

LIFE MEANINGS FORMATION AS A FACTOR OF DRUG ADDICTS BEHAVIOR CORRECTION

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The actuality of this problem is due to the significant increase of people who use drugs number in recent years in our country. Drug use significantly affects a person's psychological health (causes psychological maladaptation, loss of life meaning, abandonment and helplessness feelings, antisocial behavior manifestations, addictive behaviors, focus on constant pleasure predominance, etc.). The psychologist's practical work with the drug addict's meaning sphere acquires special significance if we consider meaning as the highest integrative basis of personality, which determines the specifics of its consciousness and behavior, goal setting and lifestyle.

The purpose of this work is to theoretically substantiate the life meanings phenomenon as a factor in the drug addict's behavior and to create a program of their psychological correction.

According to the purpose it is possible to formulate the following tasks of thesis: 1) to carry out the theoretical analysis of drug addicts meanings features, their structural and semantic characteristics; 2) to determine the personality's meaning sphere diagnosing methods; 3) to develop a drug addict's new life meanings formation program.

Results of the problem theoretical analysis. The solution of this problem requires the definition of individual's meanings as the center of his life activity psychological features. The problem of meanings and life orientations was studied by G. Ball, B. Bratus, B. Zeigarnik, K. Karpinsky, D. Leontiev, J. Olney, S. Rubinstein, P.T.P. Wong and others. Thus, meaning can be defined as a universal basic mechanism of human consciousness and behavior, the basis of his personality [2]. The meaning of personality is defined as a kind of life task, a way of organizing consciousness, interpretation of the world and life in general. The concept of "meaning" can be considered in three aspects: ontological, phenomenological and aspect of activity. The most important is the ontological, where the meaning is considered in the context of the life world and the subject's relationships system [1, 2].

Understanding the essence of human meanings is based on the principle of existential mediation of semantic reality, which stems from the conditionality of meaning by unique human experience and biography (D. Leontiev [2], J. Olney [9]). In this case, the meaning is a complex phenomenon that is realized in such personality structures as personal meaning, meaning instruction, motive, meaning disposition, meaning construct and personal value. The meaning of life is defined as a concentrated

characteristic of the core and generalized dynamic meaning system responsible for the general direction of the subject's life [2].

The idea of combining individual psychological and culturological factors in the value-meaning sphere formation process of the individual is confirmed by P. Wong [11]. In particular, describing the two-factor meaning sphere developed model, he determines that the system of personal meanings is formed at the intersection of individual differences and personal resources, on the one hand, and cultural and contextual influences, on the other. In this case, contextual influences are defined by the researcher as specific socio-psychological conditions in which the individual is, and against which its life meanings are formed.

In this context, V. Lavrinenko [1] defined the concept of value-meaning consciousness of the individual. Value-meaning consciousness V. Lavrinenko defined as "top", holistic, integrative formation of personality, which reflects the main vectors of a certain structured human understanding of their "I", the surrounding subject and social reality in the form of meaning constructs and narratives based on the integration of their own life experience, taking into account the current discourses of social existence and the context of activity [1].

The meaning sphere of a personality is quite dynamic, constantly changing during his life. The important nature of meanings for the active way of life implementation is confirmed by the loss of human life meaning, the emergence of "existential vacuum" (by W. Frankl [5]), as a result of which man finds himself in a situation of uncertainty. This phenomenon is manifested in apathy, emptiness and meaninglessness of life, can cause "noogenic neurosis". The impossibility of overcoming the latter is expressed in alcoholism, depression, deviant behavior, suicide, maladaptation and drug addiction as an attempt to replace the meaning of life with drugs, to find the meaning of life in it [5].

Loss of meaning in life is also expressed in metapathology (by A. Maslow [3]), which leads to the desire for death, feelings of devastation, alienation from other people and the emergence of various types of addiction, including drugs. This dependence may also be associated with inadequate meaning guidelines of the individual as a consequence of compensation for inferiority complex or reflect the immaturity of the individual lifestyle (according to A. Adler); be a limitation in the process of individuation and an obstacle to achieving self (according to K. Jung). The meaning sphere of the drug addict is focused on the hedonistic version of human life, which is determined by two affects: pleasure and suffering, all their behavior is a ratio of these experiences [2].

People with drug addiction have certain features of the meaning sphere, which are expressed in its structural and substantive characteristics. In the structure of the drug addict's meanings there is its general simplification, convolution, which signals a certain loss of vital meanings. Particularly significant is the structural fragmentation and incoherence of meanings in addicts, the inability to build a hierarchy of semantic structure, which is expressed in their perception of life as a series of unrelated situations that are not united by common goals, beliefs of the individual [6].

Among the content characteristics of this category of people meaning sphere, the most pronounced are the isolation on oneself, one's own inner world; they attach great

importance to pleasure, are characterized by a "desire for thrills", which is expressed in hunger for sensory stimulation, which provides them with drugs. Such people are focused on the usual forms of behavior, do not want to change them [10]. Due to self-centeredness and simplification of the meaning sphere, drug addicts have a predominance of following current needs, focusing on their immediate satisfaction, gaining psychological comfort, which is one of the most important values for them [8]. The actual needs of such people determine the meanings of specific actions, while losing the complex polymotivated nature of their actions and significantly narrow the time perspective of meaning reality. They are focused on satisfaction at specific points in time, but can not predict their activities in advance. As a result of drug addiction there are violations of meaning regulation of behavior, which is expressed in spontaneity, inability to implement meaning attitudes in real activities, the manifestation of specific protective mechanisms in the form of drug addiction denial [7].

The main attention in the context of psychological correctional work with this category of people is paid to the people with drug addiction meanings of life formation. To this aim, we have created a training program based on the guiding principles of the existential-humanistic approach in psychology. The basic idea of this program is the position that everyone has all the strength in a potential state to overcome life's difficulties, the formation of life meanings, their implementation and self-actualization.

The purpose of the program is to form the personality's meaning sphere, change its structural and substantive components and a new perception of the boundaries of one's own self, which will serve as a basis for developing new motives, changing the processes of goal setting.

To test the effectiveness of the program, it is proposed to conduct a diagnostic section before the correction and after its completion, which aims to determine the characteristics of the drug addict's meaning sphere. Diagnosis should be performed in accordance with the principles adopted in psychological science and meet the psychometric requirements for diagnostic tools, the objectivity of the data obtained and the representativeness of the sample. For this purpose, the methods "Questionnaire of the meaning of life crisis" (by K.Karpinsky) can be used; test "Purpose in life" (J. Crambo, L. Maholik); "Questionnaire of self-relation" (V.Stolin, S. Pantileev); "Test of meaningful life orientations" (D. Leontiev); "Personal Orientation Questionnaire" (E. Shostrom); "Methods of boundary meanings" (D. Leontiev) [2].

The training program consists of 13 classes, which are combined into four stages of work with the meaning sphere of the client.

The first stage – "Development of client self-awareness" (3 lessons). Its purpose – to outline the unique human experience, the experience of their limitations (eg, dependence), the value of their own selves and life in the present, the focus on the situation "here and now".

The second stage "Cultivation of responsibility freedom" (4 lessons) involves working with the methods that the client chooses to avoid responsibility; maintaining the client's right to his own choice, independence, responsibility for life's actions, the adoption of their own way of life as a way to achieve a certain goal.

At the third stage "Discovery and creation of meaning" (4 lessons) the aims are personal understanding of life, overcoming the meaninglessness of existence, work with life, death and anxiety, demonstrating the value of the client for other people as important meaningful motives.

The fourth stage of correctional work involves "Uniqueness and identity awareness" by the client through the definition and emphasis of their own unique features, separation of their selves from the world around them, acceptance of themselves as a whole and value. This stage aims to form new meanings and change the motivational orientations of the client. There are two classes and a final diagnosis.

The expected result is the formation of a new view on the boundaries of one's own self as the basis for the new motivational and meaning formations that will determine qualitatively new life orientations of the drug addict's personality.

Conclusions. One of the promising areas of work to solve the psychological problems of drug addicts is the formation of new meanings in life. Working with this area is important because the meaning is defined as the highest integrative basis of personality, which determines the purpose of the subject, the implementation of his life path. Disturbances in the meaning sphere can lead to drug addiction. Characteristic features of the meanings of drug addicts are the focus on pleasure, their own inner world, simplification and diffusion of meaning structures and their rupture, incoherence; the dependence of such people on the urgent need for drugs and the reluctance to change their behavior for fear of losing psychological comfort.

The proposed program aims to form new personal meanings, change the addict's boundaries of self perception, which will serve as a basis for the emergence of new meaning-forming motives. The program is implemented in four stages, which include thirteen sessions, and have the ultimate goal of forming new meanings and changing the motivational structure of drug addicts.

To assess the effectiveness of the correctional program, it is proposed to use methods that diagnose the structural and substantive specifics of the individual's meaning sphere and his orientation in life, attitude to himself and the world.

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