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## **СЕМЬИ С ПРОБЛЕМАМИ ЗАВИСИМОСТЕЙ: ПСИХОСОЦИАЛЬНЫЕ ФАКТОРЫ РИСКА**

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Статья посвящена изучению индивидуальных причин злоупотребления наркотиками и алкоголем. Ключевая роль отводится формированию зависимости и личностным особенностям ее носителей.

**Ключевые слова:** зависимости, девиантное поведение, алкоголизм, наркомания, психоактивные вещества, трудности.

## **FAMILIES WITH ADDICTION PROBLEMS: PSYCHOSOCIAL RISK FACTORS**

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The article is devoted to the study of individual causes of drug and alcohol abuse. The key role is given to the formation of addiction and the personal characteristics of its holders.

**Keywords:** addictions, addictive behavior, alcohol addiction, drug addiction, psychoactive substances, difficulties.

Addictions such as drug addiction and alcoholism, in spite of a great deal of preventive work and a huge amount of information about their deadly dangers, still remain unresolved problems of our time. They concern not only each person caught in the circle of addiction, but also the families of alcohol and drug addicts. [1, с. 21].

Dependent behavior is a form of behavior that manifests itself in the desire to escape from reality by drowning out one's mental state by taking certain substances (alcohol, drugs) or constant fixation of attention on certain objects or activities (gambling, computer games), which is accompanied by the development of intense emotions [3, с. 12].

There is a bio-genetic factor for drug abuse and alcohol use as "genetic predisposition" and emphasizes the influence of genetic predisposition as follows: "an adolescent whose family has an alcohol-dependent family member has a triple risk of developing alcohol dependence compared to an adolescent who does not have alcohol-dependent family member".

Individual and psychobehavioral factors of substance abuse Drug abuse in adolescents that led to addiction. It is not the drug to which a person is to which the individual is addicted, but the impulse that develops in him or her to drug abuse. Drug use occurs as Compensation for one's needs. This has much to do with the personality of the addicted person. When a person is not coping with their life, he or she seeks to escape from the hardships of everyday life, and seeks a "paradise" in which to take refuge. People who are addicted to drugs people usually have low self-confidence and at the same time are anxious. Addicted people are afraid of the difficulties of life and they have a tendency to take refuge from these hardships. Alcohol and drugs have the property of relieving anxiety, which at least postpones anxiety; therefore, people who are afraid of difficulties and want to escape from them, see alcohol and drugs as "means of escape" and therefore abuse them. At the same time, the fear of responsibility and fleeing from it are characteristics of people

with weak personality traits, and people with these characteristics may find in addictive substances.

Young people believe that they are under pressure from family, environment, and society, and view addictive substances as a source of escape. Young people with these same inclinations tend to form groups (peer and friend relationships) and provoke substance abuse in their groups; thus, substance abuse is easily and quickly provoked.

The perception of oneself as inferior and unworthy is another personality trait observed in young people prone to alcohol and drug abuse. In addition, people who do not recognize their talents and values, blame and humiliate themselves, and have a low self-image, are prone to addiction [2, с. 56].

Some addicts who have difficulty to cope with life's challenges are more likely to have been raised in overprotective nurturing families, did not face challenges as children, and did not have sufficient responsibilities. The hardships of life, the obstacles encountered, the setbacks and sadness cause these people to experience unbearable hardship. People with these characteristics may also resort to substances that cause addictions. Those who were deprived of various life skills in early childhood or didn't fully develop those skills, who have behavioral problems, who are angry and tense, whose feelings are difficult to express, are at high risk for addiction and dependence, and drug abuse is quite common among these people. People who cannot cope with the harmful demands of their social environment, who have a reduced ability to cope with stress and control their anger and impulses, abuse drugs, and their level of drug abuse confirms the above information. Similarly, adolescents who have poor school performance and easily behave dangerously have a higher risk of substance abuse. Personality disorder and antisocial personality disorder in an individual are two other factors that influence drug abuse. These personality disorders play an important role in the pathology and etiology of alcohol and substance use disorders [4, с. 88].

Surveys show that young people start abusing drugs mostly out of curiosity. Also, when young people feel they have no other way to solve their problem, they tend to abuse drugs much more often. Recent studies show that curiosity trumps other reasons for drug abuse. Drug availability is another factor. The easy availability of a drug increases the rate of drug abuse.

Individual causes of drug and alcohol abuse:

- undeveloped self-awareness: escaping reality by resorting to easy solutions instead of addressing the real causes of failure is a behavioral characteristic of people with weak self-awareness. Young people, who engage in these behaviors, may be looking for easy solutions instead of thinking about what they can do to solve a problem when it arises. Alcohol and drugs are the easy solutions that people resort to when they have problems.

- vulnerability to stress: responsibilities, overprotective parents that cause that make a person lack autonomy and the ability to cope with problems and learning resilience pushes young people to alcohol and similar drugs as a way of coping with stress.

- curiosity and new quests: young people who are searching for new values and who are curious because of their developmental characteristics may try addictive substances.

- low self-confidence: problems with self-confidence, inability to discover one's talents and skills, as well as weakness of will, can lead a person to do dangerous things, especially addictive substances.

- irrational use of free time: The fact that free time is used ineffectively often deprives young people of the opportunity to live a fulfilling life. Feeling spiritually empty, young people can easily turn to bad habits.

- the influence of the family: the family plays an important role in the development of addiction problems. People have certain needs, such as love, respect, being accepted, etc. In order for children to live a healthy life, these needs must be met, and a person's skills must develop in the family, which is the primary social

environment. The child, who cannot achieve this satisfaction in the family, begins to look for it outside the family and in various objects during his adolescence. Thus, his needs are attempted to be met with the help of psychoactive substances, although these needs cannot be met with this kind of false satisfaction. The following family factors for substance abuse are listed Substance abuse among children: alcoholic and drug-using parents or divorced parents, single-parent families, parent-centered families, persistent conflicts between parents, middle-class families living in affluent neighborhoods, families who do not give enough love to their children and fulfill only their financial responsibilities. Domestic violence also falls into this category as well. There is a lack of communication between parents and children [3, с. 124].

Parents who, because of excessive authority, indifference, and lack of love form a "worthless" personality in their children may fail when give their children advice about harmful substances or bad orientations. Because children don't take advice seriously, thinking, "I'm not worth anything anymore, so I have nothing to lose." On the other hand, members of the group of friends in which the teenager after running away from home tell people with weak willpower and insecurity that substances make a person stronger and turn them into an adult. This idea can make children disobey their parents. By the messages conveyed to children by their parents become different and devoid of continuity, the path to addiction becomes inevitable. Moreover, family attitudes toward psychoactive substances very effectively determine an adolescent's behavior in this regard. For example, alcohol and other drug habits of parents, as well as their coping strategies problems can lead children to take their example and abuse substances to cope with problems. Factors, which determine the quality of the parent-child relationship, such as persistent expression of negative feelings because of chronic conflict and lack of strong family ties appear to be related to substance abuse substance abuse. It has been argued that children growing up in families in which It has been argued that children growing up in families in which negative feelings are often expressed and verbal Children growing up in families where negative feelings are often expressed and verbal encouragement

is lacking are less confident and unable to say "no" to substance abuse as a result of Substance abuse as a result of insecure behavior [2, с. 150].

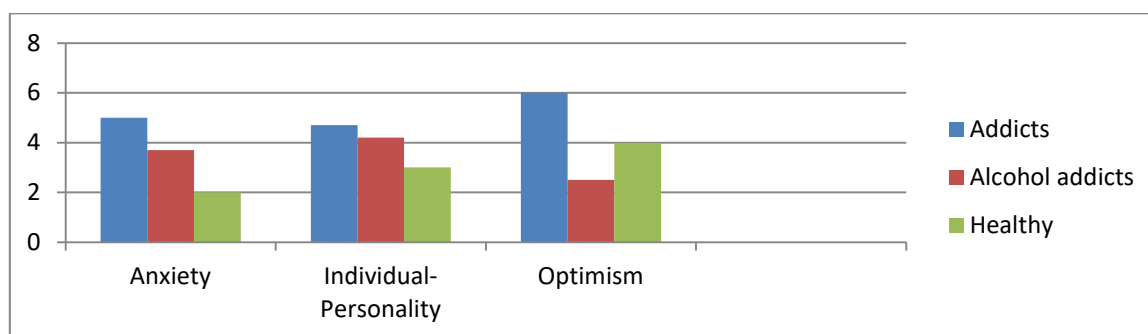


Figure 1. Expression of characteristic features of the subjects (cf. b)

For more accurate indicators, an empirical study was conducted. The sample consisted of 196 people: 128 drug addicts in remission, 38 alcoholics and 30 healthy subjects suffering from neither drug nor alcohol addiction. To determine addictive features of personality we used V.D. Mendelevich's test "predisposition to addictive behavior", to study personal characteristics we used Standard multifactor method of personality study (adapted from L.N. Sobchik).

Primary data analysis shows that values on the seventh scale (anxiety) and on the eighth scale (individualistic) are significantly higher in the group of drug addicts as compared to control group and the group of alcoholics. The values on the ninth scale (optimistic) differ from those of healthy subjects and alcohol addicts in an excessive direction.

The parameter of individuality (autistic) was most vividly represented in the group of drug addicts according to SMIL data. In those cases where even minor frustrations lead to anxiety and pronounced negative emotions, compensation is achieved through autization and distancing, i.e. the tendency to withdraw from the environment into the inner world and to maintain a "mental distance" between oneself and the environment.

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