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The problem of hardiness and anti-social behaviour

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Abstract

The purpose of the study is to determine the level of the hardiness of young people who committed a crime and identify factors affecting their hardiness via a synthesis of scientific material and practical experience together with methods for finding a relationship between productive and factor variables. The obtained results allowed us to build a model of the influence of various factors on human hardiness. In conclusion, the components of hardiness, mainly developed in childhood, but with the help of psychological techniques can be developed in adolescence and at a young age.

Keywords: Hardiness, Anti-Social, Behaviour, Asocial, Reflection.

El problema de la resistencia y el comportamiento antisocial

Resumen

El propósito del estudio es determinar el nivel de resistencia de los jóvenes que cometieron un delito e identificar los factores que afectan su resistencia mediante una síntesis de material científico y experiencia práctica junto con métodos para encontrar una relación entre las variables productivas y de factores. Los resultados obtenidos nos permitieron construir un modelo de la influencia de varios factores en la resistencia humana. En conclusión, los componentes de la resistencia, desarrollados principalmente en la infancia, pero con la ayuda de técnicas psicológicas, pueden desarrollarse en la adolescencia y a una edad temprana.

Palabras clave: Resistencia, Antisocial, Comportamiento, Social, Reflexión.

1. INTRODUCTION

Today, when there are profound and rapid changes in society in the sphere of new technologies, economy and social phenomena, we are entering the era of the Fourth industrial revolution. And this revolution dictates to mankind a new level of development, and the quality of life becomes the most important indicator that determines the competitiveness of the individual in the market of services. This is stated by the President of the Republic of Kazakhstan - N.A. Nazarbayev in his address to the people of Kazakhstan dated January 10, 2018.

Kazakhstan's youth now, more than ever before, has access to a huge amount of all kinds of data, to large amounts of information, it is provided with a wide range of opportunities, from meeting new people and finding information to make transactions and communicate with customers, therefore, they try to master the knowledge of various foreign languages, professions. Every year, thousands of students from Kazakhstan study at the best universities in the world. This is a time of young, energetic and talented people and unique opportunities are open to them.

But, along with such new opportunities, there are new challenges and risks that young people cannot always accept and are ready to respond to them. After all, youth is a tense period of completion of physical maturation of a person and development of new qualities, moral consciousness, worldview, civic positions (ANNIA,

VILLALOBOS, ROMERO, RAMIREZ, RAMOS; 2018). Under unfavourable conditions at this age, there are deep experiences and various conflicts. VILLALOBOS and BELLO (2014), and VILLALOBOS and RAMÍREZ (2018) argue that Bioethics establishes a link between present and future generation, also saying that it is possible to establish ethical links and legal between both ends of life, to from the idea of scientific knowledge and Technological with a sense of responsibility.

The period of youth and formation of personality is connected, first of all, with the search for a young person's place in the world and in a particular society, as a result, there is a revision of previously acquired social norms, resulting in their so-called test of strength. Therefore, if in the process of such revision the young person does not find clear norms, he is forced to start searching for new forms of behaviour, which, most likely, will lead to deviations.

According to LEONTIEV (2006), the development of resilience depends decisively on the relationship of parents with the child. The components of hardiness, which will be discussed below, mainly develop in childhood, but with the help of psychological training, they can be developed in adolescence and at a young age.

2. RESEARCH METHODOLOGY

Various methodological approaches to the study of the phenomenon of hardiness help to reflect the multifactorial

development and diversity of manifestations of this phenomenon. In our opinion, hardiness is a concept that implies a special organized form of existence and carrier of life, the body's ability to selectively relate to the environment and adapt to it. There are many approaches to the definition of the term hardiness; however, probably the most natural and fruitful of them is associated with the interpretation of hardiness as a person's personal resource. Recently, the term began to be considered in a rather wide range, so it can be said with confidence that research in this area will lead to new discoveries and theories not only in psychology but also in the fields of various sciences about living organisms, in particular about the man.

In our study, it was decided to consider the phenomenon of hardiness from the perspective of American scientist Suzanne MALIKOVA (2015), who introduced the concept of hardiness into science, which was later translated into Russian by LEONTIEV (2006) as *Zhyznistoikost*. According to the studies of the authors, hardiness - helps the young man to remain active and prevents the negative effects of stress, and consists of three C components - challenge (risk-taking), commitment (involvement) and control (control). People with high indicators on the challenge scale (risk-taking) are able to accept the circumstances as an opportunity for growth, are able to benefit even from stressful situations, are able to learn from their successes and failures; they accept life itself as a challenge, considering that satisfaction can only be achieved by turning stressful situations into opportunities for personal, professional growth (OGUNDILE et al,

2019; VILLALOBOS, RAMÍREZ and DÍAZ-CID, 2019; RAMÍREZ, ESPINDOLA, RUÍZ and HUGUETH, 2019).

High indicators on the scale of commitment (involvement), indicates commitment, human involvement in the processes taking place with him or around him. For such people, it is important not to be estranged and alienated (HERNANDEZ DE VELAZCO, 2007). And the third scale - control (control), gives information about a person's ability to control the situation, regardless of how negative the situation is at the moment. People with high rates on this scale, consider it a waste of time, immersed in helplessness and passivity. Thus, hardiness provides a person with life guidelines that are clear and understandable and relying on which, a person has the opportunity to freely choose these landmarks, and most importantly, to freely choose his attitude to them.

Analyzing the manifestation of the hardiness of the personality of young people who committed crimes, we relied on the results of our own research. Qualitative and quantitative methods are the latest versions of SPSS. The methods of interpreting the data obtained are analyzed with statistically significant differences, correlation, and cause-effect relationships.

a) Adapted for the Russian-language sample test of LEONTIEV (2006), Test Zhyznistoikosty.

b) A questionnaire consisting of the question of what helps you overcome difficulties? with six answers.

3. RESULTS AND DISCUSSION

Table 1. The relationship of the level of hardiness and its components with various factors in young people with antisocial behaviour

		Family support	Personal qualities	Friends support	Study/work activities	Physical activity	Rest
Hardiness	Pearson Correlation	,644**	-,343	,019	-,395	-,427	-,536*
	Sig. (2-tailed)	,005	,178	,941	,117	,087	,026
	N	17	17	17	17	17	17
Commitment (involvement)	Pearson Correlation	,631**	-,395	,068	-,376	-,357	-,509*
	Sig. (2-tailed)	,007	,116	,796	,137	,160	,037
	N	17	17	17	17	17	17
Challenge (risk taking)	Pearson Correlation	,626**	-,347	-,052	-,155	-,226	-,457
	Sig. (2-tailed)	,007	,173	,841	,552	,382	,065
	N	17	17	17	17	17	17
Control (control)	Pearson Correlation	,536*	-,197	,007	-,456	-,536*	-,495*
	Sig. (2-tailed)	,027	,449	,978	,066	,027	,043
	N	17	17	17	17	17	17

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

According to the results presented in Table 1, it can be seen that there is a positive correlation of hardiness and all its components (involvement, risk-taking, control) with the family support scale and a negative correlation with the rest scale. This indicates that it was in difficult moments that young people with deviant behaviour most enjoyed the support provided by their families. Neither the personal

characteristics of the young man himself, nor his activity, nor physical activity, nor friends, could be a support in difficult periods of life. On the one hand, it is wonderful that people have someone to rely on, rely on in life's difficult times. It is good that people find this support in the family. After all, the family serves as a source of satisfying the most diverse human needs. Thanks to the family, everyone can organize their time - life, work, leisure - in the most optimal way.

In our opinion, the problem lies in such a theoretical concept that exists in psychology as the locus of control. In the property to attribute to internal or external factors their successes and failures. This concept was introduced by J. Rotter - an American psychologist and sociologist back in 1954. In his opinion, people can be divided into two types: externals and internals. Externalities are people who try to explain their successes and failures solely by the influence of external factors, for example, by an unsuccessful or, conversely, a successful combination of circumstances, shift the responsibility for everything that happens to them to other people, circumstances. Internals, on the contrary, associate events that occur with them with their personal qualities - their competence, determination, attitude, level of ability, etc. (BOR, MCGEE, & FAGAN, 2004).

The internal locus of control provides a person with self-confidence, self-reliance, independence in achieving goals, perseverance, poise, and consistency. On the contrary, the external locus of control is manifested in the cancellation of responsibility, manifested in conformity, anxiety, dependence on circumstances, self-

doubt, sometimes suspiciousness and aggressiveness. As a result, it has been noticed that internals are more often successful externals in professional and creative activities. They (internals) are more stable in defending their principles, more persistent in failures, their confidences in their abilities inspire the confidence of others, and they themselves help to remain calm. According to J. Rotter, there are no one hundred percent internals or externals. Each person feels the addiction to other people, and each has a certain amount of confidence in his innocence and in his abilities.

Challenge (risk-taking) - the second component of hardiness shows the level of ability to accept the challenges of everyday life, the ability to take advantage even of stressful situations, the ability to take prevailing circumstances as an opportunity for growth, the ability to accept life itself as a challenge, considering that satisfaction can only be achieved by transforming stressful one's situations in the possibility of personal, professional growth. Our analysis allows us to conclude that the test subjects tested are more outwardly oriented than focused on their internal resources. That is, it is much easier for them to write off the responsibility for events that occur with them on external factors, they themselves do not really want to accept responsibility in difficult moments, or not pleasantly. Indeed, it is easier to get rid of guilty feelings for the troubles that they bring not only into their own lives but also into the lives of people close to them.

The asocial form of self-affirmation is another type of behaviour that is often used by young people with deviant behaviour. This is an

irrational strategy for meeting needs. An unreasonable increase in one's significance against the background of the devaluation of another person's personality through the use of techniques such as ignoring, manipulating a situation, position, avoiding responsibility, etc. Adhering to such a destructive kind of self-affirmation, a person, first of all, ceases to develop destroying himself, not to mention his victim. Here we cannot talk about the resources and potentials, which were mentioned above.

Very interesting are the indicators of hardiness, all its components, and the scale of rest, that is, their relationship, namely the inverse correlation. Here we can notice that the higher the level of hardiness, the less a person rests and vice versa, the more a person rests, the lower the level of hardiness. According to the explanatory dictionary of FOMINOVA (2012), rest is spending some time without ordinary activities, work to restore strength, and the Great Encyclopaedic Dictionary 2000 defines rest as a state of rest or activity of this kind, which relieves fatigue and helps restore health.

Therefore, when a person is resting, he gains strength and, accordingly, the level of his hardiness should increase. Here we have the opposite effect, and we can assume that the subject gives the word rest a different meaning. Perhaps the subjects have negative memories regarding rest (accusations of elders in laziness, drinking, partying, fighting, etc.). If so, we can conclude that the respondents are not familiar with the culture of rest and the word rest is associated with something unpleasant, undesirable (FOMINOVA, 2012).

The impact of environmental factors, life situations, mental and somatic factors cause significant transformations of the personality structure, which allow either adapting to changing living conditions or contributing to antisocial behaviour in the form of various deviations and torts (delinquency). Each person has his own characteristics of mental development, and they are different in their own way. The increased capabilities of the personality of a young man cause him to need independence, self-affirmation, and recognition by adults of his rights, his potential opportunities, including participation in socially significant matters (HERNANDEZ de VELAZCO; CHUMACEIRO, RAVINA and DEL RIO, 2019). Such needs are socially recognized, except that self-affirmation is caused by an unhealthy will and is carried out at the expense of others, in which case we are dealing with an asocial form of self-affirmation.

Based on the analysis of the data, we developed a model of the influence of factors on the hardiness of youth Fig. 1.

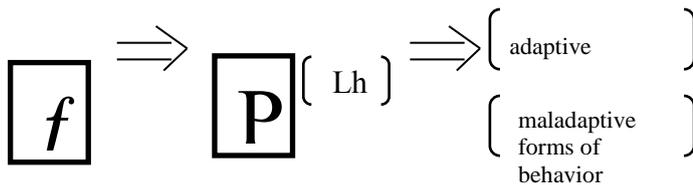


Figure 1: Model of influence of various factors on the level of youth hardiness

f – factors,

=> - influence;

P – a person;

Lh – the level of hardiness;

[] – sign of dependence;

adaptive behaviours;

maladaptive forms of behavior.

According to our model, various factors, from biological to social, from economic to cultural, from physiological to psychological, affect a person, but the level of hardiness depends on the person himself, on his worldview, locus of control, on what meaning he gives to the events occurring with him or around him, on the attitude to these events, on his personal characteristics and resources. The level of hardiness depends on what forms of behavior a person will show adaptive or maladaptive.

4. CONCLUSION

In modern conditions, the phenomenon of hardiness is already recognized as an important component of the process of personal and professional development, which allows a person to effectively understand themselves and others, to make effective decisions related to their own development and interaction with other people; in this regard, the issue of developing technologies for the development of hardiness, in particular, the younger generation. As mentioned above,

the components of hardiness, mainly developed in childhood, but with the help of psychological techniques can be developed in adolescence and at a young age.

The importance of the family in the development of hardiness is huge, but unfortunately not everyone sometimes manages to get all the necessary skills in the family and develop the ability to overcome life's difficulties in view of various circumstances, for example, the negative impact of the deteriorating economic situation, in the form of unemployment, low wages, alcohol dependence of one of the parents, quarrels and violence in the family, the conflict of generations, divorce of parents, etc. Such mistakes and gaps in family education as misunderstanding of the child, rejection, lack of flexibility in education, inconsistency, excessive emotionality, dominance, etc., are costly to the young man, and contribute to the manifestation of his subsequent antisocial behavior. The main problem of a young age is that the person lived, perhaps grew up with the problems mentioned above. If as a child he had neither the means nor the strength to change the situation, now he has grown up and for every act is responsible, now he has the choice to make the world a better place.

Social institutions working with youth should set themselves the following tasks:

- Develop perseverance and the will to fight, through the application of effort. It is one thing to have a great desire, and quite another to achieve a result by your own efforts!;

- Teach to reflect - to comprehend and rethink, analyze own actions, states, feelings, emotions, motives, goals, attitudes, etc., be able to describe states, talk about emotions and feelings;
- To teach how to plan activities, have a rest and correctly determine priorities;
- Teach to take responsibility for words, actions, thoughts, and ideas.

These are the very skills and knowledge that are now necessary for youth with antisocial behavior, which will help them to increase the level of hardiness, and turn antisocial behavior into socially acceptable behavior.

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