

**THE INFLUENCE OF INDIVIDUALLY TYPOLOGICAL
CHARACTERISTICS OF PRISONERS ON THE PROCESS OF ADAPTATION TO
CONDITIONS OF SOCIAL ISOLATION**

The influence of personal characteristics of prisoners on social, psychological and socio-psychological adaptation under the conditions of imprisonment are considered in the article. It is shown that among the factors that contribute to adaptation of prisoners to prisons are the following: willingness to help and sympathize, eagerness to cooperation, conformity, self-acceptance, acceptance of others, and presence of a family and children, presence of occupation.

Key words: *imprisonment conditions, prisoners, personal characteristics, disadaptation, adaptation.*

Transformations in the society, taking place over the last decade, have led to the increase of its criminalization level. Some individuals, being under hard and hopeless conditions, on their opinion, resort to illegal actions, justifying them by these conditions and their inability to adequately exist under conditions that the state has created for them [2; 4; 8; 9]. Thus, the number of crimes related to illegal operations with houses, real estate, bank accounts; illicit drug, psychotropic substances and precursors turnover have grown, resulting in an increase of the number of persons, sentenced to serving a sentence of imprisonment for a long time. In addition, difficulties in restoring their social status and returning to normal living conditions lead to the fact that those who have served their sentences and been released from correctional facilities (hereinafter – released convicts), return to the criminal path, thus the level of recidivism increases [6; 7]. It is the fact due to which the overall significance of the research of problems of unlawful behaviour, a criminal's personality, a convict's psychology, including the problems of adaptation to imprisonment conditions, becomes more significant. Research of the problems of adaptation of the sentenced to conditions of imprisonment, their personal characteristics, particularly under the influence of penitentiary stress is perspective in this direction.

Researches in national (V.F. Pyrozhkov, O.I. Papkin, V.I. Pozdnyakov and others) and foreign psychology (V. Frankl, V.R. De Rosia, L. Goodstene, A.U. Kirkpatrick, E. Zambal and others) show that the initial period of adaptation in a correctional facility is the most difficult for prisoners. At this stage the convicted face with numerous challenges, new demands on their behavior and actions. During this period a definite relation to the regime, administration, specific prisoners and groups of convicts are being formed, and behavior strategy of the sentence in a correctional facility is being developed [1; 3].

In modern psychology a considerable attention is given to the research of delinquent behavior (O.D. Hlotochkin, N.S. Hook, K.S. Lebedynska, V.M. Orzhyhivska, A.V. Pyrozhkov, V.M. Synyov, V.A. Hudyk), particularly to the psychological state of a person deprived of freedom.

Instead, the problem of adaptation to correctional facilities, and as the result the influence of personal characteristics of prisoners under conditions of imprisonment, development of means of correctional influence upon them are still poorly researched.

Basing on the definition, the main goals of the study are to examine the influence of personal characteristics of prisoners on social, psychological and socio-psychological adaptation to conditions of imprisonment.

The study had been conducting during 2005 - 2009 years and included several stages.

At the first stage there was defined the goal, tasks, theoretical and methodological approaches to the study. There were analyzed documents, MIA systems concerning the penitentiary system. At this stage there were perceived humanistic approaches towards the improvement of the penal system on the basis of work experience at Slavyanoserbsk penal colony

number 60 (Lozovske village of Slavyanoserbisk district, Luhansk oblast). Data about the positive impact of families of prisoners on their legal self-consciousness and rehabilitation were received. At this stage, the focus was given to the study of prisoners' individuality, their difficulties during the process of formation and characteristics of manifestation on different levels of socialization.

The second stage had the task to make a clear and scientific analysis of documentation: personnel files, characteristics, life stories, i.e. psychological anamnesis of a convicted. This phase of work was carried out in the Lugansk investigation cell of the management SDUIEP (State Department of Ukraine on Issues of Execution of Punishment) in Luhansk region.

On the third phase the psychological service acquired research, searching character. In particular, priority directions in dealing with the convicted, prisoners, and the staff of penal colony were defined. The development of the idea of creating psychological service also took place in several stages. Though on the first stage psychological help did not have a single concept of work, the second phase created an environment, conditions which were necessary for conceptualization of psychological service within the frameworks of humanistic psychology. The third stage was characterized by the definition of principles, content and aims for providing psychological assistance to prisoners in correctional facilities during their adaptation and rehabilitation after their release.

In the course of organization of the study there has been defined the necessity of perception of detention regime as a significant index for adaptation to correctional facilities. All services began realizing that explaining to prisoners the conditions of detention and regime as personally significant element of adaptation is not only one of the necessary conditions for implementation of the functions by the institution, but also a part of their rehabilitation and legal consciousness. In this regard, during the daily check of regime facilities by the staff of the institution and representatives of the administration there have been carried out review of technical and sanitary condition of cells; complaints and applications of the convicts have been considered; domestic issues have been settled. As a result, the number of violations and conflicts in the cells have decreased, as well as appeals to a higher court have stopped, as all issues have been resolved immediately at the local level.

At the last stage of the study all the prisoners were offered the adaptation programs which had been developed together with them during their diagnosis. Those who were preparing for release got acquainted not only with psychological advice, but held social and psychological training.

These are the main stages of a study, conducted during 4 years. Now we turn to the description of the sample of the test persons and the organization of the study.

The last stage of the research has been conducted in the investigation cell.

Our study involved prisoners who were in the cells of general detention (further - I group) at a rate of 119 (55.3%) people, and prisoners, sentenced to perform the work of public services (group II) at a rate of 96 (44, 7%) people. One of the hypotheses of our study was in the fact that the prisoners of the second group would be more adapted both to the prison and to release than the prisoners in cells. We were building that hypothesis relying on the terms of content, which differed for the prisoners in cells and convicted of public services or amenities. In order to explain our assumption it is necessary to pay attention to these conditions and rules. The suspected and the accused are placed in the cells of general detention according to the standards and requirements. The prisoners who are left in the investigation cell for work in public services or amenities are in unlocked common cells separately from other persons under the conditions stipulated by the penal code. The rules of the internal order for the accused for public services or amenities provide that each correctional facility has a strictly organized daily regimen. It includes the time of getting-up, bed time, toilets, physical exercises, meal, work, participation in educational, sports and public events. The continuous eight-hour sleep and personal time are also included. Unlike the convicted in the cells, the prisoners of the second group do certain public job, corresponding to their skills, have certain freedom of movement within the institution, have a great number of benefits in providing short-term and long-term visits; getting parcels and

packages . All the above mentioned conditions undoubtedly contribute to more successful adaptation of prisoners to correctional facilities compared with those staying in the cells, and to more balanced psychological condition.

In total, the study involved 215 prisoners. Age of the studied is from 20 to 45 years, who get mainly secondary education or secondary-specialized education. Most of them are convicted of theft, robbery, hooliganism, namely theft - 42%; use or distribution of drugs - 16%; robbery - 13%; banditry - 7%; hooliganism - 6%; serious bodily injuries - 4%; rape - 3%; murder - 2%; weapons -1.5%; other - 5.5%.

Among the studied there were those who had the first conviction and those convicted twice. These data are presented in Table 1.

Table 1

The Convictions of the Studied

Age of the Studied	First Conviction		Second Conviction		Total Amount	
	N	%	N	%	N	%
20-25	18	8,4	31	14,4	49	22,8
26-35	31	14,4	43	20	74	34,4
Over 35	44	20,5	48	22,3	92	42,8
Total Amount	93	43,3	122	56,7	215	100

As it is shown in Table 1, 8.4% of prisoners aged from 20 to 25 years had the first conviction, and 14.4% of prisoners of that age had the second one. 14.4% of the prisoners aged 26-35 had the first conviction, and 20% - the second one. 20.5% of the persons over 35 years had the first conviction, 22.3% had the second one. Thus, more than half of all studied had the second conviction.

According to age characteristics, the majority of prisoners are at such a stage of ontogenesis, which, according to B.G. Ananiev, is "power of start". Paradoxically, but this energy had a clearly negative characteristic – breaking the law.

Psychological testing was conducted – at first a piloting one, then the main one. Participation in the testing was voluntary and was conducted in small groups (3-5 prisoners, both from cells and public services or amenities came into the office of a psychologist). The study was conducted separately with prisoners of the cells and prisoners of public services or amenities. The work with a complete set of methods of the piloting study took 3-4 hours, so it was conducted in two, and in some cases, in three steps. Testing during the main study took 1 - 1.5 hours that is why it was carried out in one step.

According to the goals and tasks of the research, the following methods have been used in the study: analysis of personnel files of the convicted and the imprisoned for making an anamnesis of life: characteristic of family, residence, living conditions, occupational activity of a man before getting in places of detention, and their crime pattern have been analyzed; individual interview, which has been conducted to determine the peculiarities of adaptation to places of detention; and their plans after release have been revealed; observation, laid the systematic and deliberate study of psychic phenomena (e.g., behavior, nature of communication, emotional and behavioral reactions on various events and stress factors, and so on) in order to identify specific changes under certain circumstances; set of psychological tests: a) questionnaire to determine the level of social, psychological and socio-psychological adaptation; b) test diagnostics of interpersonal relationships by T. Leary; method of diagnosis of parameters and forms of aggression by A. Bass and A. Darki (adaptation by L. Pochebut); methods of diagnosis of social and psychological adaptation by K. Rogers and R. Diamond; method of determining of life orientations (adaptation by D. Leontiev) [5].

Let us justify the choice of the given research methods. First of all, each of them discloses personal characteristics: motives, meanings, values, attitudes, interests, perceptions of themselves and the others. That is, those personal components that add orientation, goal to a

human's behavior, make the life meaningful, control and subdue it to specific norms and values. This is what helps people to make their own picture of the world and find their place in it. Each method complemented the other in that case. Taken together, these methods made it possible to reveal both adaptation of prisoners to prisons, and their readaptation. On the other hand, in order to adapt to changing life circumstances, one have to possess certain skills, mechanisms of interaction with others and situations. Moreover, the presence of a wide range of mechanisms (patterns of behavior) and flexibility in the ability to use them will be more effective for adaptation and readaptation.

Methods, used in our study, were selected on the basis of those assumptions. The first group of methods allowed studying deep orientation of an individual, his basic components and features. For this purpose we selected the following techniques "Life-purpose orientations" by D. Leontiev, "Social-psychological adaptation" by K. Rogers and R. Diamond. The second group of methods was aimed at the study of the issues of social and psychological characteristics of a human's interaction with the outside world. These are the following techniques: diagnostic test of interpersonal relations by T. Leary, methods of diagnosis of indicators and forms of aggression by A. Bass and A. Darki (adaptation by L. Pochebut).

During the study of social and psychological conditions of adaptation of prisoners to prisons, we will consider the factors of adaptation, dividing them into 3 groups: social, socio-psychological and psychological.

We understand social adaptation of prisoners to prisons as awareness of their rights and responsibilities in prisons, knowledge and keeping to the daily regimen, and orientation in various services of the institution for solving the issues which interest them, filing complaints, petitions, etc. In our opinion, all of the above mentioned requirements for social adaptation to prison will depend on the social status of a convict; age, social status, presence of children and families and other biographical data. In our opinion, such interconnection exists because the more extensive experience of social contacts and interaction with various social institutions a man had at liberty; the easier it was to use this experience in prison. Table 2 presents data reflecting various biographical data of prisoners who participated in the study.

Table 2

Biographical Data of the Studied			
Characteristics of the Data	I group	II group	Total sample
Average age (years)	35,3	37,5	36,4
An average term of service of sentence in prisons (years)	4,1	3,4	3,7
Have children (%)	17,7	26,9	44,6
Have family (%)	15,3	27,9	43,2
Had criminal record before, included suspended term (%)	56,7	-	56,7

As it is shown in Table 2, the average age of the entire sample is 36.4 years. At the same time there are no age-specific differences between the groups. Especially we would like to note that this age is the middle of a man's life course and corresponds not only to a lower limit of activity and work capacity of a man, but is crucial for building a man's life, family and career.

It is interesting to note the fact that prisoners convicted for public services or amenities are 1.5 times as often as the prisoners of cells have children and almost 2 times as likely to have family (are married, including civil marriage). As we can see, family and children can be strong adaptation factor, motivating prisoners to change their living conditions, and allows them, on the one hand, to adapt to the conditions of detention and regime, and on the other, seek faster adaptation after release. However, one should pay attention to the fact that the percentage of prisoners who have children and those who are married (including civil marriage) is not equal in about 30% of cases. And the prisoners of general detention had discordance which is

approximately 35%. This may indicate that the persons, who are imprisoned, had a great percentage of divorces, which is respectively, a disadapating and demoralizing factor.

If we look at the last line of Table 2 about the second conviction, we can see that in the whole sample, recidivism occurs in half of the cases (56.7%). Moreover, among the prisoners in the cells of general detention this percentage is 4 times higher than in the second group. Analysis of convictions indicates that the presence of conviction (including a suspended term) significantly increases the probability of getting in prison again. We can assume that conviction allows better adapting to the criminal environment, but makes it difficult to adapt to normal life and work. Having analyzed the personal files of prisoners, we have received the following information about their level of education; profession and the presence of permanent jobs before imprisonment (see Table 3).

Table 3

Education and Profession of the Studied

Education			Profession		
	N	%		N	%
Secondary	23	57,2	Have profession	159	73,9
Incomplete secondary	42	19,5	Do not have a particular profession	56	26,1
Secondary-specialized	50	23,3	Did not have permanent job at the moment of imprisonment	173	80,5

Table 3 shows that the majority of prisoners have secondary education and only in a quarter of cases – secondary-specialized. Contradictions between the presence of special education and the presence of profession can be explained by the fact that prisoners got their profession, learning at their work-places and were more engaged in unskilled labor. It is important to note the fact that more than half of them at the time of arrest did not have a permanent job, were listed as unemployed or had occasional migrant work. These data show that lack of education, profession and working place is a risk factor for getting into prisons. We can assume that these factors may complicate adaptation to prisons to some extent because, for example, in order to transfer to do the job of public services or amenities one should have any profession, or at least have some practical skills.

Summarizing the analysis of biographical data, we can say that the age of the prisoners in prison is the most productive for not only building their lives - both personal and professional, but also for social activity. And if you consider that on average they will serve their sentence for a minimum of 3 years (as it is shown in Table 2), all the social danger of the situation becomes clear. And this danger is, on the one hand, that the society and the state are deprived of the opportunity to properly use knowledge, skills, work, creative and intellectual potential of people who are in prison. On the other hand, prisoners being released from prison, often have to start all over "from scratch", lacking not only professional experience, permanent job, poorly orientating in new socio-economic conditions after the release, but sometimes without even a family that, according to data obtained by us, could have broken up by that time. All this shows the complexity of the situation, and proves the need for creation of special services that would deal not only with readaptation of prisoners after release, but also with prevention of recidivism as a consequence.

So, taking in consideration the results, obtained during the analysis of biographical data, it is possible to suggest that there are factors that contribute to adaptation and factors that complicate it. Factors that contribute to adaptation to prisons include the following: having a family, children; convictions, presence of profession. Factors that complicate adaptation to prison respectively include: absence of family, children, convictions, profession.

We understand socio-psychological adaptation to prison as the ability of the prisoners to set interpersonal relations - both formal (business, e.g., with representatives of the

administration) and informal (friendly) to interact effectively with others and adequately express their feelings and needs.

We will discuss the results of the study according to the method of diagnosis of interpersonal interaction by T. Leary.

As we can see on the diagram, the average points of all parameters in both groups do not exceed 8 points, which may indicate that this sample has an adaptive behavior and adequate self-esteem.

Overall, both the prisoners of the cells of general detention and the prisoners convicted for public services or amenities have approximately equal indexes, but at the same time the prisoners of the cells of general detention has higher indexes of all scales except for "Authoritarianism" and "Aggressiveness" (The difference is 0.2 and 0.5 points respectively). In order to better visualize the portraits of the samples, we have built a discogram according to the results of the methodology that has 8 octants corresponding to variants of interpersonal relations.

The diagram and discogram show that prisoners of I and II groups equally assess themselves as confident, persistent and straight. In addition, they equally evaluate themselves as inclined to cooperation with the reference group, friendly.

Despite minor differences in average points according to this method, the prisoners of the cells assess themselves as still more independent and persistent in reaching their aims; their thoughts and actions are more realistic and filled with great skepticism; they are more inclined to mistrust and suspicion in relations with other people. At the same time, they assess themselves as dependent, compelling to a greater extent than the second group of prisoners and they need more support and trust from others. The prisoners of the cells also show willingness to help others, show implicit sense of responsibility.

When prisoners transfer to public services or amenities, range of types of interpersonal interaction expands. In this sample, except for 8 octant, octant 1 - "authoritarian" type and 7 - "friendly" are also expressed. These types of interpersonal interactions are characterized by optimism, hyperactivity, expressed motivation to achievements, social activity as leadership trends. However emotional instability, high level of anxiety, sensitivity, and dependence of self-esteem on the thoughts of more authoritative people are also presented.

Summarizing the comparative and quantitative analysis of data by the method of T. Leary, we can conclude that prisoners who are in the cells feel more dependent, compelling due to objective conditions of their lives. In such way of life communication becomes one of the most important forms of existence that helps them not only to structure their time but also to fulfill themselves, achieve a certain status in the group, make contacts, including those with the administration. Moreover, during collaboration with others such trends as desire to help and sympathize and alertness are combined. However, they have a greater need for help and trust of others that we can consider as request for psychological assistance and support. Prisoners of public services or amenities feel more independent because they have an opportunity to be active, to self-realize, and to actively influence the environment. But they have to pay psychologically by dependence on others, anxiety, emotional liability.

One more component of social and psychological adaptation of prisoners to prisons is the level of aggressiveness. Let us consider what forms of aggressive behavior are there and to what extent they are expressed in the studied of the groups I and II according to the analysis of forms of aggressive behavior (Bass-Darko' method).

According to the test by Bass-Darko indexes in two groups are within an average level of aggressiveness.

The diagram shows that among the common types of aggressive behavior among prisoners (both group I and group II) there are verbal aggression, physical aggression and self-aggression. These types of aggressive behavior as visual and emotional aggression are less expressed. The data make it possible to suggest that prisoners' aggression is aimed primarily at people - oneself or the others - and to a lesser extent - at items. This trend of aggression can display a high level of psychological fatigue from the necessity to be in constant contact with

each other and not to have an opportunity to change the communication circle or be alone. The diagram also shows that the level of aggressiveness of prisoners of the first group is much higher on all parameters than the prisoners of the second group.

Now we turn to such parts of socio-psychological adaptation of different groups of prisoners as acceptance of oneself and the others, internality, dominance, emotional comfort and tendency to avoid solving problems. These data have been obtained basing on the analysis by the method of K. Rogers and R.

As it can be seen from the diagram, the prisoners of the second group comparing to the first group are more likely to accept others and themselves, feel more emotionally comfortable, believe in the opportunity to change their lives, are more likely to dominate and less - to digress from solving problems.

Results of the study of socio-psychosocial conditions of adaptation lead to the following conclusions: self-perception; internality; perception of the others; low level of aggressiveness; several types of interpersonal interaction, i.e. a wider range of patterns of social behavior play an essential role for socio-psychological adaptation of prisoners. The prisoners of the second group can be considered to be better adapted to prison in socio-psychological sense.

It may indicate that one should have a certain "concept of life", including a broad view of a human's nature, belief in their own abilities to manage their lives, presence of different models of interaction with other people that exclude or reduce aggressiveness for successful adaptation to prison.

We understand psychological adaptation to prison as an opportunity of a prisoner to apply consciously to their internal resources, personal qualities, presence of some internal support that would help to cope with the crisis (e.g. seeing sense in the happening events, presence of goals and motivation to overcome difficulties).

Let us consider the results of analysis by the method of D. Leontiev "Life Orientations

As it can be seen from the diagram, the prisoners of the second group as a whole assess the degree of awareness of their lives a bit higher than the prisoners of the first group, while indexes at different scales between the groups are very similar. The studied group II comparing to the group I is characterized by a higher goal orientation, existence of a future goal that gives mind and focus to the life. In addition, in both groups points of the scales "Purpose of life" and "Life process" are larger than of the scale "Effectiveness of life." It may indicate that the prisoners in general are tend to think of the process of their lives as interesting, rich and full of meaning; in addition, future goals also give meanings to their lives. However at the same time the past lifespan is perceived as not productive and informed enough. Satisfaction with their lives in the prison may seem absurd or paradoxical to a casual observer. However, experience of work and communication with prisoners shows that this attitude to one's own life is the basis of survival and adaptation for many of them. Many of the prisoners believe that in order to survive in their prisons, they must refer to their lives as if they refer to it at freedom: external conditions and circumstances do not have to change their internal principles and rules, they can only strengthen them. Many people say that once a prisoner begins to believe that what is happening in his life now is not significant, does not care for it; it does not make sense and values; it can be removed - he immediately loses internal resistance force and the desire to live. In the words of V. Frankl, he internally breaks, physically and spiritually degenerate.

Interest in his real life and focus on future goals are, in our point of view, a powerful agent to adapt to a life in prison and to life after release. V. Frankl wrote: "... predictability of the 'end' and aiming at some point in the future form that spiritual support, which prisoners require because such a spiritual support can protect people from the destructive effect of the forces of social environment, which change the character and keeps a person from falling." [10, 153]

Research of the locus of control of the studied shows that, despite roughly equal points on the scales of the prisoners from different groups, the level of acceptance of personal responsibility of prisoners in the second group is slightly higher. However, both groups have an interesting phenomenon: they believe that people are basically given the power to control their

lives, freely make decisions and implement them, but they do not always relate it to themselves. In other words, despite the fact that a prisoner has faith in handling his life; during being in prison, faith in his own strength, the ability to control the events of his life becomes dull. It indicates that prisoners who are in prison, have partially closed access to such internal resources, which support adaptation to environmental conditions that are changing such as life orientations, awareness and understanding of the lived life segment, approval of the responsibility for life.

Thus, the following conclusions about the factors of psychological adaptation can be made: interest and emotional richness of life and the presence of future goals are the factors of adaptation to prison. Personal meanings of the prisoners, especially those from general detention cells, are less conscious.

Thus, summing up the analysis of both samples according to the used methods the following conclusions can be made: firstly, the prisoners who perform public services or amenities and the prisoners from the cells of general detention have both general and specific characteristics of adaptation to prison, i.e. a peculiar concept of life, which includes a broad view on human nature, belief in their own ability to manage their lives, plays an important role. At the same time it is possible to identify the following features of the personality of prisoners: they evaluate themselves as confident, competent and persistent; in critical situations they are prone to physical or verbal aggression, the main value of life is seen in its emotional intensity in the present and in the future goals. We can also assume that presence of a family and children, as well as past convictions makes it easier to adapt to the conditions of imprisonment. Secondly, specific characteristics of adaptation to prison in the studied groups are laid in the fact that the prisoners from the cells are tend to mistrust, dependence, compelling; they need more help and support due to some objective reasons (treatment, welfare, etc.). Their consciousness of their lives is lower than in the studied group II; internal resources of life orientations are less available. Thirdly, among the factors that contribute to adaptation of prisoners to prisons one can distinguish willingness to help and sympathize; spirit of cooperation; conformity, the ability to obey; self-acceptance; internality; approval of others; presence of a family and children, previous convictions, profession.

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Жигаренко І. Є.

Вплив індивідуально-типологічних особливостей засуджених на процес адаптації до умов соціальної ізоляції

В статті розкрито вплив особистісних особливостей ув'язнених на соціальну, соціально-психологічну та психологічну адаптацію в умовах позбавлення волі. Показано, що серед чинників, які сприяють адаптації ув'язнених до місць позбавлення волі можна виділити такі: готовність допомогати і співчувати, прагнення до співпраці, конформність, самоприйняття, прийняття інших, а також наявність сім'ї і дітей, наявність професії.

Ключові слова: умови позбавлення волі, ув'язнені, особистісні особливості, дезадаптація, адаптація.

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Влияние индивидуально-типологических особенностей осужденных на процесс адаптации к условиям социальной изоляции

В статье раскрывается влияние личностных особенностей на социальную, социально-психологическую и психологическую адаптацию в условиях лишения свободы. Показано, что среди факторов, способствующих адаптации заключенных к местам лишения свободы можно выделить следующие: готовность помогать и сочувствовать; стремление к сотрудничеству; конформность, способность подчиняться; самопринятие; интернальность; принятие других; наличие семьи и детей; наличие судимостей; наличие профессии.

Ключевые слова: условия лишения свободы, заключенные, личностные особенности, дезадаптация, адаптация.

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ТЕОРЕТИКО-МЕТОДОЛОГІЧНІ ПІДХОДИ ДО МЕХАНІЗМІВ ФОРМУВАННЯ НЕВРОТИЧНИХ РОЗЛАДІВ ТА ЇХ КОРЕКЦІЇ

В статті наведено теоретико-методологічні підходи до механізмів формування невротичних розладів та їх корекції. Розкрито антинозологічну, нейрофізіологічну, патофізіологічну та психологічну платформи неврозогенезу. Визначено етапи формування невротичних симптомів (когнітивний, афективно-мотиваційний, антиципаційний, поведінковий) та особливості кожного з них. Показано типи використання хворих неврозами методів психокорекції (лімітованої, дефіцитарної та атитюдної).

Ключові слова: невротичні розлади, механізми формування невротичних розладів, психологічна корекція, психотерапія.

Постановка проблеми. В теоретичному плані співіснують наукові напрямки, які намагаються трактувати невроз як з психологічної, так і з біологічної (нейрофізіологічної) платформи. До того ж західні психотерапевтичні школи "нової хвилі" стають на антинозологічні позиції, воліючи не висувати і не декларувати теоретичні постулати розуміння походження невротичних симптомів і не проводити диференціальної діагностики між клінічним симптомом і психологічним феноменом. Подібна антинозологічна платформа найяскравіше може бути продемонстрована на прикладі висловлювання Дж. Вольпе про те, що "невроз – це звичка неадаптованої поведінки, придбана в процесі навчання" [23]. З цього робиться висновок, що невроз наврядчи можна відносити до клінічних симптомокомплексів і нозологічних одиниць, які повинні мати специфічний етіологічний агент, закономірності патогенезу (неврозогенезу) і виходу.

Аналіз останніх досліджень і публікацій. Нейрофізіологічна наукова платформа базується на класичних уявленнях І.П. Павлова: "Всюди і завжди необхідно йти до фізіологічного основи як відносно хвороботворних агентів, так і відносно реакцій на них з усіма наслідками, тобто перекладати всю психогенію і симптоматику на фізіологічну мову... Можу сказати, що стосується до нервової клініки, то майже всі невротичні симптоми картини можна зрозуміти і привести в зв'язок з нашими патофізіологічними лабораторними фактами" [16].

Такий суворо патофізіологічний ухил розділяється багатьма вітчизняними науковцями-неврологами, однак у сучасному, пом'якшеному варіанті, що враховує досягнення психологічної науки і психіатрії. Сьогодні в рамках нейрофізіологічної платформи прийнято говорити не про етіологічне значення будь-яких патофізіологічних механізмів, а про "церебральну пре-диспозицію, що полегшує формування невротичної