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Analytical review of approaches to the prevention of abnormal behavior

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Abstract. The purpose of the article is to demonstrate the possibilities of different approaches in the prevention of abnormal behavior based on the identification and systematization of the spectrum of problems of abnormal behavior in modern conditions.

The article defines abnormal, deviant and deviant behavior as different levels of anti-normal interaction with society and oneself; abnormal behavior is considered as an actual request of modern child and adolescent psychotherapy; two main approaches to explaining abnormal behavior are identified (nosocentric and normocentric); generalized criteria for identifying abnormal behavior are identified; the specifics of art therapy methods in the prevention of abnormal behavior are analyzed.

A generalization of all known methods of psychotherapy in the treatment of abnormal behavior. It is stated that among the various methods of correction of emotional and personal disorders in children (the most «eased» anomalies), currently, along with traditional psychotherapeutic methods (rational therapy, autogenic training, hypnotherapy, group, analytical, behavioral, positive, client-centered therapy), such as game therapy, fairy-tale therapy, art therapy are also used. Highlighting the gender-oriented approach in art therapy as the most optimal in the prevention of sexual behavior that deviates from the norms of adolescents, a forecast is made regarding their capabilities in forming an individual's sexual behavior that is adequate to the norm.

Keywords: abnormal behavior, deviant behavior, deviant behavior, asocial behavior, delinquent behavior, paranormal behavior, anomalies of sexual behavior.

Introduction

In any society, there are certain standards or norms of acceptable behavior. Behavior that noticeably deviates from these norms is considered abnormal. I.e., the ideas of normality and anomaly are not the same in different societies, and they change in the same society over time. In this regard, any definition of anomaly should be based not only on compliance with social norms.

One of the definitions of anomaly is related to statistical frequency, whereby abnormal behavior is more rare or deviating from the norm in a statistical sense. But, according to this definition, a person extremely intelligent or unusually happy should be classified as abnormal.

At the same time, some authors have posited the view that the term «anomaly» should be defined as a deviation primarily from the mental (psychological) norms, which, in turn, leads to a deviation in behavior and a violation of social norms. Therefore, abnormal behavior is a clinical form of deviant behavior (Vinichuk N.V. [1]).

Many representatives of social sciences (Merton R.K. [2]; Shipunova T.V. [3]; Gorshkov M.K. et al. [4]) believe that the definition of abnormal behavior should not be determined by its deviation from statistical or social norms. The more important criterion, is how behavior affects the well-being of an individual or a social group. According to this criterion, behavior is regarded as abnormal if it is poorly adapted, i.e. it has a bad effect on the individual or on society.

In recent years, anomaly has been considered both from the side of an individual's behavior and the subjective experiences caused by a particular disorder (Prevention of behavior disorders: the family aspect of the biopsychosociospiritual approach: materials of the Russian Scientific and Practical Conference [5]).

In the dictionary of deviantology, the term 'abnormal' behavior is defined as behavior that occurs relatively rarely, goes beyond the accepted social norms or poses a danger to the individual or other people and it is accompanied by violations of the emotional sphere or violations of information processing, its evaluation and understanding [6].

Russian researcher Mendelevich V.D. [7] notes that all clinical forms of deviant (deviant) behavior are considered to be abnormal behavior, each of which can be caused by any type or combination of deviant behaviors: including aggression and autoaggression; alcoholism, tobacco smoking, anesthesia, etc. substance abuse; eating disorders; anomalies of sexual behavior; super-valuable psychological and psychopathological hobbies (from fanaticism to varieties of mania); characterological and pathoharacterological reactions (emancipation, grouping, opposition, etc.); immoral, immoral, unaesthetic behavior and communicative deviations.

That is, the main types of deviant behavior, such as crime and immoral behavior (alcoholism, drug addiction, sexual promiscuity) They can also be attributed to abnormal behavior, although most authors consider it deviant (Gilinsky Ya. [8]; Rabeyron T, Loose T. [9]; Cardeña, E., Lynn, S. J., & Krippner, S. [10] and others).

In the classical research tradition of the field of behavioral classifications deviations from the norm, Renschmidt H. [11] assigns a significant place among all deviations from the norm to asociality, which includes criminality and social neglect. In contrast, Smelzer N. [12] describes the most striking types of deviations that always cause condemnation: murder, incest, rape.

Pataki F. calls crime, alcoholism, drug use, prostitution, and suicide «indisputable» types of deviant behavior (Maysak N.V. [13]). While V.D. Plakhov, along with antisocial and delinquent, distinguishes paranormal behavior [14], and Ts.P. Korolenko and T.A. Donskikh, categorise behavioral deviations into two distinct types: non-standard (new thinking and actions that go beyond social stereotypes) and destructive behavior aimed both at violating social norms (legal, moral, ethical, cultural) and at disintegration and regression of the personality itself [15].

Tkachenko A.A.'s monograph «Abnormal Sexual Behavior», published in 1997, summarizes the three-year research experience of Russian researchers from the Laboratory of Forensic Sexology of the V. P. Serbsky National Medical Research Center for Psychiatry and Narcology, as well as the results of Tkachenko's collaborative efforts with the team of laboratories of neurophysiology and neurochemistry. The experience of that period in working on the project «Pathobiological and clinical-psychological aspects of regulation of abnormal sexual behavior» is very interesting [16].

Also interesting is the work of Johan H. [17], who refers to abnormal behavior all forms of clinical expression of deviant behavior and individual non-clinical behavioral and emotional disorders, including escape from home. The types of abnormal deviant behavior, Kleiberg Yu.A. [18] includes: hyperkinetic behavior disorder; behavior disorder limited to family; unsocialized behavior disorder; socialized behavior disorder; mixed, behavioral and emotional disorders; delinquent behavior; addictive behavior; deviations and anomalies of sexual behavior; psychogenic pathological formation of personality.

In recent decade, researchers, especially psychotherapists, also consider abnormal sexual behavior of adolescents, in particular disorders of this sphere, as abnormal. Often this problem is associated with a psychological trauma experienced at an earlier stage of an individual's development (Akhtar Z. [19]). The idea that the body undergoes serious changes during puberty, and the presence of psychological trauma affects not only the formation of a mentally healthy personality, but also causes the physiological causes of sexual deviations - a red thread runs through a number of studies of different years and different scientific fields: from psychology to juvenile and law (Mickler K. M. & Tollestrup J. [20]; Raya-Diez E., Serrano-Martínez C., Pedro E. D. S. & Montañés-Muro P. [21]; Haenen I. [22]; Durowade K.A., Babatunde O.A., Omokanye L.O., Elegbede O.E. and others [23]; Harden K.P. [24] and other). At the same time, it is noted that the severity of the consequences of sexual deviations, such as the Human immunodeficiency virus, early pregnancy, and teenage abortions, is beyond doubt and requires the development of psychological assistance programs.

Thus, at present there are no unambiguous indicators of abnormal behavior and clear boundaries of the norm. Most often, these are dynamic parameters. Mentally abnormal (abnormal) is considered behavior that goes against the values, habits or opinions of the majority of people in society. It will seem the more unacceptable the more danger it poses to the person himself or others.

In this regard, the purpose of the article is to demonstrate the possibilities of different approaches in the prevention of abnormal behavior based on the identification and systematization of the spectrum of problems of abnormal behavior in modern conditions.

The purpose of the article is to collect information on the state of the problem of abnormal behavior; approaches to the prevention of abnormal behavior; review the literature, compare information from different sources with trends in the development of the issue of prevention of abnormal behavior; identify new research areas; review promising ideas.

Methodology

The methodology of the article is based on a qualitative synthesis of data in an analytical review. Methods used: analysis and synthesis of literature on the problems of abnormal behavior; overview and generalizing method of information processing. A critical, constructive analysis of the literature in a particular field was carried out by summarizing, analyzing, and comparing data from previously published articles.

Discussion

Abnormal behavior as an actual request of modern child and adolescent psychotherapy

In psychology, there are two main approaches to explaining abnormal behavior (Vinichuk N.V. [1]):

1. Nosocentric approach – it is inherent in specialists in abnormal and painful changes in mental activity – psychiatrists. It implies an assessment of a person's behavior, actions, and activities from the standpoint of finding and detecting deviations from the norm, identifying symptoms of the disease. A prerequisite for this is the knowledge of these symptoms, the patterns of their manifestation and development in order to diagnose the pathology as early as possible and correct it. The degree of severity of pathological changes in this case can be reflected by indicators from zero (with an «ideal norm») up to the extremely severe disorders inherent in mental illness. At the same time, it means the need to assess changes in the psyche (symptoms of the disease) in dynamics, in development, taking into account their actual and potential significance.

2. Normocentric approach – it is characteristic of specialists in the «normal» psyche – psychologists, on the contrary, assumes a vision and assessment of the mental activity of a particular person from the position of its compliance with the norm. The available possible deviations from a certain «average statistical norm» are regarded, first of all, as variants of the norm, manifestations of individual characteristics of character, personality, as a unique result of the interaction of individuality and specific features of the situation (for example, character accentuation).

The researchers also identified criteria for identifying abnormal behavior, which we have somewhat generalized and grouped:

1. Atypicality is an unusual behavior of a person, it is considered from the point of view of the average statistical norm. It should be noted that many atypical behaviors are not abnormal (for example, genius).

2. Social acceptability – considered from the point of view of the social norm of a certain society.

3. Danger – human behavior may pose a danger to society (social norms) or to oneself (for example, autoaggression).

4. Psychological discomfort (suffering) is considered from the standpoint of subjective and functional norms.

5. Adaptability. Abnormal behavior is poorly adaptable, because it cannot lead a person to any goals, problem solving.

6. Irrationality. Abnormal human behavior does not make sense, it seems incomprehensible and unpredictable. Often people with abnormal behavior have cognitive disorders that disrupt a person's perception of the surrounding reality.

It is important that in recent years the concept of abnormality has been associated with the concept of «somatization», which usually represents overloads associated with psychosocial and emotional problems, manifested primarily in the form of somatic symptoms. Classifying individual types among the pathology proposed for consideration, psychosomatic (functional stages of somatic suffering caused by psychosocial stress), somatoform (somatic masks of mental diseases) and somatopsychic (diseases of internal organs complicated by mental disorders and increased fixation on unpleasant bodily sensations) diseases are distinguished (Pribytkov A.A., Yerichev A.N. [25]; Costa P.T. Jr., McCrae R.R. [26]; Nicole E. Stumpp, Matthew W. Southward, Shannon Sauer-Zavala [27]).

Based on the generalization of all known methods of psychotherapy in the treatment of abnormal behavior, namely methods of psychodynamic, behavioral (behavioral), cognitive-behavioral, humanistic therapy (in particular, client-centered therapy), we have identified as the most effective – behavior modification techniques and procedures aimed at changing inadequate beliefs within the framework of cognitive-behavioral therapy.

We also found that some of the methods are aimed at helping a person understand that their problems are caused by the experience of his development; others are trying to change the current thinking and behavior of an individual; or are associated with biological intervention in the body; and some of them determine ways and means of helping an individual from the community of people. At the same time, it can be said that these approaches, and accordingly their methods, do not exhaust the whole problem of anomalies, since they do not involve the psychological mechanisms of visualization and subconsciously imaginative thinking of the individual.

In accordance with this, we can say that among the various methods of correction of emotional and personality disorders in children (the most «facilitated» anomalies), currently, along with traditional psychotherapeutic methods (rational therapy, autogenic training, hypnotherapy, group, analytical, behavioral, positive, client-centered therapy), such as game therapy, fairy tale therapy, and art therapy are also used.

The specifics of the art-therapeutic approach in the prevention of abnormal behavior

Kazan teacher Zinnurov F.K. [28] within the framework of socio-cultural activities for the prevention of deviant behavior among students suggests using art therapy and creative self-expression therapy, because, in his opinion, the reduced nature of communication between adults and adolescents, which arose in the new socio-cultural conditions of post-Soviet society of the late twentieth - early twenty-first century, can be replenished only with the help of new

means that revitalize the «nature of the child» and the nature of his communication with others. This includes methods and means of art therapy, landscape, photo- and music therapy.

Modern Russian representatives of legal psychology Babina S.V., Dvoryanchikov N.V. in their study of the possibilities of psychological correction of sexual anomalies in the hospital [29] justified the importance of psychotherapy, including its mild forms (such as art therapy, cognitive behavioral therapy), in the treatment of sexual anomalies in the early stages of their development in adolescents and youth, highlighting the elements of their integration as the main ways to correct sexual disorders. Comparing the effect of these methods with the effect of psychopharmacological treatment, they proved their advantage in cases of early manifestation of some sexual disorders.

Modern researchers (Bosgraaf L., Spreen M., Pattiselanno K., van Hooren S. [30]; Ergalieva G.A. [31]; Shabysheva Yu.E., Rassudova L. A., Rasskazova, I.N., Antilogova L. N. [32]; Shukla A., Choudhari S.G., Gaidhane A.M., Quazi Syed Z. [33]; Lock J., Fitzpatrick K., Agras W. [34]; Haeyen S., van Hooren S., Hutschemaekers G. [35]; Sarybaeva I.S. [36]; Kassen G.A., Mukasheva A.B. and other [37]) are also agree on the use of art therapy methods in dealing with deviant and abnormal behavior, while also taking into account the specifics of their manifestations, including those related to mental and social disorders. In some works, emphasis is placed on the specificity of individual methods in the prevention of various kinds of anomalies (Evseenkova E.V., Belogai K.N., Borisenko Yu.V. [38]; Shanghai Sh. [39]; Jiang L., Alizadeh F., Cui W. [40]; Yan H., Chen J., Huang J. [41] and others).

As we have already proved above, in our opinion, the art-therapeutic approach is more optimal in dealing with abnormal behavior. We will try to establish which of the methods and techniques of the art-therapeutic approach can be more effective with those manifestations of abnormal behavior that we indicated in the introduction to our article.

One of the types of art therapy used in working with children and adolescents is music therapy. This is a psychotherapeutic method of applying music based on scientific achievements in the field of musical and therapeutic acoustics.

There are four main directions of the therapeutic effect of music therapy:

- 1) emotional activation during verbal psychotherapy;
- 2) development of interpersonal communication skills (communicative functions and abilities);
- 3) regulating influence on psychovegetative processes;
- 4) increase of aesthetic needs.

The mechanisms of the therapeutic effect of music therapy are catharsis, emotional release, regulation of the emotional state, facilitating awareness of one's own experiences, confrontation with life problems, increasing social activity, acquiring new means of emotional expression, facilitating the formation of new relationships and attitudes.

In the practice of prevention or treatment of emotional and personal disorders (including sexual anomalies) of children and adolescents, receptive (passive) and active forms of music therapy are used. Receptive music therapy involves the process of perceiving music for therapeutic purposes and exists in three forms: communicative (joint listening to music aimed at maintaining mutual contacts, mutual understanding and trust), reactive (aimed at achieving catharsis) and regulatory (contributing to the reduction of neuropsychiatric stress).

As part of the anti-stress program, it is recommended to use both forms of music therapy, but more often receptive music therapy is used. The band members listen to specially selected pieces of music, and then discuss their own experiences, memories, thoughts, associations, fantasies that arise during their listening. At one lesson, as a rule, three works or completed excerpts are listened to (each for 10-15 minutes). Programs of musical compositions are based on a gradual change in mood, dynamics and tempo, taking into account their different emotional load. The goal in this case is a certain emotional, including aesthetic, experience, which should contribute to the reaction of certain intrapersonal conflicts and the achievement of new meanings of consciousness.

Additional techniques such as breathing exercises, auto-training, hypnosis, painting or dance are used as means to help correct anomalies. The choice of certain musical compositions can be carried out on the basis of different criteria.

Active music therapy is a therapeutically directed, active musical activity: reproduction, fantasizing, improvisation with the help of a human voice and selected musical instruments. The use of this variant of music therapy requires the presence of the simplest musical instruments.

Having summarized all the information in the field of theory and practice of art therapy, we found it possible to use innovative areas of art therapy in the prevention of abnormal behavior, which include:

1) Multicultural direction: special attention is paid to the social and cultural experience of the client, including his ethnic, racial, class and professional affiliation (Ganieva R.H. [42]).

2) Feminist approach or gender-oriented direction: emphasis is placed on the peculiarities of the influence of cultural norms on gender roles (primarily female), as well as on the relationship between the sexes and human sexual behavior (Isitan Kilic D. [43], etc.).

3) Integrative direction: it is assumed that various forms of creative self-expression are actively used in the art-therapeutic process: music, dramatization, dance, as well as multimodal forms of art-therapeutic practice involving simultaneous or sequential use of visual, sensorimotor, dramatic role-playing and musical expression (Ania Z., Nicola K., Simon H. [44] and others).

The gender-oriented approach in art therapy, used in psychotherapeutic and art therapy work with female representatives, integrates the ideas of many scientific disciplines and schools. In the Russian Federation, it «grows» out of the clinical and psychiatric tradition, the psychology of relationships and the psychology of activity. At the same time, in recent years, its development has been significantly influenced by social and cultural theories, including the concepts of postmodernism and feminism, which are more actively developing abroad. Foreign gender-oriented psychotherapy and art therapy are also characterized by a close connection with psychoanalysis.

Analyzing the development of girls in the family and the peculiarities of the socialization of the sexes, such a representative of modern psychoanalysis as Suzy Orbach [45] points to the insufficiently formed psychological subjectivity of women. This author notes that, as before, women take care of the child and his upbringing. This determines the psychological structure of the daughter, including her more developed than her son's ability to establish close interpersonal relationships, on the one hand, and difficulties in achieving psychological autonomy and self-realization, on the other hand.

Due to the girl's continued dependence on her mother for a longer time and greater control over her body by the family and society, a woman's body is often perceived not as her property, but as the «territory» of other people - mother, father, and then partner, husband, and child. «It is not surprising that neurotic eating disorders, skin diseases, sexual dysfunctions and self-destructive behavior directed at one's body are most characteristic of women experiencing distress» [45].

Kopytin A. and M. Rugh [45] draw attention to the therapeutic potential possessed by the process of creating visual and plastic products by women in the form of talisman-like objects. The authors show how such products, which have deep cultural roots and are associated with various types of applied practice typical for women, can contribute to solving problems of psychological integration.

An important role in the development of gender-oriented methods of art therapy can be played by the use of culturological material, the richness of visual and plastic forms and rituals characteristic of different ethnic communities, including Kazakhs and Slavs. Thus, gender aspects of ethno-doll therapy are being actively developed in Russia. In his generalizing article on art therapy in the postmodern era, A. I. Kopytin [45] highlights the experience of practitioners in the field of ethno-doll therapy (E. Starovoitova), the use of an art album (E. Vasina, A. Barybina), photo art therapy (Judy Weiser), transpersonal voice therapy (V.Nikitin) and others.

In addition, in the practice of their activities, many researchers pay attention to gender-specific behaviors, including abnormal ones, and consider the artistic and cultural environment as a vast field for the formation of behavior and personality adequate to moral values (Beaumont Sh. [46] and others).

Thus, we have established that in the prevention of abnormal behavior, it is also necessary and at the same time to effectively use a feminist approach or a gender-oriented direction, in which appropriate methods will be focused on taking into account the peculiarities of the influence of cultural norms on gender roles (primarily women's), as well as on the development of relations between the sexes and sexual behavior of a teenager.

Modern research on abnormal behavior

Models of abnormal behavior vary from culture to culture, and this is reflected in the specifics of research, differences in approaches to counseling and psychotherapy (Draguns J.G. [47]). In recent years, studies of abnormal behavior using various kinds of tools have become more relevant. For example, the article by Tay, Nian Chi; Connie, Tee; Ong, Thian Song et al [48] analyzes abnormal behavior detection systems designed to automatically detect and recognize abnormal behavior based on various types of input data, such as sensor data and visual data.

Modern research on abnormal behavior also echoes research on mental disorders, which contributes to effective prevention and burden relief of behavioral psychopathology (Eaton, N. R., Bringmann, L. F., Elmer, T., Fried, E. I., Forbes, M. K., Greene, A. L. et al [49]). In China, predicting abnormal behavior is becoming relevant by integrating multiple student behavior indexes (WangY., Wen J., Zhou W., Wu Q., Wei Y., Li N., Tao B. [50]).

Thus, as a result of the analytical review, we were convinced that abnormal behavior is studied through the prism of cultures and approaches in different contexts: social, psychological, psychiatric, legal, etc. Every society has certain standards or norms of acceptable behavior;

behavior that deviates markedly from these norms is considered abnormal. Behavior that is considered normal in one society may be considered abnormal in another. For example, representatives of some African cultures do not consider it unusual if a person hears voices when no one is talking, or sees something that is not really there, but in most societies such behavior is considered abnormal. Another problem is that the concept of normality in the same society changes over time. Forty years ago, most Americans would have considered smoking marijuana or appearing half-naked on the beach to be abnormal. Today, such behavior is considered a sign of a different lifestyle, rather than an anomaly. Thus, the concepts of normality and anomaly are different in different societies and change in the same society over time, and any definition of anomaly should be based not only on compliance with social norms.

Results

The article provides a comprehensive review of the problem of abnormal behavior and approaches to its prevention, including using data from related fields of knowledge. The article became not just a generalization of literary data, but, above all, their critical analysis, which helps to identify existing achievements and problems, point out gaps in research and determine the prospects for their solution.

Conclusion

So, art therapy as a whole, as a therapeutic approach, allows the development of the ability to express oneself, explore a variety of feelings on a symbolic level, sublimate negative experiences in socially acceptable ways, i.e. expressing them with visual images. Art therapy for the prevention and correction of abnormal behavior is based on the mobilization of the creative potential of internal mechanisms of self-regulation and healing. Its methods also help to realize negative behaviors, form new strategies for actions and communications, change self-esteem and ways of thinking, through the development of the right hemisphere. This makes it possible to even out the imbalance between the standard approach to teaching children and adolescents in modern society, where education is more focused on the development of the left hemisphere.

Gender-oriented methods of prevention of abnormal behavior in the school environment should be primarily aimed at preventing the emergence of problems of personality development, prevention of risky behavior; assistance in solving urgent problems of gender socialization and socialization in general (educational difficulties, violations of the emotional and volitional sphere, problems with choosing an educational and professional route, relationships with peers, teachers and parents) and the like.

Important elements of the school environment should be: a comfortable psychological climate for learning in an educational institution, social and psychological protection of adolescents, reduction of the number of maladapted adolescents; identification at an early stage of groups of minors who have fallen into a difficult life situation; prevention of complications of their life cases by timely inclusion in the program of assistance, and so on.

The undoubted usefulness of art methods and techniques for modern teenagers and young people who use mainly verbal communication channel and virtual means of communication is that these methods use visual and plastic expression as a communication tool, and the products of activity are visual and tangible objects of the real world. This makes them an indispensable tool for the study and harmonization of the three sides of the inner world of man, for the expression of which words are insignificant, and sometimes even inappropriate.

Authors` Contributions

Kassen G.A. – analysis of sources and conducting a literature review, preparation of the text of the article;

Aimaganbetova O.Kh. – critical review of the content; approval of the final version of the article for publication;

Adilova E.T. – is responsible for all aspects of the work, proper examination and resolution of issues related to the reliability of data.

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Аномальді мінез-құлықтың алдын алу тәсілдеріне талдамалық шолу

Андатпа. Мақаланың мақсаты-қазіргі жағдайдағы аномальді мінез-құлық проблемаларының спектрін бөліп көрсету және жүйелеу негізінде аномальді мінез-құлықтың алдын-алудағы әртүрлі тәсілдердің мүмкіндіктерін көрсету. Мақалада аномальді, девиантты және девиантты мінез-құлықтың анықтамалары қоғаммен және өзімен антинормативті өзара әрекеттесудің әртүрлі деңгейлері ретінде берілген; аномальді мінез-құлық қазіргі балалар мен жасөспірімдер психотерапиясының өзекті сұранысы ретінде қарастырылады; аномальды мінез-құлықты түсіндірудің екі негізгі тәсілі ерекшеленеді (нозоцентрлік және нормоцентрлік); аномальді мінез-құлықты сәйкестендірудің жалпыланған критерийлері ерекшеленеді; аномальді мінез-құлықтың алдын-алудағы арт-терапия әдістерінің ерекшелігі талданады.

Қалыпты емес мінез-құлықты емдеуде психотерапияның барлық белгілі әдістерін жалпылау жүргізілді. Балалардағы эмоционалды-тұлғалық бұзылуларды түзетудің әртүрлі әдістерінің арасында (ең «жеңіл» ауытқулар) қазіргі уақытта дәстүрлі психотерапиялық әдістермен (рационалды терапия, аутогендік жаттығулар, гипнотерапия, топтық, аналитикалық, мінез-құлық, позитивті, клиентке бағытталған терапия) қатар қолданылады. Ойын терапиясы, ертегі терапиясы, арт-терапия. Арт-терапияға гендерлік бағдарланған көзқарасты жасөспірімдердің жыныстық мінез-құлық нормаларынан ауытқудың алдын-алу үшін ең оңтайлы деп бөліп көрсете отырып, олардың жеке адамның жыныстық мінез-құлықтың тиісті нормасын қалыптастырудағы мүмкіндіктері туралы болжам жасалады.

Түйін сөздер: қалыптан тыс мінез-құлық, девиантты мінез-құлық, девиантты мінез-құлық, қоғамға қарсы мінез-құлық, құқық бұзушылық мінез-құлық, паранормальды мінез-құлық, жыныстық мінез-құлықтың ауытқулары.

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Аналитический обзор подходов к профилактике аномального поведения

Аннотация. Цель статьи – демонстрация возможностей разных подходов в профилактике аномального поведения на основе выделения и систематизации спектра проблем аномального поведения в современных условиях.

В статье даются определения аномальному, отклоняющемуся и девиантному поведению, как разным уровням антинормативного взаимодействия с социумом и самим собой; аномальное поведение рассматривается в качестве актуального запроса современной детско-подростковой психотерапии; выделяются два основных подхода к объяснению аномального поведения (нозоцентрический и нормоцентрический); выделяются обобщённые критерии идентификации аномального поведения; анализируется специфика методов арт-терапии в профилактике аномального поведения. Проведено обобщение всех известных методов психотерапии в лечении аномального поведения. Утверждается, что среди различных методов коррекции эмоционально-личностных расстройств у детей (самых «облегчённых» аномалий), в настоящее время наряду с традиционными психотерапевтическими методиками (рациональная терапия, аутогенная тренировка, гипнотерапия, групповая, аналитическая, бихевиоральная, позитивная, клиент-центрированная терапия) применяются и такие, как игротерапия, сказкотерапия, арт-терапия. Выделяя гендерно-ориентированный подход в арт-терапии как наиболее оптимальный в профилактике отклоняющегося от норм сексуального поведения подростков, делается прогноз относительно их возможностей в формировании адекватного норме сексуального поведения индивида.

Ключевые слова: аномальное поведение, девиантное поведение, отклоняющееся поведение, асоциальное поведение, делинквентное поведение, паранормальное поведение, аномалии сексуального поведения.

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