

Socio-Pedagogical Prevention of Student Youth Addictive Behaviour at the University

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Summary

Negative social processes in modern society lead to violation of social adaptation of modern youth which is characterized by abuse of one or several psychoactive substances. Concerning formation of addictive behaviour students of the highest institutions of education are vulnerable. It is reasonable that scheduled maintenance with the youth inclined to the use of psychoactive substances, has to play an important role in teaching and educational process of the university and go for minimization of factors of social risk, creation of an optimum social situation of development of the personality, disclosure of internal potential, to eliminate factors and the conditions of application of psychoactive substances. In research the made attempt to investigate efficiency of forms and methods of socially pedagogical work from prevention of addictive behaviour of student's youth in teaching and educational process of the university behind three directions: work with teachers, work with parents, work with students.

Keywords:

Addictive Behaviour, Students, University, Prevention, Teachers, Parents.

1. Introduction

Sharp social stratification of families, imbalance of an emotional background of education, socialization in the conditions of depreciation of the universal principles of morals lead to violation of social adaptation which is characterized by abuse of one or several psychoactive substances. Concerning formation of addictive behaviour students of the highest institutions of education are vulnerable. Most of them go to study from the towns, rural area and begin to lead an independent life. Change of a social environment, isolation from family, releases from parental guardianship and control become additional risk factors of the use of drugs.

Therefore, today the special attention needs to be paid to restoration of accurate teaching and educational system of the university which would provide creation and enrichment of traditions of education, versatile socially important activity, the organization of substantial carrying

out leisure, individual approach to work with students, early scheduled maintenance concerning prevention of the negative phenomena among student's youth. It does extremely relevant a problem research addictive behaviour of students of psychological and socially pedagogical positions.

2. Theoretical Consideration

The system analysis of philosophical, sociological, socially pedagogical, psychological literature on the problem noted above allowed to reveal that in works of scientists is opened: psychological aspect addictive their correction [1]; formation of professional and pedagogical readiness of future teachers for prevention addictive behaviour [2]; pedagogical conditions of prevention of drug addiction among teenagers in educational process of comprehensive schools [3]; definition and consequences of drug addiction as versions addictive behaviour [4]; the nature of emergence of game dependences and their correlation with the use of nicotine, tobacco and drugs [5]; communication between mental symptoms and disorders of Internet dependence at students of the universities [6]; essence and consequences of Internet dependence as clinical phenomenon [7].

At the same time, among scientific research which concerns problems of tobacco smoking, alcoholism and drug addiction still there is not enough work where socially pedagogical aspects of prevention of these phenomena among student's youth of educational institutions of III–IV accreditation level. The theoretical complexity is caused by lack of pedagogical theories, concepts, innovative techniques of prevention addictive behaviour at the universities for today.

520 students, academic staff and administration of the Pavlo Tychyna Uman State Pedagogical University (Uman, Ukraine) and the Donbass State Pedagogical University (Sloviansk, Ukraine) were involved in a pedagogical

experiment from socially pedagogical prophylaxis of addictive behaviour of student's youth in teaching and educational process of the university. During the organization of socially scheduled maintenance were used a series of technologies (teaching and educational training, game).

For check of efficiency of introduction of forms and methods of socially pedagogical prophylaxis of addictive behaviour of students diagnostic techniques were used: a technique "a non-existent being" for definition of images which arise in mentality of the student; the motivational Hekhauzena test for establishment of level of ability to an introspection to think of the acts; Rosenzweig's test for frustration existence diagnostics; Leongardt's questionnaire

– Shmisheka for establishment of types of nature and a psychopath; author's technique of identification of existence of addiction in behaviour of student's youth.

3. Experimental Consideration

For the purpose of identification of the relation of modern student's youth to psychoactive substances we have conducted survey of 258 students of the Pavlo Tychyna Uman State Pedagogical University (experimental group, EG) and 262 students of the Donbass State Pedagogical University (control group, CG) by the developed author's technique. Results are presented in Table 1.

Table 1: Attitude of students to psychoactive substance

Kinds of psychoactive substance	Types of judgements (%):										Rank		Index of relation (IR)	
	1. Negatively, try to fight		2. Negatively, but others do not dissuade		3. Can't give an answer		4. Use because do not to be distinguished among others		5. I like it					
	CG*	EG**	CG	EG	CG	EG	CG	EG	CG	EG	CG	EG	CG	EG
Smoking	3.0	2.8	27.2	27.8	29.2	27.6	23.2	24.0	17.4	17.8	3	3	-0.12	-0.13
Low-alcoholic drinks (beer, dry, wine, gin-tonic)	0	0	4.2	4.0	9.2	9.2	14.6	14.0	72.0	72.8	5	5	-0.75	-0.78
Strong alcoholic drinks (liqueur, vodka, cognac and others)	1.4	1.8	32.8	33.0	23.4	24.6	18.6	18.6	23.8	22.0	4	4	-0.15	-0.18
Drugs	1.6	2.0	52.8	53.2	29.4	30.2	4.8	4.0	11.4	10.6	2	2	+0.14	+0.16
Toxicological substances	1.4	2.2	81.2	83.0	16.8	14.6	0.4	0.2	0.2	0	1	1	+0.41	+0.44

* CG is a control group;

** EG is an experimental group.

The first rank place, that is the most negative attitude occupies the use of toxicological substances students (IR = +0.41 in the CG; IR = +0.44 in the EG). On the question "What toxicological substances do you know"? answers were such: glue – 86%, a dichlorvos – 75% know, varnishes, paints – 45%, deodorants – 31%, drugs have carried 29%, mushrooms here – 17%. Dates the answer of 14% of respondents have become complicated. The second rank place is taken again by negative attitude to drugs (IR = +0.14 in the CG; IR = +0.16 in the EG). But, despite of it, the fact that 29.4% in CG and 30.2% in EG become complicated in definition of the relation to narcotic substances is disturbing; 4.8% in CG and 4% in EG use because they don't want to be allocated among others, that is they are under the influence of negative youth group; 11.4% in CG and 10.4% in EG of students are pleasant to do drugs. These facts already given the chance to count that about 16.2% do drugs. The third rank place on negative attitude is taken by tobacco smoking (IR = -0.12 in the CG; IR = -0.13 in the EG). The fourth rank place is taken by negative attitude to strong alcoholic beverages (IR = -0.15

in the CG; IR = -0.18 in the EG). The fifth rank place, that is the least negative attitude at students to low alcohol drinks (IR = -0.75 in the CG; IR = -0.78 in the EG). The fact that they are pleasant to the vast majority of young people is very disturbing (72% in CG and 72.8% in EG).

Identification of levels of the use of psychoactive substances at which there are students was our following step. We have offered such questions. Whether you tried: a) to smoke tobacco? b) to drink alcoholic drinks? c) to use drugs (write which)? d) to use toxicological substances (write which)? Answers contain in Table 2.

To sum up information in two above-stated tables we will notice that in most of students the positive relation to psychoactive substances is created. If to toxicological substances and drugs nevertheless negative attitude prevails, then tobacco and alcohol are taken because don't want to be distinguished from others and therefore that is pleasant. The equal uses by students of psychoactive substances are critical that demands immediate preventive intervention.

The term “addictive behaviour” (from the English addiction – “a wrong habit, passion to something, vicious tendency”) has been entered by V. Miller in 1984 for definition of abuse of different substances which change a mental state, including alcohol, drugs and tobacco before from them the physical dependence is created. Being based on the data of many modern writers and also on results of own researches, we have come to conclusion most of which adequately characterizes this term of definition addictive behaviour as to a type of violation of adaptation, for which inherent aspiration to withdrawal from reality by artificial change of the mental state thanks to intake of various psychoactive substances or constant fixing of attention on certain kinds of activity for the purpose of development and maintenance of intensive emotions.

Table 2: Levels of use of psychoactive substances

Variants of answers about smoking	Number of answers in %			
	CG		EG	
Have never smoked	30.0		28.8	
Have smoked 1-2 times	21.7		21.9	
Can't give an answer	2.3		3.5	
Not more one pack in a day	34.5		34.6	
Not less one pack in a day	11.5		11.2	
Variants of answers about drinking alcohol	Low-alcohol drinks		Strong-alcohol drinks	
	CG	EG	CG	EG
Have never drunk	-	-	6.4	6.4
10-12 times	11.2	11.0	2.2	2.0
Can't give an answer	0.2	0.4	0.2	0.4
More than 2-3 times in a month	37.2	13.6	28.0	28.0
More than 3 times in a week	14.0	13.6	0.6	0.8
Variants of answers about drugs	CG		EG	
Have never used	79.2		79.4	
Not more 1-2 times	5.0		5.2	
Can't give an answer	1.2		0.8	
Not more often than once in a month	9.6		9.8	
Once and more in a month	5.0		4.8	
Variants of answers about toxicological substances	CG		EG	
Have never used	97		97	
Not more than 1-2 times	0.8		1.0	
Can't give an answer	2.2		2.0	
Once and more in a month	-		-	
Once and more in a week	-		-	

In the work we will stop on such kind of addictive behaviour as use of psychoactive substances, through their especially non-turnaround harm on an organism of minors and also because of their catastrophic distribution among student's youth. Psychoactive substances are chemical compounds and natural products which have selective activity in relation to mental activity: calm, stimulate, will disorganize and so forth [8, p.45]. In the list of psychoactive substances by scientists it is included: alcohol, opiates, cannabis, sedative (hypnotic) substances, cocaine,

stimulators (including caffeine), hallucinogens, tobacco, not identified substances which are accepted with the psychoactive purpose (means of household chemicals, a plant and mushrooms of narcotic contents and so forth) [1].

Studying of psychological and pedagogical literature on noted question [2; 3; 9; 10] gave the chance to establish that scheduled maintenance with the children and youth inclined to the use of psychoactive substances, has to play an important role in teaching and educational process of any institution of education including to the university. We understand humanistically forming, evidence-based and well-timed activity referred on the minimization of factors of social risk, creation of an optimum social situation of development of the person, development of different types of its activity, disclosure of its internal potential bound to elimination of factors and conditions of application of psychoactive substances as socially pedagogical prophylaxis of addictive behaviour.

Having explained the main definitions of scientific work, we will pass to publicizing of experimental and experienced work from socially pedagogical prophylaxis addictive behaviour of student's youth into teaching and educational process of the university. The experiment lasted for one 2017-2018 academic year, was conducted both in educational, and in educational work and took place in three directions in parallel: to work with teachers, work with parents, work with students. 258 students, academic staff and administration of the Pavlo Tychyna Uman State Pedagogical University (Uman, Ukraine) participated in an experiment. As control group on state and control stages of an experiment 262 students of the Donbass State Pedagogical University (Sloviansk, Ukraine) were involved.

Work with teachers of the university

We began a pedagogical experiment with a stage of training of teachers. On the academic council of faculty of social and psychological education the taken-out discussion of a question of introduction of an experiment in teaching and educational process was separate point. The purpose and a task to an experiment, the opened contents and the discussed forecasts of results of experimental work were announced. Especially important teachers recognized the idea that the expected decrease in levels of the use of psychoactive substances positively will affect discipline of students and success of study, that is considerably will facilitate further work with them and therefore the experiment is relevant and necessary.

At the beginning of the experiment, we carried out instructing and consultation of curators of student's groups of a technique of anti-drugs education. Here we explained essence and contents addictive behaviour more in details, in details disclosed structure of prevention addictive behaviour, the content of scheduled maintenance, talked about the elite and the created forms and methods of

prevention addictive behaviour. It was instructed at special meetings of curators of groups, and for consultation decided to allot special hours of times a week. Everyone could address for consultations, they were carried out during all experiment, they were seen off by all structure of the working group.

In October we carried out a psychological practical work for teachers of “Feature of education and education of students from character accentuation”. The practical work consisted of three occupations: on the first the psychologist (the teacher of department of practical psychology) reported about types of accentuation, paid attention to what accentuation more vulnerable concerning alcoholisation and a narcotisation, and provided recommendations concerning features of education and education of such accents. That is explained what typical reactions of behaviour can be expected from students how to react, correct their behaviour. To whom, for example, to give individual written tasks more often, whom it is more often to cause to a board in study with whom to work individually or to involve in registration to the hall, production of wall newspapers, and whom it is obligatory to bring to public in educational work and entertaining actions and so forth. On the next two occupations teachers already gave examples of use of the acquired knowledge in fragments of studies and methodical developments of educational actions and discussed them.

Work with parents of students

At the same time, we realized the area of work with parents. First of all, it is necessary to celebrate such held events: message of the social teacher of “Feature of century psychology of the period of youth”, lectures of group curators “Types of psychoactive substances”, “Reasons of the use by youth of psychoactive substances”, psychological practical work “Safety measures in family”. For those parents who could not be present theoretical materials went for acquaintance by e-mail.

In November, at the first planned parent meetings we entered to a mine lecture “Types of psychoactive substances” on which curators talked not only about types, but also about signs of their use by youth, about directions of use and ways of acquisition. Teachers also reported addresses of psychological services and medical institutions where it is possible to ask for the anonymous help if parents suspect that their child uses alcohol or drugs (abuses) or tobacco smoking wants to get rid of an addiction. The lecture “The reasons of the use by youth of psychoactive substances” became the next mini-lecture during the planned parent meetings in January.

It attracted great interest because parents are really interested in that their children don't smoke and use drugs. Parents drew conclusions that the addictive behaviour is not formed by itself, there is a big range of conditions and

factors which cause it, and in family there is an opportunity to neutralize and minimize most of them. In April the plan of holding parent meetings was the message of the psychologist of “Feature of century psychology of early youth”. During the message psychological new growths and achievements of this century period, its feature, advantage and shortcomings were lit. It allowed parents to understand better the children, their motives and acts, in general positively affected a family microclimate.

And on the eve of summer vacation when students are spends more time in family, we drew the attention of parents to what example they are for the children. How to reduce own use of psychoactive substances how to behave at the holiday table as it is possible to organize holidays without alcohol told parents a psychological practical work “Safety measures in family” during the last parent meetings in June.

We not accidentally calculated all these methods of work with parents, it is very important that parents acquired all mentioned knowledge and skills at the beginning of the experiment and freely could use them. Also, for a year individual meeting of the social teacher of the university with separate families widely practiced.

Work with students

And large-scale work with students was multidimensional. During study we disclosed essence, structure, influence, history of the use of psychoactive substances during the mentioned developed occupations. Yes, on classes in discipline “Basic medical training” students could get acquainted shortly with structure psychoactive substances, features of their reaction with other substances and their destructive influence, it dispelled myths which turned among youth concerning mysteriousness why tobacco, alcohol and drugs thus affect health and consciousness, cause a condition of euphoria. During this course students learned why and as there is a process of mental and physical dependence as psychoactive substances affect body tissues, destroy cages and bodies, then the dangerous use of tobacco, alcohol and drugs at early age as it will be displayed on future posterity, and, the main thing, – why their use affects not at once.

On the subject “Fundamentals of Jurisprudence” students studied to what age by the Ukrainian legislation tobacco cannot buy and alcoholic products, restriction concerning trade by them, learned what features punishment for the crimes committed in a condition of drug and alcoholic intoxication what severe punishments are prescribed for the use, inducement to the use, drug traffic and another has. It is important that this information moved without special emotions and accents, the teacher just spread a training material, as well as any other and no, for what did not call. It we minimized reaction of a protest which arises in similar cases when submission of information is followed by intimidation using psychoactive

substances. It caused interest necessary to us and caused assimilation of the facts. On classes in history of Ukraine and World history students get acquainted with history of distribution of psychoactive substances, with traditions of their restriction and so forth. Sociological data and data of economic statistics gave to students an objective picture of consequences of the use of psychoactive substances which was displayed in demographic data and indicators of economic losses of the enterprises and decline in living standards of citizens.

Educational work from socially pedagogical prophylaxis of addictive behaviour of student's youth had the individual, group and mass forms [11]–[14]. As a result of identification by means of diagnostic techniques of students of risk group of rather addictive behaviour we received object first of all of individual influence. There were organized occurring of such students with the psychologist, students could ask the expert for the help and council at any time. Separately we entered occurring once for a month for certain students who needed studies to relaxation methods. At first sight these occurring weren't specially referred on overcoming problems of smoking, an alcoholism and drugs, but they removed the wide range of the causes of addictive behaviour bound to problems of communication, adaptation, moral and psychological fastness of the person of a stress, with nervous strains, deviations in socially psychological development.

Also, once for a month individual meeting of the psychologist with students which already have experience addictive behaviour have been organized. Individual correctional work has been directed to formation of strong-willed qualities, abilities to refusal of the persistent offer of psychoactive substances, to overcoming the train to alcohol and drugs.

Also, individual work was carried out in the direction of training of volunteers within education "Equal – equal". Already at the very beginning of holding socially pedagogical trainings leaders who found the greatest activity and desire in the future to gain skills of trainer's work were allocated. They have undergone study and already on the 3rd course have begun to participate in trainings as the second trainer. On the 4th course they already independently provided thematic socially pedagogical trainings. Such work has allowed to self-actualize to the most sociable and active students in the direction, acceptable and useful to society, and also has allocated leaders with the directed behaviour.

In general, individual work with students has allowed us to understand better problems of addictive behaviour of youth in practice, to approach separately each case of the use of psychoactive substances by students. Only individual forms of work with students of risk group, separate

approach to each student have allowed to deal effectively with the smoking problems, alcohol intake and drugs.

Group work consisted of psychological and socially pedagogical trainings. The training of formation of self-confidence and ability of an exit from stressful situations was held on educational hours once a month. The general increase in a stress stability of the identity of our students, improvements of their psychophysical health, especially during such difficult period as a session became result of holding this training that has affected even her results. Thanks to occupations the train to psychoactive substances which is always observed during the psychological tension and stressful situations has considerably decreased.

Socially pedagogical trainings were other type of group work: "Approach of life situations in prophylaxis of tobacco problems", "Factory of stars on the stage of life", "During lifetime without drugs". As it was already told above, we made a training of these separate modules the program calculated on four courses of study. Classes were given once for a month on educational hours in such order: one occupation – is devoted to a subject of smoking, the second – to problems alcohol intake, the third, – to drug problems and so on. Such sequence was chosen not accidentally, so we showed that all psychoactive substances have the only essence, the only causes and effects of the use, result in psychophysical dependence. These to a training of occupation caused in students special admiration as never before they had to talk on such difficult and delicate subject so simple and easy, openly to express the opinion, to discuss such close problem such which it is from positions of present time moreover and in playful way. Information messages during the meetings became for the majority the acquired knowledge, and conclusions – own beliefs. Mass educational work consisted of thematic actions, actions of the direction of moral education and entertaining actions. In the middle of thematic actions, the special place was taken by visit to a drug treatment clinic. Students had a talk with young alcoholics and addicts. They own eyes have seen what is alcoholic heredity, alcoholic biological tendency, an abstinence syndrome, and alcoholism stages. After such visits students anonymously wrote the impressions of meetings and to us it was important that young people have noted for themselves as rates of juvenile and teenage alcoholism, drug addiction grow; as young addicts confessed that any of them didn't try to become an addict, and drug for the sake of curiosity or from any other reason has tried and what it has led to. It is important that students realized undesirability of any experiments with psychoactive substances, during the conversations many of them noted for themselves that there are almost no alcoholics and addicts who don't smoke, and almost each of them began with smoking, gradually passing to stronger cigarettes, then to alcohol, and, at last, to drugs, too at first "easy", and all more and more strong. Alcoholics and addicts appeared before students such which is: unfortunate

sick people, disabled people and someone even doomed to death. We practiced such visits twice for a year on II and III courses and on IV courses. We think that for patients to a drug treatment clinic such meetings had a certain advantage too: students went to the following visits to them with sympathy, someone brought fruit.

Meetings of students with employees of health, law-enforcement and social services were regular. They came at educational time once in three months, that is in one academic year students had on one meeting with employees of each mentioned institution, and communicated in the form of free dialogue, talked about the work, acquainted with the latest statistical data. In four years prior to us employees of the Centre of socially pedagogical rehabilitation, social service for family and youth, public organization “Women for the Future of Ukraine”, a drug treatment clinic, criminal militia for minors have granted, to department of militia from the illegal address of drugs.

Competitions of the posters and newspapers devoted to the corresponding dates were regularly held: To day of fight against drugs, Day of fight against AIDS, Day of fight against alcoholism, and smoking problems. These useful actions have been directed not only to promoting of a healthy lifestyle, but also gave an opportunity of creative self-expression of students. It has turned out that those students who usually remained in the shadow in other entertaining mass actions most often took part in preparation of posters and newspapers. Thus, they have made the contribution to business of fight from smoking, and have got alcoholism and drug addiction to the general course of an experiment.

For check of efficiency of introduction of forms and methods of socially pedagogical prophylaxis of addictive behaviour of student’s youth in teaching and educational process of the university results of control testing in two groups of bachelors were analysed: experimental (258 students of the Pavlo Tychyna Uman State Pedagogical University) in which classes were given with use of noted techniques, and control (262 students of the Donbass State Pedagogical University) which worked according to the usual training program.

Estimation was carried out on a 60-ball scale according to certain demands (Table 3).

We will guide dynamics of addictive behaviour of student’s youth of experimental and control group (Table 4).

The carried-out monitoring of manifestations addictive behaviour student’s youth at a control stage of an experiment has finished efficiency of experimental and skilled work which was carried out in line with educational and educational work in parallel in three directions: to work with teachers, work with parents, work with students.

Table 3: Levels of addictive behavior of student’s youth

Levels	Requirements
High level (40-60 points)	The student doesn’t resist to the offer of psychoactive substances; indifferently treats their use by others; doesn’t understand advantages by refusal of psychoactive substances; familiar with information on harm of psychoactive substances; doesn’t own, or owns abilities of self-control of psycho physical capacities insufficiently; has no communicative skills; isn’t interested in preparation and carrying out preventive measures, doesn’t understand their efficiency.
Average level (21-39 points)	The student in a passive form resist to the offer of psychoactive substances; is negative to the use of psychoactive substances, but doesn’t dissuade others; familiar with real advantages that bears refusal of their use; in general, possesses information on harm of psychoactive substances; owns certain abilities of self-control of psycho physical capacities; owns certain communicative skills; shows interest in preparation and carrying out preventive measures, understands their efficiency.
Low level (0-20 points)	The student in an active form resists to the offer of psychoactive substances; is negative to the use of psychoactive substances by others, tries to fight against it; deeply realizes real advantages by refusal of their use; possesses exhaustive information on harm of the use of psychoactive substances; surely owns abilities of self-control of psycho physical capacities by inclusion in positive alternative activity of physical and psychological tests, training and so forth; masterfully uses communicative skills; actively participates in preparation and carrying out preventive measures, understands their efficiency.

Table 4: Dynamics addictive behaviour of student’s youth of experimental and control group

Levels	Experimental group		Control group	
	Stating stage	Control stage	Stating stage	Control stage
	Quantity of students, %	Quantity of students, %	Quantity of students, %	Quantity of students, %
Low	11.2	19.8	12.6	14.1
Average	54.5	63.0	53.7	56.8
High	34.3	17.2	33.7	29.1

4. Conclusion

It is expedient to realize introduction of socially pedagogical work from prophylaxis of addictive behaviour of student’s youth in teaching and educational process of the university at the same time in three directions: to work with teachers, work with parents, work with students. Work with teachers has to consist in development of studies which concern essence, history of the use, moral aspects of the use

of psychoactive substances; briefing and organization of consultation of curators of educational groups. Level of awareness of parents rather addictive behaviour of youth increases by organization of the report “Feature of century psychology of the period of early youth”, holding the lectures “Types of Psychoactive Substances”, “Reasons of the Use by Youth of Psychoactive Substances”, a psychological practical work “Safety measures in family”, regular consultation.

It is expedient to carry out educational work with student’s youth from prophylaxis of addictive behaviour in individual, group and mass forms. Individual work consists in work of the psychologist with students of risk group and their parents, the organization of educational work in the hostel, training of volunteers. Group educational work is carried out by holding psychological and socially pedagogical trainings: training of adaptation of first-year students, communication training, training of formation of self-confidence and ability of an exit from stressful situations, trainings of prophylaxis of addictive behaviour. Mass educational work consists in the organization of volunteer stocks, holding thematic and entertaining actions, occurring with workers of medical, law-enforcement, social institutions, production of posters and newspapers of anti-drugs contents.

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