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FEATURES OF THE EMOTIONAL STATE OF MINORS UNDER THE CONDITIONS OF SOCIAL ISOLATION

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Abstract

The article presents the results of the study of dynamics in the process of personality’s adaptation/disadaptation under the conditions of isolation. The dynamic assessment was obtained by testing according to the Luscher Color Test. The studies were carried out under the conditions of the detention center in Ulan-Ude (the Republic of Buryatia). The conditions of social deprivation aggravate the primary deformation of a personality identified by internal determinants. The account of psychological determinants at the study allows expanding opportunities for the qualitative analysis and forecasting of personality’s behavior upon the influence of frustration factors that can cause, as we have found, a secondary disadaptation. A frustration syndrome is a characteristic for the minors who are under the conditions of social isolation, it reveals in the form of both breaking of their plans for the life span and arising of the feeling of despair, hopelessness, also their will and intellect are paralyzed and aggression increases. The generalized results reveal negative changes of the emotional state and personality maladjustment. The growth of passivity, spontaneous behavior, impulsivity, inconsistency and instability of personality, stressful state, concentration only on own problems, predominence of the sympathetic tone of nervous system, reducing the individual performance are expressed.

Keywords: personality, social isolation, primary and secondary maladjustment, deprivation, emotional state

Relevance

The current socio-economic situation, new penal legislation, complicated background and conditions in penitentiary institutions play the role of permanent psycho-traumatic

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factors, which can aggravate disadaptation of a personality and be a fertile ground for the development of somatic and neuropsychiatric disorders and various forms of disadaptation of a personality (Berbaeva, Sanzhaeva, 2007; Gvozdev, 2016; Saraeva, 2013; Sanzhaeva, 1997; Laursen, & Hartl, 2013; Chan, Lo, 2013; Beadle, Yoon, & Gutchess, 2012; Greitemeyer, & Sagioglou, 2016; Yauzina, Petrova, Salmina, Kuvacheva, Morgun, Morozova, & Kaskaeva, 2014).

**State of the problem**

In the society the influence of the social changes on the process of adaptation is rather great, and the mechanisms of the population adaptation in modern Russia are determined by the following three factors:

- Intensity of the adaptation process in the crisis society, due to the fact that rapid and drastic changed are undergoing;
- Originality of social environment changes;
- Nature of social anemie, causing tension (the contradictions between the mode of life that people are forced to keep up and their perceptions of their attainments, if it were stable situation, are socially important) (Sanzhaeva, Berbaeva, 2007; Sanzhaeva, Manketova, 2015; Erdyneev, 1992; Hawthorne, 2007).

The research shows that social isolation causes significant changes in a personality, especially in minors (Sanzhaeva, Berbaeva, 2007). Detention refers to a category of institutions with rigid social deprivation; it can cause only the negative affect and has corresponding consequences for the minors. Staying in the closed space under the conditions of forced isolation, restriction in activities, criminal nature of the environment, impersonality and publicity arise the negative emotional states. A frustration syndrome is characteristic for the minors who are under the conditions of social isolation, it reveals in the form of breaking of their plans for the life span, arising of the feeling of despair, hopelessness, their will and intellect are paralyzed and aggression increases (Loboprabhu, Molinari, & Asghar-Ali, 2015; Guesdon, Meurisse, Chesneau, Picard, Lévy, & Chaillou, 2015; King, Kapsis, Delfabbro, & Gradisar, 2016; Gemignani, Piarulli, Menicucci, Laurino, Rota, Mastorci, Bedini, 2014).
Materials and methods

The study was carried out under the conditions of the detention center in the city of Ulan-Ude (the Republic of Buryatia). All respondents (a total of 306 minors between the ages of 14 to 18 years) were divided into two groups: group A – the minors at the time of the arrival at the detention center, group B - the persons after a certain period of stay under the conditions of social deprivation.

The main criteria for the disorganization of their emotional and physiological state included:

- Emotional excitability and affective richness of experiences;
- Anxiety and anger mood, which was previously atypical;
- Internal tension, dissatisfaction with themselves and others, impatience, lack of restraint and a kind of fatigue;
- Prolonged temper tantrums with crying and becoming volatile, after which they cannot calm down for a long time and fussiness;
- Lowering of mood, sadness, focus on a narrow set of ideas, pessimistic attitude toward the present and future and loss of ability to enjoy;
- In special situations elementary, obsessive fears arose, which had not been experienced before, at the development of the state expressed doubts arose; a logical relation between specific and real concerns was lost;
- Pain in various organs and body parts, affective richness of experiences, accompanied by vegetative dysfunction.

In turn, the disorganization of emotional and physiological spheres provides the process at the level of social contacts.

Socio-psychological contacts are entirely based on the knowledge acquired in the life span, public interest, social status and personal positions. At any given moment a person’s psyche gets from the environment and experiences with sufficient clarity only those things that take place in line with its current setup. In the case of disturbance of mental adaptation the difference in quality and the degree of disruption of personality’s social contacts is observed. Its main characteristics are:
- Decreased need to predict the results of one’s own actions;
- Strengthening of egocentric aspirations;
- Exacerbation of the personality characteristics;
- Reduced opportunities for labor activities;
- Low level of critical awareness of one’s own condition;
- Reaction to a condition which has been arisen at the prediction level, and emotional attitude (thinking on what happened, self-esteem, euphoria, dysphoria and stressful condition).

Using the Luscher Color Test, the features of emotional sphere of delinquent persons who are under the conditions of social exclusion were investigated. The Luscher Color Test is known to be a fairly reliable methodological tool which can determine the examinees’ emotional and motivational states, the level of their activities, purposefulness, the dominant needs and attitude of the individual. In order to make a statistical analysis of the test data, interpretive coefficients for this test worked out by Orlov – G.A Aminev were used (Berbaeva, Sanzhaeva, 2007). On the basis of the factor analysis, they identified six factors: heteronomous state (H), concentricity (C), personal properties balance (PB), balance of the autonomous (vegetative) nervous system (VB). Figure 1 shows the comparative data of interpretation coefficients for groups A and B.

![Graph](image)

Figure 1. Indicators of interpretive coefficients for the Luscher Color Test according to G.A. Aminev - Yu.M. Orlov: 1 – heteronomous state, 2 – concentricity, 3 - personal properties balance, 4 - vegetative balance, 5 - working efficiency, 6 - stressful state.
The generalized results of the examinees’ performance in completing the Luscher Color Test are presented in Table 1.

Table 1.

The generalized results of the examinees’ performance in completing the *Luscher Color Test*.

<table>
<thead>
<tr>
<th>Determinants</th>
<th>Values</th>
<th>Correlation coefficient</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Group A</td>
<td>Group B</td>
</tr>
<tr>
<td>1 Heteronomous state</td>
<td>0.22</td>
<td>5.01</td>
</tr>
<tr>
<td>2 Concentration</td>
<td>-4.22</td>
<td>2.19</td>
</tr>
<tr>
<td>3 Personal capabilities balance</td>
<td>1.01</td>
<td>7.13</td>
</tr>
<tr>
<td>4 Vegetative balance</td>
<td>-3.02</td>
<td>1.8</td>
</tr>
<tr>
<td>5 Working efficiency</td>
<td>16.6</td>
<td>10.8</td>
</tr>
<tr>
<td>6 Stressful state</td>
<td>18.4</td>
<td>26.7</td>
</tr>
</tbody>
</table>

The generalized results revealed negative changes of the emotional state and personality maladjustment. The growth of passivity, spontaneous behavior, impulsivity, inconsistency and instability of personality, stressful state, concentration on nothing but one’s own problems, predominance of the sympathetic tone of nervous system and the reduction in the individual performance were registered.

Thus, a person from the category under consideration represents a maladaptive personality with a conflict emotional and dynamic structure. This personality demonstrates unstable emotional and strong-willed regulation, irrepressible activity, aggressiveness, impulsiveness, irritability, sthenic and asthenic emotional disorders, fear, sadness, mood lability, depression and exacerbation of the personality characteristics.

Considering the situation of imprisonment (isolation) as the extreme, it is possible to state that living in extreme situations is associated with changes in people’s mentality characteristics during the process of personality’s secondary maladjustment. The teenagers suffer the most from this influence, as the adolescence period is the most emotiogenic and critical period of their development.

**References**


