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## ИЗВЕСТИЯ

НАЦИОНАЛЬНОЙ АКАДЕМИИ НАУК  
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## NEWS

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**THE PSYCHOLOGICAL PROBLEMS  
OF ADOLESCENTS WITH ADDICTIVE BEHAVIOUR:  
THE ROLE OF LIFE MEANING STRATEGIES**

**Abstract.** There are various forms of addictions that teenagers and adolescents indulge in. Adolescence is a stage in life that when physical and hormonal changes influence a person’s field of decision-making. During this time, adolescents are enticed to experiment on drugs and other dangerous habits. The Soviet and Western researches showed that adolescent’s addictions cause problems in interpersonal relationships; increase risk behaviour and one of the reasons of suicides. Many studies have shown that drug use started in the teen years leads to violence, early sexual activity, and higher school dropout rates. Studies have also found that drug-abuse problems started in the teenage years lead to serious abuse problems in early adulthood, although abuse tends to decrease in the late 20s. One of the protective factors from addictive behaviour for teenagers is the meaning of life and spiritual values which play a major role in impulse control. In this article we investigated two groups of teenagers, the experimental group consist participants with drug addiction and control group participants are healthy teenagers. Adolescent values and future plans – beliefs about what will matter to them in the future – may shape their adult behaviour. This study examined how adolescent values predicted adult social roles, civic behaviors, and drug use. Results suggest that attention should be paid to how adolescents are thinking about their futures due to the associated links with long-term social and health behaviours. Overall, this study shows that there are significant differences both in individual indicators, and on the relationships between the meaning-life orientations and value orientations in the structure of personal life plans of adolescents with addictive behaviour and adolescents, not prone to addiction. This result may indicate that the psychological aspects of personal life plans for adolescents influence the development of addictive behaviours.

**Keywords:** addictive behaviour, life-meaning orientations, values.

**Introduction**

The problem of personal life perspectives in modern psychology is becoming increasingly important. In conjunction with the many social, cognitive, and biological changes in the second decade of life, adolescence is a time when individuals develop values and worldviews (Fedotova, 2016). Teenagers today should be able to build a meaningful relationship, anticipate, predict and make life plans. There are a significant number of scientific papers devoted to the problem of constructing life plans (Golovaha & Kronik, 2014; Kronik & Ahmerov, 2015; Ahmerov, 2013).

The Leningrad school of psychology created the new term “the personal life way” (Anan’ev, 2000; Vygotskiy, 1997; Pankova, 2015). This study has delineated the field of problems which remained unused for a long time and unresolved in psychology. Different approaches to the psychology of the individual life way are united by a common idea, which is that life plans generally are understood to be inherent in individual activity (Ralnikova, 2014; Lovpache, 2011). This activity is aimed at future events, but in the present, this activity starts to determine behaviour and human activities, leading to the development of its relationship with the surrounding social reality.

Adolescents are also immersed in prospection; scholars are increasingly recognizing that thinking about one’s future is central to structuring goals and motivating actions (Gilbert & Wilson, 2007; Seligman, Railton, Baumeister, & Sripada, 2013). Integrating a prominent theory of values (Schwartz et al., 2012) with the burgeoning research on adolescents’ and young adults’ future thinking (Peetsma & Van der Veen, 2011).

### **Problem Statement**

Drawing from classic conceptualizations of values (Rokeach, 1973), the term values describes abstract beliefs concerning the perceived importance of various modes of conduct and end states. The values are organized into a coherent system of overarching principles that guide attitudes and behaviours (Rokeach, 1973). These values can potentially serve as an internal compass, directing adolescents in the choices they make as they transition into adulthood. Hundreds of articles from many cultures across two decades have supported the notion that values can be reduced to 10 basic value types and four higher-order value dimensions (Schwartz et al., 2012). An underlying assumption of classic value theory is that values are relatively stable, enduring beliefs that should have long-lasting implications for behaviour (Rokeach, 1973). From this perspective, some have argued that values are a key component of identity. With identity development as a key part of adolescence, the future plans and values of adolescents could possibly describe intrapersonal changes during this time.

The various forms of future thinking have been shown to be important for understanding motivation and self-regulation (Lazarenko, 2012). Life plans of convicted juvenile offenders characterized by deviant behaviour are regarded in the context of the study of personality orientation problems, the life prospects of offenders, volitional activity, attitudes, values. The effect of life plans on the behavior of adolescents who are prone to addictive behaviour, as a separate issue has not been studied in psychology.

The study of the psychological future in terms of life path from the perspective of the person activity is the most productive of all approaches, as it reviews the person as the centre of determination of the life path. However, the future as a mode of time of the person life has been studied mainly from the perspective of event-driven approach, considering the chronology and content of future events (Golovakha & Kronik, 2008), the semantic representation of the future in the world view of the personality remained out of the research interests up to the present day. The analysis of theoretical and experimental studies allows suggesting that the psychological characteristics and principles of time aspects of functioning of the future differ from the semantic ones

The problem of psychological time in adolescence is important, because in this period, teenagers become aware of themselves and their life in time. Especially important, in our view, is to study the experience of time in adolescents who are prone to addictive behaviour (Hicks et al., 2012). This is due to the fact that by far in the education system and in Russian society the conditions for the normal physical, mental, psychological and social risk group of adolescents who are prone to addictive behaviour, do not lead to the desired result - the successful preparation of adolescents for an independent life in society and social and psychological adaptation.

Our rapidly changing social reality demands new approaches to the study of characteristics of the psychological time of adolescents who are prone to addictive behaviour. Identifying the problems that stop young people making their future life plans will help to provide psychological assistance to these adolescents, which is based on the optimization of personal time perspective (Golovakha & Kronik, 2014). Addictive behaviour leads to a "change in the motivational, meaningful, and value spheres" of an adolescent's personality, leading to a distorted perception of time perspectives and deformation in a structure of personal life plans (Lazarenko, 2012; Schreiber, 2005). Maturity of the components related to the future (goals and plans, life prospects, etc.) can be considered as the main indicator of personality development in adolescence. An important characteristic of the relationship to the future is its overall emotional tone, a positive attitude towards the future, as well as its realism: the security related to the future resource goals and means of achieving them.

Thus, the works of the classics of Russian psychology emphasize the importance of real life relationships in the process of meaning-making of the personality; this allowed to assume that there is a relationship between the semantic aspects of the future of personality and the features of its self-determination in a particular profession. The most productive and developed domestic approach to the study of personal meaning is an approach of Leontiev (2003), who summarized and systematized the existing ideas about the meaning in philosophy and psychology. The methodological approach to the study of the meaning, he proposed, is based on the unity of three aspects: activity defined by the dynamics of psychological processes of the personal regulation of life activity; phenomenological represented by presentation processes in the world image of the subject of the meanings of significant objects and phenomena; ontology defined by the dynamics of the life relationship of the subject with the world.

Leontiev (2003) developed a semantic concept of the personality detailed in ontological context, in this aspect, semantic reality of person is achieved through the background knowledge and his relationship with it. Personal meaning of time is expressed both in its immediate emotional assessment, and the degree of cognitive mindfulness.

This article is devoted to studying the impact of the life plans of teenagers on the occurrence of deviant behaviour, in particular the emergence of addiction. We proceeded from the assumption that the structure of personal life plans of adolescents with addictive or non-addictive behaviour; that could be explained in a significant difference in terms of the meaning of life and values. Confirmation of this hypothesis may indicate that the psychological characteristics of personal life plans of teenagers affect their addictive behaviour.

In the study, the impact of personal life plans to the behaviour of adolescents with addictive behaviour, was held ascertaining experiment. We assume a comparative analysis of life orientations and values of adolescents prone and unwilling to addictive behaviour.

The purpose of the study was to investigate the influence of psychological characteristics of personality life plans on the addictive behaviour of adolescents.

The sample included 19 teenagers standing registered in the department of the juvenile department of the Internal Affairs Directorate in Samara №3 (experimental group), and 19 average students in grades 9 (control group). The average age of participants was 14 years. The type of addiction of participants of experimental group is drug addiction.

### **Research Methods**

According to the purpose of study the experiment was divided into 2 stages.

1) The psychologist asked participants to complete Kleiberg's test of deviant behaviour. Criteria for the formation of the control group were:

1. Low results in Kleiberg's test of deviant behaviour;
2. The average level of intellectual development;
3. High results in academic performance.

Initially, we examined 28 participants who were not registered in the PDO of the Department of Internal Affairs, finally we formed a control group of 19 students.

Kleiberg's test of deviant behaviour is a standardized questionnaire designed to measure the willingness or inclination of adolescents to implement various forms of deviant behaviour.

2) Participants of both groups completed two tests: meaning-life orientations' method (MLO) by Leontiev (2003), and Rokeach test "value orientations" (1973).

The test of meaningful orientations (MLO) includes, along with the general indicator of the meaningfulness of life, also five subscales. The components of meaning of life are:

- 1) Meaning-life orientations – goals in life, saturation of life and satisfaction with self – actualization;
- 2) Locus of control – internal locus of control, confidence in the ability to execute control over one's own life (Naurzalina et al., 2015).

The meaning – life orientations themselves 'correlate with the three components of vital function and temporary orientations in life: goal (future), process (present) and the result (past). Goal is 'goals of life' in a certain system of values, the process is the emotional saturation of life and the result is the 'satisfaction with self – actualization' (Leontyev, 2003).

For comparing the results of the MLO test of both groups we used nonparametric U test, which is designed to assess the differences between two independent samples. In addition, to study the impact of personal life plans on the criteria of meaningful orientations and value orientations on the deviant behaviour of adolescents, Spearman's correlation coefficient was used.

Statistically significant differences between adolescents of experimental and control groups were revealed only on the subscale of locus of control - I (Table 1). This finding suggests that adolescents in the experimental group do not believe in their abilities to control the events of their lives as much as the adolescents in the control group.

### **Findings**

The results of present study is summarized in Table 1.

Table 1 - Statistical indicators on the scales of meaning-life orientations' method (MLO) by Mann-Whitney

Indicator of MLO method	Goals	Process	Result	Locus of control - I	Locus of control - life	overall meaningfulness of life
U - Mann-Whitney	156.0	145.0	178.0	120.5	132.0	137.5
Significance	0.47	0.30	0.94	0.05	0.16	0.21

Between teenagers of experimental and control groups revealed differences on the level of descriptive statistics on indicators such as locus of control - I, locus of control - life and overall meaningfulness of life. For adolescents with addictive behaviour it is more typically frustrating to control the events of their lives, compared with teens, not prone to addictive behaviour. Participants with addictive behaviour compared to teenagers not prone to addictive behaviour, was displayed a tendency to consider human life as something beyond conscious control. In general, the overall meaningfulness of life is higher in the control group. Perhaps this indicates that a low level of formation of life orientations, as a measure of the personal life plans of a teenager, predetermines teenager tendency towards addictive behaviours.

In other scales of meaning-life orientations' test of Leontiev (2003), significant differences in the U test between adolescents of the experimental and control groups were not found.

### Discussion

Let us analyse the structure of terminal and instrumental values of teenagers in the experimental and control groups, measured by Rokeach test (1973). For terminal values of both experimental and control groups the unit of privacy values is significant. Attention is drawn to the fact that the first and third ranks take the values of "health" and "happy family life". The difference is that the second rank in the hierarchy of value orientations of adolescents with addiction takes the "existence of good and loyal friends", and "love" for adolescents in the control group.

A financially secure life for adolescents with addictive behaviours is more important than for the control group of adolescents. Self-confidence, freedom and independence are more important for the control group of adolescents. Life wisdom and development (work on yourself, the constant physical and spiritual perfection) is more significant for adolescents with addictive behaviour than for the control group of adolescents. The values-goals of creativity, the beauty of nature and art are the last ranks in the hierarchy of value orientations both for adolescents with addictive behaviour and in adolescents in the control group take.

The second rank in adolescents with addictive behaviour takes the existence of good and true friends, rather than the value of love as the adolescents in the control group. This is, perhaps, due to the fact that adolescents with addictive behaviour are part of some informal youth group in which relations are based on a specific, often not formal friendship code, but certainly not love. In contrast, the teenagers from the control group, probably, the first love interest at the moment is more than just a friendship, which corresponds to the characteristics of this age.

Analysis of instrumental values showed that the adolescents of both groups paid great attention to ethical values and values of communication. The value of good manners ranked in first place for both groups' of participants. Orderliness, education and honesty are also important to them. At the same time young people with addictive behaviour consider the value of education more important than honesty and adolescents in the control group to the contrary.

Responsibility and independence for the control group of adolescents are more important than for the experimental group of teenagers. The value of cheerfulness is more important for adolescents with addictive behaviour. The value of the case - the "executive", is equally important for both groups, but efficiency and rationality in matters of adolescents with addictive behaviour are considered more important. Communicating values: courage in defending his/her opinion, honesty, sensitivity - are more important to the control group of adolescents than for adolescents with addictive behaviour. The values of accepting others are preferable for adolescents in the control group than the experimental group of participants. The analysis of self control subscale in Rokeach' test showed that both groups of participants had similar results.



The instrumental values have a stronger correlation with the meaning-life orientations than the terminal value in experimental group. Perhaps this is due to the fact that these young people, above all, are practice-oriented in their life plans.

The relationship between the index of "purpose in life" and indicators of "interesting work", "high demands" of adolescents with addictive behaviour is statistically significant and positive. The relationship between the index of "purpose in life" and indicators of "freedom", "the happiness of others", "education" and "discipline" in adolescents with addictive behaviour is statistically significant and negative. The results of current study suggests that for teenagers with addictive behaviour – a greater number of goals in the future is less significant for them than values such as interesting work and high demands. For participants of experimental group was more important a greater number of goals in the future is than values such as freedom, the happiness of others, good manners and discipline. Perhaps this is due to the fact that a teenager with addiction during formation of future goals, which might give his life meaning, shows certain irrationality.

Freedom and happiness of others as values-goals and good manners and discipline as a values-means play a major role for participants of the experimental group of teenagers who are not able to plan future goals or have difficulties with that. The possible explanation of this result could be a tendency of addictive adolescents to give social desirable answers. So they prefer, to live for others in the future, rather than to pursue their personal values-goals.

The relationship between the index of "the effectiveness of life" and indicators "efficiency in the affairs" and "high demands" of adolescents with addictive behaviour is statistically significant and positive. The relationship between the index of "the effectiveness of life" and an indicator of "good manners" in adolescents with addictive behaviour is statistically significant and negative. Perhaps this result is explained by the fact that teenagers with addictive behaviour, if not satisfied with their self-realization, then lowers themselves to the level of the personal unconscious claims without presenting themselves to the highest requirements and assessing its efficiency or inefficiency in business. Thus it solves the problem of self-realization satisfaction by reducing their personal aspirations. If a teenager with addictive behaviour has a high level of satisfaction with their self-realization, then they are able to appreciate such value-mean as "good manners".

The relationship between the index of "locus of control-I" and indicators "efficiency in the affairs", "high demands" of adolescents with addictive behaviour is statistically significant and positive. It means that social support, strong and good relationships with friends help them to deal with internal locus control and control of their own behaviour. Perhaps this result is explained by the fact that participants with addictive behaviour, if they do not feel strong, free personality, unconsciously begin to lower evaluate the "efficiency in the affairs" and "high demands", as they do not believe in their ability to control the events of their lives. If a teenager with addictive behaviour considers himself as a strong personality, able to build their life in accordance with their objectives, so they are able at the same time to appreciate such value-means as "good manners". Otherwise, the value of "good manners" is not important for a teenager.

The relationship between the indexes of "locus of control - life" and "the existence of good and faithful friends", "high demands", "open-mindedness" indicators of adolescents with addictive behavior is statistically significant and positive. The relationship between the index of "locus of control - life" and an indicator of "good manners" in adolescents with addictive behaviour is statistically significant and negative. The results of the current study explain the fact that teenagers with addictive behaviour tend to think that they are unable to control their life, so participants of the experimental group unconsciously underestimate values such as the availability of good and loyal friends, high demands, open-mindedness, because, they often just believe in destiny, in some fatal coincidence. If a teenager with addictive behaviour considers it possible to freely make decisions and implement them, they are able to appreciate at the same time such value-means as "good manners". Otherwise, the value of "good manners" is not important for them.

The positive correlations between general indicator of "life meaningfulness" and an indicator of "high demands" in adolescents with addictive behaviour are statistically significant and positive. The relationship between the indicator "overall meaningfulness of life" and the indication of "good manners"

in adolescents with addictive behaviour is statistically significant and negative. Those findings suggest that "meaning life orientations" could positively affect adolescent behaviour, improve their "good manners" and help to make a good impression on their surroundings, which are very important for teenagers with addiction.

Between the various indicators of personal life plans in teenagers not prone to addictive behaviours were also identified structural relationships. The relationship between the index of "purpose in life" and the indication of "discipline" in adolescents in the control group was statistically significant and positive. The relationship between the index of "purpose in life" and the indication of "strong will" in adolescents is statistically significant and negative. The results of study show that for participants of control group quantity of goals in the future is less significant than "discipline" value. The increasing number of future plans influence on «strong will" - the ability to take something to an end, rather than discipline, which sometimes prevents some flexibility in achieving goals.

The relationship between the indicator "life process" and the indication of "interesting work" in the control group of adolescents is statistically significant and positive. The relationship between the indicator "life process" and indicators of "freedom" and "strong will" in adolescents is statistically significant and negative. The analysis of study suggests that the more emotionally intense is the life of a teenager, the less significant for them is the value of interesting work. According to this point the more emotionally saturated the life of a teenager is, the more important to them are such values like freedom and a strong will. The more the teenager lives an emotionally rich life, the more they appreciate strong will, which gives them the opportunity to enjoy life on the basis of their interests, while not ignoring the interests of others. Interesting work as a value-goal may be considered by a teenager as narrowing the scope of an eventful life and prevention factor of addictive behaviour.

The relationship between the index of "the effectiveness of life" indicators and "freedom" and "strong will" in adolescents is statistically significant and negative. The results suggest that the greater the satisfaction of self-realization in the adolescent, the more important are values such as freedom for them and a strong will.

The relationship between the index of "locus of control-I" and the indication of "the happiness of others" among adolescents in the control group was statistically significant and positive. The relationship between the index of "locus of control-I" and indicators "education", "responsibility" and "strong will" in adolescents is statistically significant and negative. This revealed directly positive correlation suggests that the more pronounced the locus of control-I a teenager has, the less significant for them are such values as the happiness of others, and vice versa. The resulting inverse relationship suggests that the more pronounced the locus of control-I a teenager has, the more important for them are such values as education, responsibility, strong will, and vice versa. Perhaps this result is explained by the fact that a teenagers, considering themselves to have a strong, free personality, is not always willing to be guided by others, which is characteristic of this age. Locus of control-I has been associated with teenagers, who are not prone to addictive behaviours, with the value of education, responsibility and a strong will.

The relationship between the index of "locus of control - life" and the indicator "interesting work" in the control group of adolescents was statistically significant and positive. The resulting directly proportional relationship suggests that the more pronounced is locus of control - life in adolescents without addictive behaviour, the less significant for them is such a value as interesting work, and vice versa. Perhaps this result is explained by the fact that a teenager growing up in today's economic environment, unconsciously does not want to reduce the scope of their vitality only for employment in the workplace.

The relationship between the indicator "overall meaningfulness of life" and indicators of "interesting work", "sensitive" in adolescents of the control group was statistically significant and positive. The relationship between the indicator "overall meaningfulness of life" and indicators of "freedom", "responsibility", "strong will" in adolescents is statistically significant and negative. Perhaps an interesting job, and sensitive as values-means and value-goals do not meet modern representations of a teenager, so to treat them as values is reduced. As is shown in our study, a teenager does not always understand what lies behind the concept of "interesting work", as the work can be interesting, but poorly paid, it is possible to

prevent young people from appreciating this value. “Strong will” as a value-mean is a central point in meaning-life orientations and values of a teenager, not prone to addictive behaviour. The value-mean “responsibility” is in second place.

### Conclusion

Overall, this study shows that there are significant differences both in individual indicators, and on the relationships between the meaning-life orientations and value orientations in the structure of personal life plans of adolescents with addictive behaviour and adolescents, not prone to addiction. This result may indicate that the psychological aspects of personal life plans for adolescents influence the development of addictive behaviours. Values are often, but not always, related to corresponding behaviours, and often values predict behaviours theorized to be expressive of other values. Maturity of personal life plans of adolescents as a factor of the risk of addictive behaviour is important to consider for effective prevention and psycho-correctional work with teenagers. Identified characteristics of personal life plans of an addictive teen can be used in psycho-diagnostic purposes in a comprehensive forensic psychological and psychiatric examination or forensic psychiatric examination, which will enable more informed and reasonably given expert advice and predict the risk of relapse of addictive behaviours.

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по Актыбинской области», Актобе**ПСИХОЛОГИЧЕСКИЕ ПРОБЛЕМЫ ПОДРОСТКОВ С АДДИКТИВНЫМ ПОВЕДЕНИЕМ:  
РОЛЬ СМЫСЛО-ЖИЗНЕННЫХ СТРАТЕГИЙ**

**Аннотация.** Эпидемия распространения наркомании и алкоголизма, охватившая страны СНГ, представляет опасность для здоровья нации. Реальное число больных наркоманией в 10-50 раз выше, чем официально зарегистрировано и превысило, по данным ВОЗ, 5 миллионов человек. Неблагоприятная социально-экономическая ситуация, кризис духовных ценностей и семьи - все эти факторы оказывают давление на личность подростка и способствуют формированию зависимого поведения. Зависимость. Подростковый возраст - этап в жизни, когда физические и гормональные изменения влияют на способность личности. В это время подростки склонны к рисковому поведению, они ищут и пробуют себя в разных формах реальности, некоторые из которых приводят к экспериментам с наркотиками и психоактивными веществами. Многочисленные исследования показали, что подростковая зависимость вызывает проблемы в межличностных отношениях; приводит к рисковому поведению и является провоцирующим фактором суицидального поведения. В связи с этим особое значение имеют своевременная диагностика предрасположенности к употреблению психоактивных веществ (ПАВ) и проведение коррекционных мероприятий, направленных на повышение адаптационных возможностей личности подростка, его личностный рост. Профилактика аддиктивного поведения должна начинаться в школе. Исследования по зависимому поведению выделяют множество личностных черт, способствующих формированию зависимости, и предлагается большое количество коррекционных программ. Поэтому выделим наиболее значимые. Смыслжизненные стратегии и наличие духовных ценностей являются факторами защиты, и препятствуют развитию аддиктивного поведения. В этой статье мы исследовали две группы подростков, экспериментальную группу составляют подростки с диагнозом наркомания, контрольная группа - это условно здоровые подростки.

**Ключевые слова:** аддиктивное поведение, смыслжизненные стратегии, ценности.

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МАҢЫЗДЫ СТРАТЕГИЯЛАРДЫҢ РӨЛІ**

**Аннотация.** ТМД елдерінде етек жайған нашакорлық пен маскүнемдіктің эпидемиялық таралуы, ұлт денсаулығына қауіп болып табылады. Есірткіге тәуелділердің нақты саны ресми тіркелгеннен 10-50 есе жоғары және деректер бойынша 5 миллион адамнан асып түсті. Қолайсыз әлеуметтік-экономикалық жағдай, рухани құндылықтар мен отбасының дағдарысы - бұл факторлар жасөспірімнің жеке басына қысым жасап, тәуелді мінез-құлықты қалыптастыруға жағдай жасайды. Тәуелділік. Жасөспірім - физикалық және гормондық өзгерістер адамның қабілетіне әсер ететін өмір кезеңі. Осы уақытта жасөспірімдер қауіпті мінез-құлыққа бейім, олар өздерін шындықтың әртүрлі нысандарында іздейді және сынады, олардың кейбірі есірткі мен психоактивті заттармен тәжірибеге әкеледі. Көптеген зерттеулер жасөспірімдік тәуелділік адамдар арасындағы қарым-қатынастарда қиындықтар туғызатынын көрсетті; қауіпті мінез-құлыққа алып келеді және суицидтік мінез-құлықтың қозғаушы факторы болып табылады. Осыған байланысты психоактивті заттарға бейімділікті уақтылы диагностикалау, жасөспірім тұлғаның бейімделу қабілеттілігін арттыруға және оның жеке өсуіне бағытталған түзету шараларын жүзеге асырудың ерекше маңызы бар. Аддиктивті мінез-құлықтың алдын алу мектепте басталу керек. Тәуелді мінез-құлықты зерттеу, тәуелділікті қалыптастыруға ықпал ететін жеке қасиеттердің санын айқындайды және көптеген түзету бағдарламаларын ұсынады. Сондықтан біз ең маңыздысын тандаймыз. Маңызды стратегиялар мен рухани құндылықтардың болуы қорғау факторы болып табылады және тәуелділік мінез-құлықтың дамуына жол бермейді. Осы мақалада біз жасөспірімдердің екі тобын зерттедік, тәжірибелі топ нашакорлық диагнозы бар жасөспірімдерден тұрады, бақылау тобы - шартты түрде денісау жасөспірімдер.

**Тірек сөздер:** Аддиктивті мінез-құлық, маңызды стратегиялар, құндылықтар.

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