

УДК 159.96:616.624

Ibragimov Mahamadjon Bahramdzhanovich

Department of Pediatrics

Andijan State Medical Institute

PSYCHOLOGICAL FACTORS OF ALCOHOL DEPENDENCE IN ADOLESCENCE AND THEIR PREVENTION

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

Prevention of alcoholism, which has recently been spreading 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 it.

Prevention of alcoholism can be effective only when it is carried out comprehensively and systematically, and does not represent disparate programs that differ in conceptual basis and structure. Our work should begin with the correction of improper upbringing at the early stages of personality development and end with the financing of programs to combat the illegal distribution of alcoholic substances.

Keywords: alcoholism, prevention, treatment, drug addiction.

Ибрагимов Махамаджон Бахрамджанович

Кафедра Педиатрии

Андижанский государственный медицинский институт

ПСИХОЛОГИЧЕСКИЕ ФАКТОРЫ АЛКОГОЛЬНОЙ ЗАВИСИМОСТИ В ПОДРОСТКОВОМ ВОЗРАСТЕ И ИХ ПРОФИЛАКТИКА

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 illness, 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 results of the study. 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.

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

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

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

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