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ADDICTION POLYMORPHISM: SOCIAL AND PEDAGOGICAL ASPECTS

The aim and tasks of the research are as follows: to study the phenomenon of polymorphism of addictions, the empirical detection of polymorphicity in addictive individuals, the disclosure of the most common types of addictions that make up a “polymorphic set”, to reveal the most common interconnected forms of addictive behavior of drug addicts under the conditions of rehabilitation centers, as well as to elucidate the manifestations of gender peculiarities of polymorphism in drug addicts and possible consequences of these manifestations in the socio-pedagogical aspect. Among the empirical methods of the research, the leading one is the social and pedagogical experiment on identifying the polymorphism of addictions among the drug-dependent in the rehabilitation centers. The experimental group consisted of drug addicts (the total number of respondents was 147, of whom 127 were men, 20 were women, aged 15-55). The research was conducted in the rehabilitation centers of Kharkiv and Kharkiv region (during 2015-2017) with the aim to detect a propensity to different types of dependencies. It was based on the questionnaire proposed by G.V. Lozova (St. Petersburg, St. Petersburg State University of Physical Culture named after P.F. Lesgaft). The results of the study indicate the presence of polymorphism of addictions in the subjects. The most of the experiment subjects showed high rates of general tendency towards different types of addictions. Thus, for men, this indicator was 95.2%, for women - more than 50%. This indicates a high risk of returning the former drug addicts to drug use, where a trigger mechanism may be some other type of addictive behavior, such as emotional addiction or interdependence.

Keywords: *polymorphism, addiction, addictive persons, rehabilitation centers, drug addicts.*

Introduction

In the modern world, the number of people with manifestations of different types of addictions (dependencies) is increasing. This is due to the negative impact of man-made nature, which causes high stress-relatedness, as well as the devaluation of the moral and ethical values of the society, the deformation of social values, the decline of the educational potential of the family and society as a whole. A personality, trying to withstand the challenges of the present world, uses the whole arsenal of available means to confront chronic stress or life problems and thus resorts to socially inappropriate patterns of behavior, such as addictive behavior, which eventually leads to the formation of stable addiction.

Polymorphism (from Greek.) Πολύ - many, and μορφή - form) is a concept that allows one to consider the diversity of manifestations of a particular state, images, and species within a single object. The essence of the polymorphism of addictions is the variety of forms of dependence that can be manifested in the same addictive person under various circumstances. In other words, a dependent person may have several dependencies at the same time, for example - polynucleotide as a chemical addiction (simultaneous dependence on alcohol, tobacco and drugs), or if chemical addictions are added to non-chemical ones (Internet addiction, work addiction, etc.).

For the first time, the idea of polymorphism of addictions was expressed in the 70s of the twentieth century by the American scientists R. Solomon and D. Corbit (1974),

in the framework of the described theory of opposition process (opponent-process theory) for love and opioid addiction. Today, the problem of polymorphism of addictions in the socio-pedagogical sense should be paid special attention in order to increase the effectiveness of prevention and correction of addictive behavior. The empirical study of the problem of resocialization of drug addicts suggests a low level of ability to overcome an addiction without changing the model of behavior to an independent, without overcoming all types of the person dependencies (Chernetska, 2016). On the contrary, we have noted the fact that often addicts unknowingly change one kind of dependence for another, trying in any way to overcome the negative habits connected with chemical dependence. Such a transition from one form of addiction to another one quickly returns a person to the original form of addiction - narcotic.

Aim and Tasks

Thus, the aim of the article is to study the phenomenon of polymorphism of addictions, to identify the most common interconnected forms of addictive behavior in drug addicts, manifestations of gender characteristics of the polymorphism of addictions and their consequences in the socio-pedagogical aspect.

The tasks of the study are as follows: 1) theoretical analysis of the problem of polymorphism focusing on the socio-pedagogical aspect, giving information about empirical research conducted by various authors; 2) carrying out our own empirical research with drug addicts under the

conditions of rehabilitation centers in order to detect polymorphic addictions and the possibility of further correction of these conditions; 3) identification of gender characteristics of the polymorphism of addictions; 4) elicitation of the typical features in combination of polymorphic addictive states of the rehabilitants with the drug dependence, as well as ways to correct these conditions.

Research methods

An experimental study of addiction polymorphism was conducted among drug addicts (the total number of respondents was 147, of whom 127 were men, 20 were women, aged from 15 to 55 years old) in the rehabilitation centers of Kharkiv and Kharkiv region with the aim to detect predisposition to different types of addictions, using the questionnaire proposed by G.V. Lozova (St. Petersburg, St. Petersburg State Pedagogical University named after P.F. Lesgaft).

The questionnaire contains 13 scales (a total of 70 questions), each of which allows to diagnose the level of inclination to some kind of addiction (alcohol, television, love, gaming, sexual, food, religious, work, drug, computer, tobacco, dependence on a healthy lifestyle and the general predisposition to addictions). The results of the survey consist in calculating the level of inclination to dependence and are formalized as follows: 5-11 points - low level; 12-18 points - average; 19-25 - high predisposition to addictions.

It should be noted that this questionnaire is investigatory and does not serve as the basis for the diagnosis of dependence; at the same time, it gives an idea of the possible kind of addiction that the dependent person can “switch” during the post-rehabilitation process.

Theoretical Study Results

The recent publications review has shown the existence of more than 300 types of addictions with different degree of scientific research. In the medical sense, some of the addictions relate to behavioral disorders, some described as illnesses (conditions and manifestations) with an appropriate diagnosis (International Classification of Diseases - 10, grade 5 - Mental Disorders and Disorders of Behavior, Diagnoses F00 - F 99) and are represented by numerous scientific research in the field of medicine. In the social and socio-medical context, the addictions are mainly studied by psychiatrists, psychotherapists, whose subject of study are peculiarities, symptoms, consequences, therapy and correction of chemical addictions.

The psychological direction is represented by the works of the psychologists, who provided medical assistance for addicts, studied their psychological features, developed questions of psycho-correction work both with the addicts and the members of their families, etc.

Addictive behavior is one of the forms of destructive behavior characterized by the desire to move away from reality through the use of certain substances or fixation of attention on certain subjects or models of behavior, which is accompanied by the presence of intense emotions (Korolenko, 1991). The essence of polymorphism lies in obtaining a certain mental state through specific activities

or use of psychoactive substance which temporarily gives a person an illusory feeling of safety and emotional comfort and which is related to dependence.

Despite the imaginary external differences, dependent forms of behavior have fundamentally similar psychological mechanisms. In this regard, there are general signs of addictive behavior. First of all, a dependent behavior is manifested in steady inclination to change the psychophysical state. This compulsion is experienced by a man as impulsively categorical and irresistible. Externally, it may look like a struggle with oneself, and more often like a loss of self-control. Addictive behavior does not appear immediately, it is a continuous process of formation and development of the addiction. The motivation for behavior differs at different stages of dependence. Polymorphism can manifest itself throughout human life and transform from one type of dependence to another. The choice of the subject of addiction is influenced by the individual features of the addict (age, social connections, level of intelligence, ability to sublimation, etc.).

In the early 90s of the twentieth century, the British scientific publication on addictology published an article by I. Marx, which highlights the universal criteria for the diagnosis of all forms of addictions, which confirms the correctness of our interpretation of the essence of the addiction polymorphism and the necessity to take into account the features of polymorphism in treatment and prevention of addictive behaviors (Marx, 2007). Briefly, we will disclose the criteria for the diagnosis of non-chemical (behavioral) addictions: the compulsion to counterproductive behavior (obsession), increase in tension until the activity is completed, the completion of activities, which for a short time reduces the tension, repeated compulsion and the signs of stress in several hours, days, weeks (manifestations of abstinence), the uniqueness of external presentations of a particular type of addiction; the further existence of a person depends on internal and external feelings (dysphoria, longing), hedonistic attitudes in the early stages of the dependence formation. So, the research on the phenomenon of polymorphism brings understanding of the necessity to change the model of dependent behavior into the behavior of an independent person, since treatment of only one of the manifestations of the polymorphism in addicts will be ineffective as the practice and analysis of the research of scientists (O. Yegorov (2005, 2007), Ts. Korolenko (1991), V. Mendelevich (2003, 2005), D. Chetverikov (2002), etc.) show chemical dependencies (from psychoactive substances) often combined with non-chemical and varying prevalence among women and men.

Among the most generalized classifications, in our opinion, the one by A. Yegorov is worth attention. The author refers the following addictions to non-chemical ones: 1) gambling problems; 2) erotic addictions (love, sexual); 3) “socially acceptable addictions” (workaholism, sporting addiction, addictions of relationships, addiction to spending money, religious addiction); 4) technological addictions (Internet, mobile phone accessories, television,

gadget addiction disorders); 5) food dependencies (addiction to overeating, to fasting etc.) (Yegorov, 2006).

Empirical Research Results and their Discussion

Studying the prevalence of gambling problems (game dependence) in the United States, K. Decaria with co-authors have found out that the number of gamblers in the 90s of the twentieth century was about 2.5 million people. According to other research (Volberg, Steadman, 1988), among all the members of the group of anonymous gamblers, only 7% are women, the rest are men, although some researchers give the ratio of men and women 2 to 1 or 3 to 1. Scientists explain the low rates of female gambling prevalence by low detection of female gambling behavior and the fact that women rarely seek help from professionals for their addiction.

Our study on predisposition of the drug addicts to the gambling resulted in 40% of the male respondents; we have not found any game addiction among the female respondents. Other studies have found a connection between gambling, shopping and sexual addictions (Specker, 1995).

Sufficient results concerning polymorphism of drug addiction have been revealed in the inclination to love and sexual addictions, both among men and women. Regarding the dependencies to love affection (pathological love, addictions to love relations with fixation on another person, the result is from 2 to 75% of the adults), women and men are represented more or less uniformly. The difference is manifested in the types of love addictions: most co-dependent are women who are inclined to reproduce gender stereotypes of sacrifice, caring, patience, etc. According to the Canadian scientist S. Peabody, often in both women and men the love addictive behavior is combined with chemical dependencies (Peabody, 1989). This was proved by our survey as well. Thus, the tendency to love affection was found in 98.4% of men, and in 100% of women, all of them having drug addiction.

Recently, “virtual relationships” have become popular with the development of virtual space and Internet accessibility, which has contributed to the emergence of such a kind of sexual addictive behavior as a cyber-sexual addiction, which is dangerous, as 68% of people who suffered this form of dependence have become incapable of natural form of sexual relationships. According to P. Carnes, 83% of sexual addicts experienced sexual abuse in their childhood, or have witnessed it. The peculiarities of manifestations of sexual addiction in women are as follows: sex as fantasy, sex as work, sex as an exchange of pain, sex for the sake of showing concern, for control over a partner, sex as a temptation. Sexual addiction in men is characterized by the following manifestations: sex vuayerists (observing sexual acts), paid sex, anonymous sex, the sex of aggressors (rapists) (Carnes, 1991).

In our survey, we obtained the following results: the mean values of the tendency to sexual addictions were detected in almost 90% of the men (in points between 12 and 18), as well as in more than half of the women. Researchers point out that sexual addiction often coexists with various forms of drug addiction, and may be the cause, most often

unidentified, of relapse of chemical dependence. Such a manifestation of the polymorphism of additions makes it possible to draw conclusions about the necessity of adherence to drug addicts’ recommendations for the prevention of sexual and emotionally colored love relationships in the early stages of remission, the finding of bright emotions in other socially positive activities, such as leisure, hobbies, communication with friends, etc.

Like other socially acceptable addictive behavioral disorders, workaholism is also a form of “escape from reality” (Kilinger, 1991; Outs, 1971; Porter, 1996). Such a kind of dependence as a common socio-cultural phenomenon of a developed society and a historically determined display of behavior, is more characteristic of men, although, according to O. Egorov, a significant number of business ladies are also workaholiks. For men, this form of addiction is a way of escape from the responsibility for the family, the form of infantilism as a way of getting rid of external social tension; as for women, it is a way to break up with loneliness, poor self-realization, overload of household chores, and emotional problems.

Investigation of the tendency to workaholic addictions conducted among the rehabilitants in the centers has shown that this type of predisposition has high rates among the men - more than half of them (average 51%), among the female respondents this inclination is not so pronounced - the average level is only 15% among the drug addicted women, which indicates a poor ability to switch to work in order to satisfy emotional needs.

With the development of the healthy lifestyle trend, the number of sports addicts increases. A study among American college students showed that sport attachment was found in 21.8% of the surveyed. According to another study (E. Kielsas et al.) with the questionnaire on the addiction of sport exercises, it was found that women reveal a direct proportional dependence between the number of hours per week they devote to sports and the formation of a sports addiction (Kjelsas, 2003).

It should be noted that among women with sports addiction up to 48% have other types of chemical (drug addiction, alcoholism) and non-chemical (anorexia, shopogolizm) addictions. In the survey conducted by us, the scale for determining the sports dependence has not been provided, so this direction can be a separate issue for experimental study.

The next type of dependency, which most often makes the essence of polymorphic addictions, is the compulsion to make purchases, or shopogolizm. This type of dependence was first studied by R. Miltenberg, J. Redlin, R. Crosby, M. Stickney, J. Mitchel, S. Wonderlich, R. Faber, J. Smith (2006) and is characterized with such a form of behavior as a chronic desire to make purchases in response to negative circumstances and feelings. R. Miltenberg notes that shopogolizm is found mainly in women (92%) and begins to develop approximately at the age of 17.5. In the United States, from 1 to 10% of the population suffer this form of addictive behav-

ior. According to foreign scientists, polymorphism in shopaholics in most cases is combined with a form of food disorders - anorexia and bulimia.

The analysis of the gender aspect of addictive behavior has made it possible to identify the “leader” among addictions in women – these are disorders of eating behavior, or so-called food addictions – anorexia and bulimia (Korolenko, 1991; Mendeleovich, 2003, 2007; Starshenbaum, 2006, etc.). Until recently, these types of dependencies have been studied mainly by specialists of the medical profile – psychiatrists, narcologists, psychotherapists, who offered mainly medication in combination with psychotherapy.

The prevalence of this disorder among teenage girls and young women is dictated by the fashion for the “model appearance”, which bloomed in the late twentieth century, and subsequently turned into a threatening trend, which is now known as a socially dangerous phenomenon for young generations and demands a special attention of the pedagogical community and parents.

In works by M. Korkina, V. Tsyvilko, V. Marilov (1986) it is noted that nervous anorexia is an independent endoreactive disease of people of puberty age, mostly girls. This is aggravated by dysmorphic feelings related to the girl’s dissatisfaction with her own appearance (A. Yegorov, 2005, 2007), greater female access to food, greater tendency for women to passive and submissive behavior. It has been noticed recently that men also become involved in the tendencies of pathological care about their appearance; therefore, research on the question of food addictions among men can become a promising direction.

The actual study of the polymorphism of addictions among the women has confirmed the tendency to this type of dependence. Thus, 66% of the interviewed girls have a moderate and high propensity to anorexia. Sufficient rates of inclination to this type of dependence have also been noticed among men as well; however, this tendency in men is still reduced by workaholic dependence.

It is necessary to mention that since the research was conducted in rehabilitation centers for drug addicts, this kind of chemical dependence was considered by us as a derivative for the development of other forms of dependent behavior and as a basis for studying the phenomenon of polymorphism. The used questionnaires allowed to state high inclination rates for such types of chemical dependence as alcoholic, tobacco and narcotic.

We can explain this data by the fact that the respondents are in recovery with different periods, from 2 weeks to 5 months, and as it is known, the state of remission begins with half a year of drug addiction rehabilitation course. However, we have gained the following results: the propensity for tobacco and narcotic dependence has been diagnosed in 100% of the drug addicted, alcohol - in 80% of the women and 86% of the men, and the tendency to religious and medication dependence has not been widely detected (in men this figure is 10% and 7%, in women - 5.5% and 15% respectively). Also, there is a big difference between the prevalence of gambling among men and women – almost 2 to 1, respectively.

In the framework of the addiction polymorphism study, it is essential to provide the following socio-pedagogical recommendations as for preventing the development of addictive states in drug addicts after their undergoing a course of rehabilitation in specialized centers:

1. Conducting individual advisory work with clients, considering the results of their diagnosis as for predisposition to different types of dependence. The point of such work is to find ways to prevent shifting focus to any other type of dependence.

2. Designing an individual trajectory for the re-socialization of drug addicts, taking into account their gender characteristics, as well as factors and conditions of their lives; following recommendations, timely correction of the trajectory of re-socialization of drug addicts.

3. Determining life goals and life prospects by drug addicts in various spheres of their lives (health, family, career and profession, self-realization and self-development, friends, leisure, etc.), analysis of ways to achieve success, assessment of possible risks, difficulties and problems.

4. Creating a favorable social environment for clients, involving communication with people who have successfully overcome addiction and who are leading now a healthy lifestyle.

5. Organizing social training for drug addicts to teach them to resist stress, to avoid conflict situations, and to develop assertive behavior skills.

Conclusions

1. Polymorphism of additions is a variety of manifestations of one or another dependent state in one person, that is, a dependent person can simultaneously have several dependences (both of chemical and non-chemical character). The theoretical analysis of the problem has revealed a sufficient research, but mainly in the field of medicine (psychiatry, narcology, psychotherapy) and psychology. The study of this phenomenon from the point of view of social pedagogy can add to the effectiveness of prevention and correction of addictive behavior, as well as increase the number of drug addicts with remission.

2. The conducted survey has proved that in most of the respondents, polymorphism is manifested as a set of tendencies to up to four types of dependence. Moreover, the most widespread are the chemical ones – alcohol, narcotic and tobacco. Most often combined with the tendencies listed in men, there is also a tendency to such non-chemical addictions as playing, workaholic and sexual dependence, and in women – food dependence. Both women and men have showed a low propensity for religious and medication dependence.

3. For all the interviewed respondents, rates of the general predisposition to different types of dependence have proved to be high. Thus, for men, this rate is 95.2%, for women, it is more than 50%. This suggests a high risk of returning former drug addicts to the use of narcotic substances, where a trigger mechanism can be some other kind of addictive behavior, such as emotional one or codependence.

4. Among the dependences important for consideration that were revealed through the theoretical analysis but,

nevertheless, lacked our attention was sports addiction or sportomania, although its underestimation can become a real threat for the addictive behavior of the drug addicts. This suggests the need for a separate experimental study with a more thorough selection of diagnostic tools.

Having analyzed the problem of manifestation of addictive behavior in men and women, we have come to the conclusion about the prospect of studying addictive states

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ПОЛІМОРФІЗМ АДИКЦІЙ: СОЦІАЛЬНО-ПЕДАГОГІЧНИЙ АСПЕКТ

Актуальність поліморфізму адикцій в соціально-педагогічному сенсі продиктована необхідністю теоретико-методичного вивчення проблеми задля підвищення ефективності превенції різних видів залежної поведінки та корекції адиктивної поведінки. Долаючи один із видів залежності, фахівці не враховують поліморфічну природу адикцій, що призводить до низької результативності у подоланні адиктивних патернів поведінки. Мета та завдання дослідження полягають у вивченні феномену поліморфізму адикцій, емпіричному виявленні поліморфічності у адиктивних осіб, розкритті найпоширеніших видів адикцій, що складають «поліморфічний набір», виявленні найбільш часто поєднаних між собою форм адиктивної поведінки у наркозалежних в умовах реабілітаційних центрів, а також розкритті проявів гендерних особливостей поліморфізму адикцій у наркозалежних та можливих наслідків цих проявів у соціально-педагогічному аспекті. Серед емпіричних методів дослідження провідним став соціально-педагогічний експеримент із виявлення поліморфізму адикцій серед наркозалежних реабілітаційних центрів. Експериментальну групу склали наркозалежні особи (загальна кількість респондентів – 147 осіб, з них – 127 – чоловіки, 20 – жінки, віком від 15 до 55 років). Дослідження проводилося у реабілітаційних центрах Харкова та Харківської області з метою виявлення схильності до різних видів залежностей із використанням однойменного опитувальника, запропонованого Г. В. Лозовою (Санкт-Петербург, Санкт-Петербурзький державний університет Фізичної культури ім. П.Ф. Лесгафта). Результати дослідження свідчать про наявність поліморфізму адикцій у досліджуваних. У більшості учасників експерименту виявились високі показники загальної схильності до різних видів залежності. Так, для чоловіків цей показник склав 95,2%, для жінок – більш ніж як 50%. Це свідчить про високі ризики повернення колишніх наркозалежних до вживання наркотичних речовин, і тригером або «пусковим» механізмом може бути саме якийсь інший вид залежної поведінки, наприклад, емоційна залежність або співзалежність.

Ключові слова: поліморфізм, адикції, адиктивні особи, реабілітаційні центри, наркозалежні.

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