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EFFECTIVE METHODS OF ALCOHOL ADDICTION PREVENTION AMONG ADOLESCENTS

Resume: Prevention of alcoholism is a system of complex state and public measures aimed at preventing diseases and promoting health.

Prevention of alcoholism, which has recently spread at an extraordinary rate, can and should be carried out at various stages of the development of the process, and the choice of effective methods depends on this.

Prevention of alcoholism can be effective only when it is carried out in a comprehensive and systemic way, and is not a disparate program, different in conceptual basis and structure. Our work must begin with correcting inappropriate parenting in the early stages of personality development and end with funding programs to combat the illegal distribution of alcoholic substances.

Key words: alcoholism, prevention, treatment, drug addiction.

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ЭФФЕКТИВНЫЕ МЕТОДЫ ПРОФИЛАКТИКИ АЛКОГОЛЬНОЙ ЗАВИСИМОСТИ СРЕДИ ПОДРОСТКОВ

Резюме: Профилактика алкоголизма - это система комплексных государственных и общественных мероприятий, направленных на предупреждение заболеваний и укрепление здоровья.

Профилактика алкоголизма, которые в последнее время распространяются с необычайной скоростью, может и должна проводиться на различных стадиях развития процесса, и от этого зависит выбор эффективных методов.

Профилактика алкоголизма может быть эффективной, только тогда когда она осуществляется комплексно и системно, а не представляет собой разрозненные программы, различные по концептуальной основе и структуре. Наша работа должна начинаться на коррекции неправильного воспитания на ранних этапах развития личности и заканчиваться на финансировании программ по борьбе с незаконным распространением алкогольных веществ.

Ключевые слова: алкоголизм, профилактика, лечения, наркомания.

Introduction. Alcoholism is a very common type of drug addiction. In a broad sense, the disease of alcoholism is a set of bad habits associated with alcohol abuse that affect a person's health and lifestyle[4,7]. There is a violation of the normal functioning of the body, mental and physical abnormalities.

Timely prevention of alcoholism and the help of specialists is simply necessary in this situation[2].

The problem of alcoholism has existed since the beginning of mankind, and even then the disease was peculiar not only to the so-called marginals, but also to the upper world. The rulers of states from time to time tried to take tough measures to control the sobriety of society, but most often such measures were perceived as repression. Such public rejection, for example, developed during Gorbachev's famous and relatively recent anti-alcohol reforms of perestroika in 1985-1991.

The negative phenomena caused by the use of alcoholic beverages are fraught with a huge danger for young people. Alcohol consumption primarily negatively affects the health of adolescents. Alcohol abuse contributes to the development of mental illnesses, as well as one of the causes of adolescent

mortality (poisoning of poor quality products). The toxic effects of alcohol primarily affect the activity of the nervous system. Even small doses of alcohol affect the metabolism in the nervous system[1,3].

Single alcohol consumption can have the most serious consequences. Repeated or frequent alcohol consumption has a literally devastating effect on the psyche of a teenager. At the same time, not only the development of higher forms of thinking, the development of ethical and moral categories and aesthetic concepts is delayed, but also the already frolicking abilities are lost [5,8].

Prevention of alcohol dependence is one of the most important and effective areas of prevention of non-infectious pathology.

The complexity of prevention is manifested in the mutual interest and coordinated anti-alcohol work of various departments, ministries and specialists. Prevention of drunkenness and alcoholism is a national task, and its successful solution is possible only with the joint coordinated efforts of doctors, educators, lawyers, sociologists, psychologists, as well as the entire wide network of state and public organizations [3,6].

Prevention of drunkenness and alcoholism should be carried out differentially in relation to adolescents and adults, parents and students. When choosing preventive measures, it is necessary to distinguish alcoholism as a disease from drunkenness as a manifestation of moral promiscuity, and also take into account whether these measures are aimed at healthy people or at persons unstable in a neuropsychic relationship.

Prevention of alcohol dependence can be primary, secondary and tertiary.

Primary prevention includes measures aimed at timely prevention of the causes of alcoholism long before they can appear. The younger and middle age of a person is the most optimal period in terms of the formation of anti-alcohol attitudes.

Primary prevention of alcoholism aims to prevent the occurrence of a disorder or disease, prevent negative outcomes and enhance the positive results

of the individual's development. This can be achieved in several ways: a) the development and strengthening of motivation for positive changes in the individual's own lifestyle and in the environment with which he interacts; b) the direction of the process of the individual's awareness of himself, behavioral, cognitive and emotional manifestations of his personality, his environment; c) strengthening of adaptive factors or factors of stress resistance, personal and environmental resources that reduce susceptibility to the disease; d) impact on risk factors of alcoholism in order to reduce them; e) development of the process of self-management by an individual with his life (management of self-awareness, behavior, change, development); f) development of a socially supportive process.

Primary prevention is the most widespread, non-specific, using mainly pedagogical, psychological and social influences. Its effects are aimed at adolescents and young people.

As a result of primary prevention, it is expected to achieve complete avoidance of pathological outcomes, which determines its greatest effectiveness. It primarily affects the formation of health by replacing some developing processes with others. By forming an active, functional, adaptive lifestyle of a person, it is possible to strengthen his health and prevent the development of the disease[2,5]. This type of prevention is able to reach the largest number of people, influence the population as a whole, and have the most effective results.

Prevention of alcoholism is understood as such methods that are aimed at forming a neutral attitude to alcohol. The main task is to form such a lifestyle in a person in which he will not have a craving for alcohol.

The purpose of the study. Determination of the effectiveness of alcohol addiction prevention classes in adolescence.

Materials and methods of research. The object of the study: the process of prevention of alcoholism among adolescents.

Subject of research: pedagogical conditions of the effectiveness of prevention of alcoholism among adolescents

The study is based on the hypothesis that the prevention of alcoholism among adolescents, based on a comprehensive and integrative approach to its organization, involves a combination of preventive strategies effective in the implementation of the following conditions

- individualization of preventive impact based on the data of socio-pedagogical diagnostics of personal characteristics of adolescents,
- stimulating the subjective inclusion of adolescents in the preventive process based on the formation of a reflexive position.
- interaction of various personal specialists at successive stages of the implementation of the preventive program.

The results of the study. The data obtained by us show that the desire for personal self-affirmation in the immediate social environment acts as a significant motive that determines the propensity to such a form of deviant behavior as alcohol consumption. At the same time, it should be taken into account that a group of peers is more significant for a teenager in terms of his actions than those values dictated to him by adults. Analysis of the survey results showed that the majority of students (76.5%) do not consider alcohol consumption by their classmates to be a negative manifestation, 55.7% stated, that the systematic use of alcoholic beverages is not a reason for the termination of friendship, and only 13.4% consider friendly communication with peers who drink alcohol unacceptable for themselves

At the same time, the results of the survey of parents show that with the general concern of parents about the problem of alcohol consumption by minors, their lack of awareness of their own child's involvement in this problem is noted, as well as inadequate awareness of the role of the family in the process of preventing early alcoholization of the younger generation

Having analyzed the existing definitions of prevention, in our study, under the prevention of alcoholism among adolescents, we understand the process of purposeful influence on the personality, aimed at forming a system of values, attitudes and attitudes that prevent alcoholization of a teenager

Based on the approaches we have considered (in domestic and foreign pedagogical practice), our own models for the prevention of the use of psychoactive substances, including alcohol, have been developed, numerous preventive programs have been developed.

The complexity of the approach we are developing to determine the content of the prevention of alcoholism among youth is in two aspects

- firstly, it is conditioned by the desire to comprehensively

take into account the variety of causes and risk factors that contribute to the introduction to alcohol consumption,

- secondly, the complexity also lies in the organization of the preventive process, implemented at various levels of personal and environmental

At the same time, integrativity is considered by us as a process and result not so much of achieving the integrity of the preventive process through the establishment of intra- and interdisciplinary connections, as the interaction between the various stages of prevention (their value orientations, basic ideas of content, adequate forms, methods and means). This approach allows the child to reconsider his values, realize his uniqueness and self-worth as a person, which leads him to understand the need to take care of his health and well-being

In the context of modern pedagogical theory and practice, individualization involves the creation of such educational conditions that stimulate the manifestation of the child's inclinations and future abilities and help him successfully adapt to the environment, Individualization is designed to help the "drawing" of the emerging personality, the formation and disclosure of individuality, which is possible only on the basis of careful study and analysis of not only age-sexual, but also individual-typical differences

Individualization as a principle of pedagogical activity makes it possible to effectively reveal the potential of children at risk of adaptive disorders in development, to identify their "positive" sides, which can be relied upon in the course of educational and educational work, Because the disadvantage of biological and social prerequisites in development to a certain - and significant - extent can be smoothed out, leveled when creating appropriate pedagogical conditions

Therefore, at the first stage of experimental work - the study of psychological characteristics of personality and social interaction of adolescents, we used the method of A. N. Eagle to determine the tendency to deviant behavior (SOP), as well as the method of personal constructs by J. Kelly

According to the conducted method of diagnosing the tendency to deviant behavior (SOP), alertness to the study situation was generally noted, conformal attitudes of the subjects were revealed, a tendency to follow stereotypes and generally accepted norms of behavior (48.8 points), a high level of social control; low value of one's own life, risk-taking, a pronounced need for thrills (52.3 points), the presence of aggressive tendencies in the subjects (52.8 points), weakness of volitional control of the emotional sphere, unwillingness or inability to control behavioral manifestations of emotional reactions (53.1 points) As for the female part of the sample, according to the scale "acceptance of a female social role", non-acceptance of a female social role was revealed (the average score was 49.5 points), which indicates the rejection of traditionally feminine values and readiness to implement male behavioral stereotypes

The study of sex differences showed that the female part of the subsample had a higher score (40.0 points) on the scale of "propensity to addictive behavior" than the male (42.6 points) This indicates that the female has a higher social control of behavioral reactions than the male

The data obtained by the method of J. Kelly allowed us to conclude that the studied group of adolescents had attitudes to alcohol consumption, a

tendency to associate alcohol with pleasure, joy, friendly communication and underestimate the degree of its harm to the body

The results obtained during the study of the personality characteristics of adolescents and their social attitudes formed the basis of preventive work in the camp

To this end, we have developed a program for the prevention of alcoholism among adolescents in the conditions of the summer health and educational center "Disperado", this was the solution of the second condition

Developing the problem of secondary prevention of alcoholism among minors, we identified as the main problem of the tolerant attitude of the younger generation to alcohol consumption, we can even talk about a certain fashion for alcohol drinking among young people, Therefore, the central idea of the organization of preventive impact, we highlight the subjective position of a teenager when including him in the prevention process

The information block involves the interaction of a social pedagogue, an organizer of work with youth, a narcologist in order to prepare adolescents for inclusion in the preventive process. The psychological block includes trainings and exercises aimed at developing adolescents' pro-alcohol attitudes, skills and abilities to resist stressful and negative environmental influences, the formation of socially significant values, the development of alternative behavior, etc. complex interaction of a psychologist, a social pedagogue, the socio-pedagogical unit involves the development of skills and their daily formation on the basis of participation in various events and classes aimed at subjectively including each child in the overall complex process, the activities of the organizer of work with youth, a physical education worker, leaders of clubs, invited specialists (coaches of sports sections, instructors of military-patriotic associations are aimed at this and so on)

After the inclusion of adolescents in the preventive program and its implementation, we evaluated the results based on the repeated study of personal constructs using the method of J. Kelly and the method of expert assessments.

The number of respondents choosing the construct "alcohol - disease" has increased, at the same time, half of teenagers continue to associate alcohol not with harmful consequences, but with pleasure, and the Fifth triad "Wedding - joy - Champagne" also remained unchanged. This can be explained by the strength and stability of pro-alcohol attitudes in society, which indicates the need to expand preventive works

The number of teenagers who have chosen the "friends — responsibility" construct has increased, which, in our opinion, is a significant result of the work

The vast majority of participants in the experimental work at the end of it chose the construct "health - sobriety", which indicates the progress of the installation for a healthy lifestyle

The interpretation of the triad "Alcohol - friends - enemies" has also undergone some change in the direction of reducing the choice of the construct "alcohol - friends", which is also important.

Thus, the analysis of the results of the repeated study of the personal constructs of the subjects showed that in almost all triads, preferences changed towards alcohol-condemning constructs

The dynamics of the results according to the method of J. Kelly testifies to the effectiveness of the influence of the work carried out on the formation of anti-alcohol attitudes in adolescents

Thus, the dynamics of the results showed positive changes in the main selected indicators and confirmed our hypothesis

Conclusion. Prevention of alcoholism at the family level includes a set of measures: organizational, social, psychological, pedagogical and medical. Prevention of alcoholism at the family level is carried out through the use of game training sessions aimed at joint creative activity.

Consequently, prevention of alcoholism at the family level and technologies for correcting family relationships are numerous, their choice is determined by the specifics of a particular situation, the characteristics of family members, the professional competence of a social worker.

Over time, each experienced specialist modifies techniques in his own way, creates his own system of forms, methods, and means of work. The essence of all the methods of social work used is the prevention of family alcoholism.

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