal cognitive shells in which carriers of laws and principles of knowledge of any type can be packed. The undeniable advantage of this methodological approach is the ability to attract the resources of the right cerebral hemisphere through imaging [32].

We used the categorical method "Functional System Diagram" in the study. The theory of functionalism begins to be developed by P.K. Anokhin in 1939. Functional systems contain key mechanisms that ensure continuous self-organization and plastic adaptation in relation to changes in the external environment. That is, in response to changes in the environment, a system is formed to achieve and maintain a useful adaptive result. Moreover, functional systems of different types are formed on the basis of the same elements. The required system elements are shown in Figure 1.



**Fig. 1.** Functional System Diagram

Where: внешнее воздействие – external influence; память – memory; ресурс – resource; стимул – stimulus; блок программирования – programming unit; орган – исполнитель – executive body; работа по программам – work on programs; генерация программ – generating programs.

**Table 1.**

<b>External influence</b>	Social order for sobriety
<b>Memory</b>	Moral of sobriety
<b>Resource</b>	“Sobriety is the Will of the People” program
<b>Incentive</b>	Social success of a person, family, society
<b>Programming unit</b>	Public sober movement
<b>Executive body</b>	Educational institutions
<b>Result</b>	Sober beliefs

Element:

*External influence* is what prompts the object to adapt to changing conditions.

*Memory* is the presence of experience of the behavior of an object in similar situations.

*Resources* are the potential of an object or elements of the environment, which can be used to form a functional system.

*Programming unit* is an area where scenarios of the object's possible responses to external influences are developed, where “mental” experiments are carried out with each of the scenarios to select the most adequate one.

*Executive body* is a subsystem that implements a scenario (project, program), prepared in the programming block, the area of manifestation of the reaction of a functional system to the impact of the external environment.

*Result* is the nature of the object's adaptive response to external influences, due to feedback, allowing the functional system to learn and improve [32].

The algorithm for applying the method consists of 6 steps:

Step 1. To identify the type of external effects on the object.

Step 2. To identify the resource that ensures the implementation of the object's adaptive reactions to environmental impacts.

Step 3. To identify part of the object, which is a storage medium, experience of its behavior in similar situations.

Step 4. To identify a programming unit that generates scenarios for the reaction of an object to external influences.

Step 5. To identify the executive body that implements the optimal response scenarios.

Step 6. To identify the result of implementation of optimal scenario of object response to external influences.

### 3 Results and Discussion

In accordance with the algorithm, we have selected the elements of the circuit.

An *external influence*, that is, the mechanism for launching a functional system for protecting sobriety is a *social order for sobriety*. The intuitive desire of people for sobriety is evidenced by the vigorous activity of public organizations, conversations and meetings with the population, the results of questionnaires, and an ever-increasing number of Internet resources covering issues of sobriety.

The role of *Memory* is the *Moral of sobriety*, that is, it is knowledge, customs, rules, laws, written and unwritten, these are skills, abilities and actions that allow a person, family, society, people to maintain their natural state of sobriety forever, and also to approve (return) sobriety, if taken away.

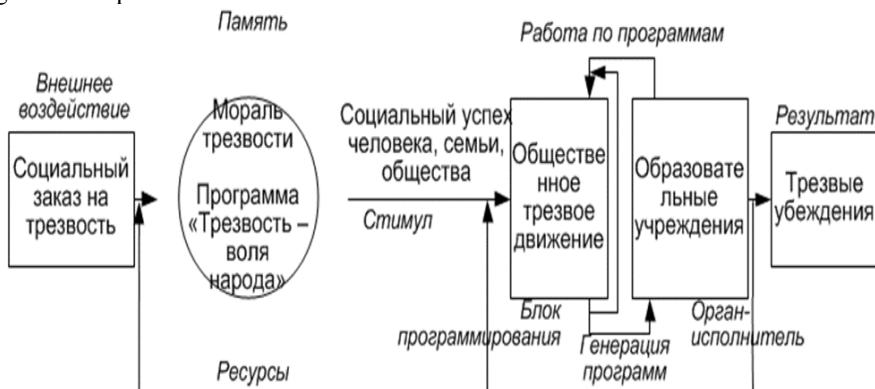
The *Resource* is the developed and operating program of the public sober movement "Sobriety is the Will of the People", which spelled out the entire algorithm of actions to maintain and establish sobriety in society and highlighted issues related to the cessation of information terror among the population, with the consistent informational cleansing of public consciousness from false premises and attitudes towards self-poisoning by intoxicants (tobacco, alcohol and others), with the formation of a morality of Sobriety in society and a step-by-step reduction in the availability of intoxicants down to zero. The program contains all the steps to preserve the sobriety of the younger generation. The necessity of organizing and systematically conducting Sobriety lessons for both schoolchildren and students and volunteering to maintain sobriety is substantiated and declared [33].

The *Incentive* will be social success, which not only the person and the family, but also society aspires to.

The *Programming Unit* is a *social sober movement*, the bearer of folk pedagogy. It is from the social movement that today the people's sobriety teachers come out, who throughout the country conduct Sobriety lessons, courses for the training of sobriety teachers and other events on a similar topic. It is social activists who are the generators not only of programs for their activities, but also of ideas for educational institutions and for society.

The system of social and pedagogical protection of sobriety shall be in place from an early age. Therefore, *Educational Institutions* (from preschool institutions to universities) act as an *executive body*.

The *Result* will be conscious, sober beliefs that will enable adolescents to resist the aggressive imposition of alcohol and tobacco behavior.



**Fig.2.** Model of social and pedagogical protection of sobriety

Where: внешнее воздействие – external influence; социальный заказ на трезвость – social order for sobriety; память – memory; мораль трезвости – moral of sobriety; программа «трезвость – воля народа» - “sobriety is the will of the people” program; ресурсы – resources; социальный успех человека, семьи, общества – social success of a person, family, society; стимул – incentive; работа по программам – work on programs; общественное трезвое движение – public sober movement; блок программирования – programming unit; образовательные учреждения – educational institutions; генерация программ – generating programs; орган-исполнитель – executive body; результат – result; трезвые убеждения – sober beliefs.

## 4 Conclusion

The constructed model of the protection system is a depiction of the social and pedagogical essence of the phenomenon: its conceptual basis, purpose, tasks and content of activity. This model gives an idea of a system of methods for preserving the sobriety of the younger generation.

Using this method, we:

- identified the mechanisms of organization and self-organization in the object;
- received new ideas about the object and subject of the study;
- interpreted the usual process in the functional system diagram categories, that is, in system-cybernetic terms;
- identified and analyzed the scenario of functional system transformation,
- developed a functional system that differs from the traditional one adopted in the field of education.

The obtained results will help to investigate in more depth the mechanism of self-organization in the system of social and pedagogical protection of sobriety and to develop a mechanism for managing the protection system.

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