



THE YOUNG SCHOLARS

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Features of a psychological condition of mothers of persons with pathological gamblings and persons with alcohol dependence

The article is devoted to the research that aimed to study an actual psychological condition of mothers of pathological gamblers and persons with alcohol dependence. The research took place in the medical-rehabilitation science centre "Phoenix" (Rostov-on-Don), the department of addicted pathology and the department of alcoholism sick the St.Petersburg V.M. Bekhterev Psychoneurological Research Institute.

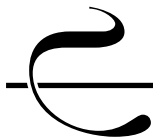
Key words: *mothers of persons with dependence; pathological gambling; alcohol dependence.*

The researches devoted to dependence problems, and especially such as the alcoholism and a pathological gambling are very actual in our country.

The dependence of the close people is reflected in all members of a family, it often becomes a source of somatic, psychological and behavioral frustrations. The study of close relatives of the patient with dependence is in a nascent stage. As a rule, in these works problems of persons with chemical dependence and their relatives are investigated [1]. The works devoted to families sick of not chemical dependence, in particular a pathological gambling and are spent basically by foreign authors [3, 4].

According to these facts, the works devoted to the analysis of a psychological condition of close relatives of persons with pathological gambling and with alcohol dependence are actual.

The purpose of the work is the analysis of an actual psychological condition of mothers of pathological gamblers and persons with alcohol dependence in connection with psychocorrection tasks. The kliniko-psychological (the conversation, the formalized interview) and experimentally-psychological methods were used for the determination of level of psychological adaptation of mothers of pathological gamblers and persons with alcohol dependence. As experimentally-psychological techniques have been used: the ISTA (I-Structure Test of Gunter Ammon) [2]. The work has been done on the basis of the medical-rehabilitation science centre "Phoenix" (Rostov-on-Don), the department of addicted pathology and the department of alcoholism sick the St.Petersburg V.M.Bekhterev Psychoneurological Research Institute. 61 mothers in the age of 41 to 72 (average age – $54,6 \pm 1,99$) took part in the inspection. The distribution on an educational level in the group is the following: 3 (5 %) has secondary education, 18 (29 %) – has the average vocational education, 4 (5 %) – has the unfinished higher education, 37 (61 %) – has the higher education. At the moment of carrying out of research 21 (52,5 %) of all the people were married; 18 (30 %) – did not work, they



were engaged in housekeeping; 42 (70 %) – had a permanent job; 59 (96,7 %) of the surveyed mothers have sons, 2 (3,3 %) – daughters. 54 (88,5 %) people took an active part in therapeutic actions.

50 (81 %) surveyed people have shown the complaints of presence of somatic diseases, thus 33 (54,1 %) people connected the occurrence and an aggravation of disease with the dependence of an adult child. 16 (26,2 %) mothers informed about the presence of suicide thoughts, thus 5 (8,2 %) mothers of persons with pathological gambling threatened with a suicide to the son against the scandal connected with game. In a conversation with the psychologist they specified that were not ready to do it. The motive of life continuation is the help to the son. The common statement for all these mothers is: "I cannot do it; I understand that I am not able to do it, because the son cannot without me who still will help him?!". 11 (18 %) mothers of persons with alcoholism are afraid of premature death owing to the strong experiences connected with dependence of the son. The main life reason is also the help to the son: "I tell him, that I die because of your drinking, then you will be alone, who will help you then?; I am afraid that he will remain alone in such position, nobody will help him, all the life I do it, I help him". Nobody of surveyed mothers was on the account in a psychoneurological clinic, only a few persons addressed for the help to the psychologist or to the psychotherapist. The reason for apply is chemical or not chemical dependence of the adult child. The profiles received by means of the ISTA have been analyzed for the determination of the psychological adaptation level of the surveyed. The next principles were used during the standing out, such as the height and the profile structure, a prevailing scale in a profile (constructive / destructive / deficit).

As a result the following types of profiles have been stood out, such as: constructive-adjusting; standard-realistic; the boundary; disadaptive. The constructive-adjusting profiles are profiles where the constructive scale prevails, and the significances of the majority of scales are within the standard range limits, from 42 up to 58 (hereinafter digital values of scales are resulted in T-points).

The standard-realistic profiles are profiles where the significances of the majority of scales are within the limits of a standard range, from 42 up to 58. There is no expressed decrease or increase on any scale, there are no any peaks.

The boundary profiles are profiles where the significances of the majority of scales come nearer to border of norm or slightly leave for its limits. There are peaks on separate I-functions.

Disadaptive profiles are profiles where the significances of the majority of scales considerably deviate a standard range. The indicators on a constructive scale, as a rule, do not reach the bottom norm border and have lower meanings in comparison with the indicators on destructive, deficit scales within one I-function.

On frequency of occurrence the profiles were distributed as follows: the group of disadaptive profiles has appeared to be the biggest – 24 (40 %), the group of boundary profiles was 21 (35 %), the constructive-adjusting was 9 (15 %), and the standard-realistic was 6 (10 %). The obtained data specifies in a presence at the majority (75 %)



from surveyed the general trouble, the enough expressed psychological disadaptation, shown in all the spheres "I".

The obtained data specifies that the situation of dependence of the adult child appears to be for the surveyed mothers difficult and stubborn. It can lead to the change of habitual functioning of the mother, to the crisis conditions, fraught with heavy complications, up to a suicide as our data show. The received results allow to say that the dependence of the adult child affects the level of mother adaptation, frequently disadapting them. In this connection the mothers of persons with dependence, should be included in psychocorrectional actions that is important not only for harmonization of their condition, but also, possibly, will raise the efficiency of rehabilitation programs for the dependents.

References

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