Life meanings and values of drug addicts with different durations of remission as components of the psychology of sustainable behavior

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Abstract. The relevance of this study lies in the fact that it draws attention to some factors of successful recovery of drug addicts, those resources that help to maintain stable remission, namely the peculiarities of the value-sense sphere of addictive personality both at the initial stages of recovery and in stable remission. The aim of the study is to investigate the value-sense sphere of drug addicts with different durations of remission in the determination of possible positive changes. The object of the study was 150 drug addicts at different stages of remission. As psychological tools we used the test of life-meaning orientations, adapted by D. A. Leontiev, "Methodology for the study of the system of life meanings" developed by V. Y. Kotlyakov; the method "Value orientations" (M. Rokich). The average data were compared using the Kruskal-Wallis H-criterion. Significant differences in the peculiarities of the value-sense sphere of drug addicts at different stages of remission were revealed. The revealed features should be taken into account when conducting psychological and preventive measures among persons with addictive behavior.

1 Introduction

In the context of the risks of the modern world, the problem of addictions of various etymologies is one of the most topical, having a great applied significance both in supporting constructive socialization of an individual and ensuring public well-being.

In numerous scientific studies of both classical and more modern content, much attention is paid to the study of the personality of chemically dependent persons, since knowledge about the reconstruction of the subjective picture of the world of an addictive personality can be one of the important directions in the construction of preventive and rehabilitation measures, as well as support for persons with drug addiction disorders during remission.

When describing the peculiarities of addictive disorders development, it is often pointed out that they are interrelated with violations of the system of personal meanings. Researchers identify such features of the value-sense sphere of the addicted personality as the prevalence of deficit values over being values (A. Maslow), loss of meaning in life (V. Frankl), subordination to social values to the detriment of internal orientations (C. Rogers),

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unformedness of some socially significant values (J. Gudechek), destruction of cultural traditional norms and values (A. V. Sukharev) [1, 2].

According to a number of specialists, such personal factors as motivation [3], the ability to give a subjective assessment of the present and future [4, 5, 6], peculiarities of perception and interaction with the microsocial environment [7, 8], as well as value and meaning-life orientations [9, 10, 11, 12] have a significant influence on the behavior of a chemically dependent person both at the stage of drug addiction and during remission.

At the same time, the main body of research devoted to the problems of addictive behavior is most often conducted in the cognitive-behavioral paradigm, and many existential problems that an addicted person faces both during the rehabilitation process and in stable remission remain open. It should be noted that the study of factors affecting the duration of remission should be aimed not only at prognostically unfavorable but also at personal characteristics that may be a resource for sustained remission in drug addicts.

Thus, the relevance of this study is conditioned by the availability of methodological grounds for determining the regularities of the formation and development of addictive behavior and the process of rehabilitation of persons with drug use disorders, based on the basic postulates of the value-sense paradigm of personality development. Also, the comparative deficit of studies covers the recovery process of an addicted personality, its resocialization, and readaptation.

The aim of the research is to study the value-sense sphere of drug addicts with different duration of remission in the determination of possible positive changes.

The subject of the study is the psychological features of drug addicts with different duration of remission: value orientations and life meanings.

The object of the study was 150 drug addicts who underwent a rehabilitation course at the social rehabilitation centers "Svoboda" and "Chisty Put" in Rostov-on-Don, as well as at the clinic of Dr. Isaev in Moscow. The whole group of respondents was divided into 3 groups depending on the duration of remission: group 1 - drug addicts who had undergone rehabilitation and were in remission for about 6 months (50 people); group 2 - drug addicts who had undergone rehabilitation and were in remission for about 1 year (50 people) and group 3 - drug addicts who had undergone rehabilitation and were in remission for about 3 years (50 people). The age of respondents ranged from 21 to 40 years old.

2 Research methods

To assess the general meaningfulness of life, its time perspective and locus of control of the personality, the test of "life-purpose orientations" ("LPO") was used, which is a Russian-language adaptation of the test "Purpose in Life" ("PIL") by D. A. Leontiev D. Crumbo and L. Maholik. To investigate the meaning of life and analyze such personal life meanings as altruistic, existential, hedonistic, status, self-actualization, communicative, family, and cognitive meanings, the "Methodology of Life Meanings System Research" developed by V.Y. Kotlyakov was used; to identify a person's attitude to the world, to other people, to himself and to determine the structure of personal value orientations, the methodology "Value Orientations" (M. Rokic) was used.

Methods of mathematical statistics were used for data processing: calculation of arithmetic mean and standard error. Nonparametric methods of mathematical statistics were used in the course of mathematical processing. A comparison of average data was carried out by the Kraskal-Wallace H-criterion.

3 Results and discussion

Table 1 presents the results of the study of meaning-life orientations of respondents, obtained using the "Test of Life-Meaning Orientations" (D.A. Leontiev).

Table 1. Average indicators of meaning and life orientations in respondents of three groups according to the methodology "LMO" by D.A. Leontiev (in points).

	Scales	Gropu 3 (remission for 3 years)	Group 2 (Remission for 1 year)	Group 1 (remission for 6 months)
1	Aim	22,85	20,1	19,3
2	Process	27,45	21,32	27,18
3	Result	19,45	19,5	24,34
4	LOC-I	28,36	26,31	22,42
5	LOC-Life	31,36	31,2	23,33
6	MOF	129,47	118,31	116,57

Assessing the obtained data, we can say that drug addicts with a remission period of about 6 months have a high level of intrinsic motivation for new cognitive activities, with pleasure from the process of cognition. In most cases, they strive to build their life in accordance with their new goals and ideas about its meaning, high scores on the locus of control subscale "I", however, the general goal setting in life is at an average level. The general index of life meaningfulness reached average values, which reflects their tendency to start a new round of life with new values and aspirations after the rehabilitation program.

In the semantic sphere of drug addicts who have been in remission for 1 year, there is a reorientation that reflects the desire to focus on their life at a given time, to reflect on themselves, their desires and needs, to reevaluate their life from the position of a meaningful, emotionally rich process, to assess the meaningfulness and direction of life and, if possible, to evaluate the results achieved. The general index of life meaningfulness reached average values and is almost identical to the group of drug addicts with a remission period of about 6 months.

Drug addicts who have been in remission for about 3 years are characterized by controlling their own life at this stage, appreciating personal transformations and freedom of choice, focusing on the process of their life at the moment, focusing on the main life goals at this period of life, and evaluating the results obtained. The overall index of life meaningfulness is slightly higher than in the other two studied groups, but it is also in the area of average values.

Comparative analysis allows us to conclude that value orientations in the three groups of drug addicts we studied are relatively different (Figure 1, 2, 3).
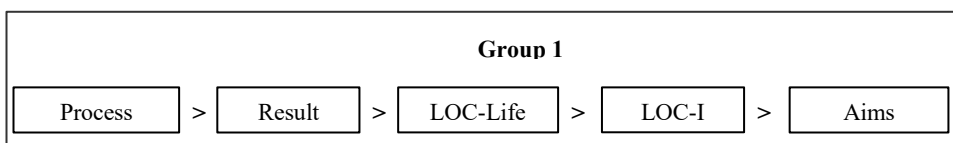

Group 1

| Process | > | Result | > | LOC-Life | > | LOC-I | > | Aims |

Fig. 1. Life-meaning orientations in the group of drug addicts with a remission period of about 6 months.

Group 2								
LOC-Life	>	LOC-I	>	Process	>	Aims	>	Result

Fig. 2. Life-meaning orientations in the group of drug addicts with a remission period of about 1 year.
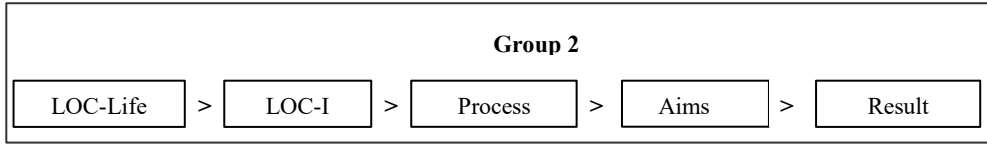
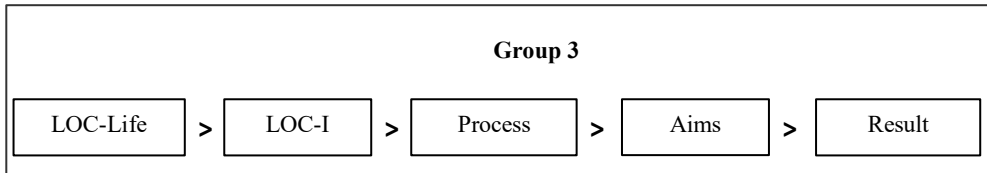| **Group 3**								
LOC-Life	>	LOC-I	>	Process	>	Aims	>	Result

Fig. 3. Life-meaning orientations in the group of drug addicts in remission for about 3 years.

The following results were obtained by statistical analysis using the Kruskal-Wallis H-criterion among our study groups and are presented below in Table 2.

Table 2. Results of comparative analysis of meaning and life orientations in drug addicts with different therapeutic remission periods.

	Scales	Group 3 (remission for 3 years)	Group 2 (remission for 1 year)	Group 3 (remission for 6 months)	Reliability of differences (Kruskal-Wallis test)	
					H	p
1	Aim	22,85	20,1	19,3	3,431	0,05
2	Process	27,45	21,32	27,18	17,547	0,003
3	Result	19,45	19,5	24,34	4,326	0,01
4	LOC-I	28,36	26,31	22,42	3,756	0,02
5	LOC-Life	31,36	31,2	23,33	12,552	0,001
6	MOF	129,47	118,43	116,57	22,471	0,001

The obtained statistical results also allow us to talk about significant differences in the peculiarities of manifestation of meaning-life orientations among the three groups of drug addicts we studied (with $p \geq 0.01 - 0.005$).

Analyzing the averaged indicators obtained with the help of the "Methodology for the study of the system of life meanings" by V.Y. Kotlyakov (Figure 4), we can see that the obtained structure of the system of life meanings indicates that the respondents with a remission period of about 6 months, first of all, need support from close and native people, there is a desire to take care of their family members and participate in their fate. In the majority of respondents, the need to receive a variety of bright emotions and sensations, and enjoyment of life takes second place in their system of life meanings. This fact is explained by a relatively short remission period. Status, altruistic, communicative, and existential meanings occupy the least importance in the system of life meanings of respondents, which

indicates that these persons are rather indifferent to the society around them, they, on the one hand, do not aspire to occupy a high position in it, and, on the other hand, they do not feel a special desire to selflessly help other people.

In contrast, respondents with a remission period of 1 year have a strong need to give value to living life itself, to have freedom of choice, to experience love in all its manifestations, and to help and assist people, disregarding their own benefit. The least expressed in this group is the need for self-realization of their abilities and possibilities.

Cognitive and existential life meanings are the most expressed in drug addicts from group 3 with a remission period of about 3 years, which indicates that there is a need for cognition of life, a desire to understand the contradictions of the world around them, and their own personality. The least expressed in this group, as well as in the other two, is the need for self-actualization.
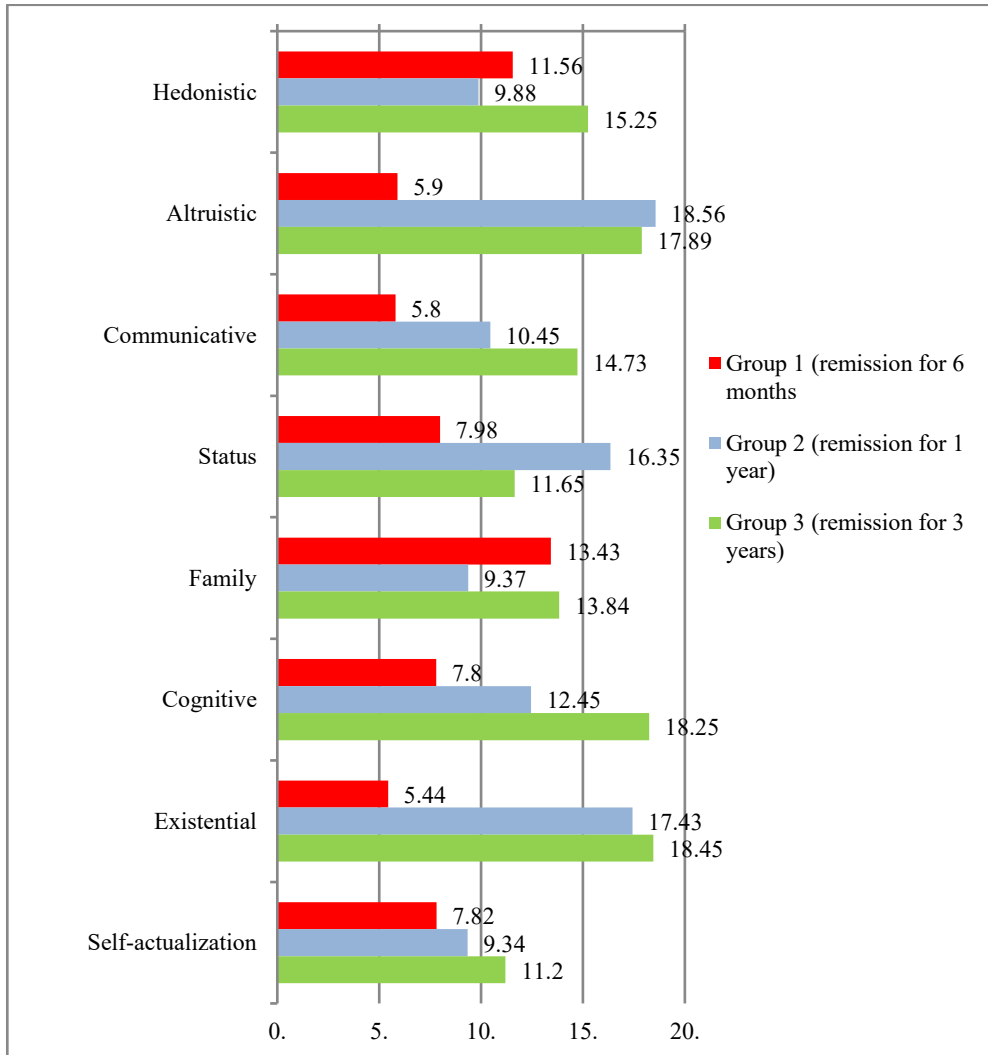

Fig. 4. averaged indicators obtained with the help of the "Methodology for the study of the system of life meanings" by V.Y. Kotlyakov.

The obtained statistical results, presented in Table 3, also allow us to speak about significant differences in the peculiarities of manifestation of the system of life meanings among the three groups of drug addicts we studied.

Table 3. Results of comparative analysis between the average data on the study of V.Y. Kotlyakov's system of life meanings and the term of therapeutic remission in drug addicts.

	Group 3 (remission for 3 years)	Group 2 (remission for 1 year)	Group 1 (remission for 6 months)	Reliability of differences (Kruskal-Wallis test)	
				H	p
Self-actualization	11,2	9,34	7,82	3,641	0,015
Existential	18,45	17,43	5,44	-	
Cognitive	18,25	12,45	7,8	6,304	0,003
Family	13,84	9,37	13,43	3,213	0,040
Status	11,65	16,35	7,98	7,710	0,043
Communicative	14,73	10,45	5,8	-	
Altruistic	17,89	18,56	5,9	-	
Hedonistic	15,25	9,88	11,56	5,269	0,038

According to the obtained data, it can be concluded that the term of therapeutic remission in drug addicts can influence such systems of life meanings as Self-realization ($p \geq 0.015$), Cognitive ($p \geq 0.003$), Family ($p \geq 0.041$), Status ($p \geq 0.034$) and Hedonistic ($p \geq 0.038$) meanings. And hedonistic and family values have the highest level of significance.

The results of the data concerning the study of value orientations in drug addicts with different duration of remission, obtained using the methodology "Value orientations" (M. Rokic) are presented in Tables 4 and 5.

Table 4. Average scores of respondents in three groups according to M. Rokic's "Value Orientations" methodology (analysis of terminal values) (in points).

	Scales	Group 3 (remission for 3 years)	Group 2 (remission for 1 year)	Group 1 (remission for 6 months)
1	Strong will	11,83	6,21	6,12
2	Broad-mindedness	11,03	4,47	6,18
3	High demands	7,72	7,12	10,23

4	Joy of life	7,18	4,03	3,21
5	Efficiency in business	6,09	6,82	6,12
6	Independence	10,87	7,4	7,11
7	Intolerance to shortcomings	6,02	5,42	7,12
8	Education	4,12	5,1	7,12
9	Responsibility	7,81	5,8	6,18
10	Accuracy	6,21	6,12	6,12
11	Self-control	8,21	6,72	8,44
12	Courage	4,52	6,83	8,12
13	Rationalism	7,93	9,89	4,13
14	Tolerance	6,83	8,41	7,54
15	Honesty	11,96	5,82	6,16
16	Sensitivity	7,13	4,1	5,02
17	Diligence	8,1	5,15	8,93
18	Mannerliness	11,42	6,98	7,12

Table 5. Average scores of respondents in three groups according to M. Rokic's "Value Orientations" methodology (analysis of instrumental values) (in points).

	Scales	Group 3 (remission for 3 years)	Group 2 (remission for 1 year)	Group 1 (remission for 6 months)
1	Active life	7.22	16.35	7.56
2	Love	9,41	10,15	7,22
3	Financially secure life	4,22	4,71	6,71
4	Beauty of nature and art	7,26	10,11	6,95
5	Creativity	9,81	10,21	7,13
6	Happy family life	7,12	7,33	7,1
7	Good and loyal friends	6,05	8,43	6,12

8	Public recognition	8,95	11,61	6,32
9	Life wisdom	7,12	8,92	6,41
10	Productive life	6,11	10,6	7,18
11	Development	10,74	10,46	7,17
12	Entertainment	6.89	7.43	10.82
13	Freedom	11,21	9,42	6,42
14	Knowledge	7,48	11,4	7,26
15	Happiness of others	8,97	6,48	6,21
16	Interesting work	7,4	5,21	4,12
17	Self-confidence	5,14	7,43	5,14
18	Health	3.73	4.12	4.92

The analysis of terminal values showed that at different stages of remission, the leading values of respondents with a remission period of about 3 years are the following values: "education", "strong will", "honesty", and the least significant are "education", "courage", and "efficiency in affairs". In the group of respondents with a remission period of about 1 year, the following values are the leading ones: "rationalism", "tolerance", and "high demands", and the least significant ones are "joy of life", "sensitivity", and "broad-mindedness". In the group of respondents with a remission period of about 6 months, the following values are the leading ones: "high demands", "diligence", "self-control", and the least significant ones are "joy of life", "rationalism", and "sensitivity".

Analyzing the distribution of instrumental values, it can be noted that respondents with a remission period of about 3 years are ready to achieve goals by means of such values as "freedom", "development", "creativity"; respondents with a remission period of about 1 year primarily rely on such values as "active life", "social recognition" and "cognition"; in the group of respondents with remission period of about 6 months the leading values are: "entertainment", "active life activity", "cognition".

Respondents with remission period of about 3 years give the least importance to such values-meanings as "health", "materially secure life", and "self-confidence"; for respondents with remission period of about 1 year the least important are - "health", "materially secure life", "interesting work"; respondents with remission period of about 6 months give the least importance to such values as "interesting work", "health", "happiness of others".

The obtained distributions of respondents' value orientations directly correlate and confirm the above described structure of the system of life meanings in drug addicts with different remission duration.

The following statistical results were obtained using M. Rokic's "Value Orientations" methodology, which are presented in Table 5 below.

Table 6. Results of comparative analysis of the expression of value orientations in drug addicts with different terms of therapeutic remission

	Scales	Group 3 (remission for 3 years)	Group 2 (remission for 1 year)	Group 1 (remission for 6 months)	Reliability of differences	
					H	P
1	Strong will	11,83	6,21	6,12	10,537	0,005
2	Broad-mindedness	11.03	4.47	6.18	11.223	0.003
3	High demands	7,72	7,12	10,23	21,727	0,001
4	Life iov	7.18	4.03	3.21	22.894	0.002
5	Efficiencv in	6.09	6.82	6.12	-	
6	Independence	10,87	7,4	7,11	7,883	0,001
7	Intolerance to	6,02	5,42	7,12	-	
8	Education	4,12	5,1	7,12	3,438	0,043
9	Responsibilitv	7.81	5.8	6.18	2.244	0.016
10	Accuracv	6.21	6.12	6.15	-	
11	Self-control	8,21	6,72	8,44	-	
12	Courage	4,52	6,83	8,12	-	
13	Rationalism	7,93	9,89	4,13	-	
14	Tolerance	6,83	8,41	7,54	-	
15	Honestv	11,96	5,82	6,16	11,403	0,001
16	Sensitivity	7,13	4,1	5,02	3,438	0,043
17	Diligence	8,1	5,15	8,93	-	
18	Manners	11,42	6,98	7,12	3,894	0,002

The obtained statistical data allow us to conclude that the term of therapeutic remission affects the expression and prevalence of terminal values in drug addicts, since statistically significant results were obtained practically for all scales of the methodology among the studied groups (with $p \geq 0.001 - 0.05$).

The obtained statistical results also allow us to speak about significant differences in the peculiarities of manifestation of instrumental and terminal values among the three groups of drug addicts we studied.

4 Conclusion

The personality of addictive orientation is characterized by the priority of narrow personal goals, shows infantilism in the choice of ways to achieve them, demonstrates uncertainty of understanding the prospects and meaning of life.

A subject with chemical dependence undergoes certain changes in needs, interests, aspirations, attitudes, orientation, value orientations, responsibility, egocentrism increases, psychological defenses of various kinds are actualized.

The conducted empirical study has shown that the peculiarities of the value-sense sphere of drug addicts with different duration of remission have significant differences.

In the process of rehabilitation work with drug addicts, it is important to organize effective psychological support in the implementation of the personal project of self-change and the system of value-meaning sphere.

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