

## SOCIO-PSYCHOLOGICAL CHARACTERISTICS OF DESTRUCTIVE MOTIVATION IN THE FIELD OF SOCIAL SERVICES

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### ABSTRACT

*The article presents the social-psychological characteristics of the phenomenon of destructive motivation in the field of social services. The general characterization of the mental states of the persons – recipients of the social services is given. The research question is that the socio-psychological characteristic of the personality represents a set of issues relating to the relationship of the individual with the environment and the mental states of the individual caused by them. Mental states occupy a special place in a person's life since they directly regulate human behavior and activity. The purpose of the article is to interpret destructive motivation as a state of low expectations, self-isolation, the behavioral strategy of avoidance and adaptive disorders. The scientific innovation of the article is that mental states can be considered as a result of the level of psychological stability and determining its factor. According to the purpose, the structure of the article is constructed, and the main tasks are revealed to present the perspectives of further investigation of the issue of destructive motivation.*

**Keywords:** *destructive motivation, social services, social isolation, low expectations, adaptive disorders, socio-psychological factors, human behavior, maladaptive behavior, motivational factors, psychosocial dynamics, negative social impact, social work ethics, client relationships, burnout in social services, stress and coping, professional boundaries, empathy and compassion.*

### INTRODUCTION

Let's note that people are usually able to understand their mental states, but they cannot always understand the reasons for their occurrence, although, as you know, nothing happens for no reason. The reasons listed above can be divided into three main categories: the state of the human body, the satisfaction of human needs and how he or it experiences the influence of the environment. In this context, the problem of the destructive motivation

of a person and its socio-psychological characteristics becomes relevant and necessary for research.

## **LITERATURE REVIEW**

Studies of different authors allow us to argue that mental states, like other phenomena of mental life, are not spontaneous but are determined primarily by external influences (Levitov, 1964; Anciferova, 1994; Shults & Shults, 2000). If a person is in a traumatic situation, there may be some changes in his or her mood.

The mental states of a person can be divided into three main groups:

1. typical positive states;
2. typical negative states;
3. personal situations.

Typical positive states can be distinguished from situations related to human everyday life and certain types of activities. Typical positive aspects of everyday life include joy, happiness and love, expressed in a rather bright description. In educational or professional activities, they emphasize curiosity, creative inspiration, determination, and so on (Ruddestam, 1990).

The state of curiosity creates motivation for successful work. The state of creative inspiration is a complex combination of cognitive and emotional components. It determines the focus on the subject of activity, perception and thinking. The definition means the willingness to make and implement the decision. Typical adverse mental states are stress, tension and disappointment (Bayluk, 2011).

Stress is most often observed in the emotional field of the psyche. If the emphasis is on emotional stress, then stress is understood as a reaction to negative phenomena. Disappointment is a certain negative emotional state when the subject meets insurmountable or seemingly impassable requirements. Typical reactions to disappointment include aggression, depression, and so on. Stress situations are also negative situations that arise in difficult situations for humans (Reykovskiy, 1979; Lazarus, 1970). Typical negative mental states can be caused by factors that are the result of violence, natural disasters, and military operations. Personal mental states include wakefulness, altered states of consciousness, etc.

Many studies confirm the statement that people living in difficult life situations become involuntarily passive consumers of social services since the need for these services is more related to those population groups that can no longer maintain the previous quality of life and independence (Leont'ev, 1974; Nikolskaya & Granovskaya, 2001; Rean, 2006). All this

matters to the human psyche and is the subject of study for many doctors, social workers and, recently, psychologists as well. It is very difficult for a person to adapt to difficulties, as well as to accept new life priorities as a result of their awareness since survival and adaptation to new conditions require the destruction of old stereotypes of behavior and consciousness. This forms a pessimistic mood and worldview among recipients of social services, implying distrust of the present and future and the corresponding background emotional support (Romanychev, 2012).

From this point of view, the significance of social work, in particular, sub-dominal services, acts as an external “filter” that defines the socio-psychological nature of the current situation perceived by the recipient of social services. This methodological disposition, offered by us, allows you to comprehend this situation in a new way and draw the appropriate conclusions regarding itself and the environment. A very important factor that determines the mental state of a person in a social environment is self-esteem based on motivation, which implies satisfaction and a positive attitude towards oneself (Ratinov & Efremova, 1979).

Studies on the motivation and self-assessment of the socio-psychological state show that those social workers who are involved in monitoring the socio-psychological assessment of the recipient of social services and who involve their customers at the level of self-esteem develop more effective mechanisms of motivation and social assistance to consumers social services and contribute to a more complete adaptation of customers to new social conditions.

In connection with the foregoing, it is appropriate to reflect the opinion of V. Frankle, which the author announced in his work “Human in Search of Meaning”, where the fact that a person can withstand difficulties is stated if they are significant for him (Frankle, 1985).

Faced with dangerous or unsatisfactory conditions for life, people with low psycho-social resistance cling to the belief that the presence of suffering means life. In other words, motivation acquires a destructive character - a person tries not to achieve something but to avoid more difficult life conditions, which means, on the one hand, the presence of motivational behaviour and, on the other hand, the destructive character of motivation. This is due to the fact that many see the meaning of life in pleasure and enjoyment (Kirshbaum & Eremeeva, 2000). Therefore, when they find themselves in a desperate state, which leads to suffering and pain, they move away from real life. According to Frankle, in new, social terms of unsatisfactory conditions, the personality is changing rapidly. Consequently, a person considers the paramount need to overcome difficulties and not understand the

characteristics of human nature, a life-value worldview and the development of a unique attitude to severe reality.

According to the monitoring of the study of the process of adaptation of people-recipients of social services at home, we defined two main trends in the characterization of destructive motivation: struggle and escape. When these reactions intensify, people are either trying to fight or avoid a life-threatening situation. The latter is accompanied by extreme caution, irrational anxiety, suspicion and fear. It is known that the latter is an emotional reaction of the body to unsatisfied needs. Studies by many scientists show that fears and anxiety tend to change and move from one situation to another. For example, fear of losing a family can be replaced by fear of their own personality, fear of death, and so on. Experience shows that in such conditions, the struggle for one's own life becomes a priority, and the question of the existence of others, as well as other life priorities, decreases or depreciates (Leont'ev, 1974).

Sometimes, a person compares himself with others who are in more difficult and less enviable living conditions. At first glance, such an encouraging approach can stimulate the process of mental protection, creating favourable conditions for active mental activity in difficult situations. The aforementioned method of self-regulation can be classified as a human protective mechanism.

According to L. I. Antsyferova, people who avoid difficult situations, resorting to various mechanisms of self-regulation and psychological protection, have low self-esteem, are pessimistic and prone to introspective perception of the world as a source of danger (Abolin, 1987; Anciferova, 1994).

The foundations of this theory were developed in detail by the famous American psychologist Julian Bernard Rotter. He is the author of the theory of social learning. In his work, Rotter conditionally divided people into two groups: people with a predominance of external and internal control (Nartova-Bochaver, 2003).

People with external control are inclined to believe that their successes and failures are due to external factors, such as fate, success, luck, influential people, and so on. In contrast, people with the locus of internal control tend to believe that they are the only authors of their failures and successes. They better adapt to new conditions because it is well known that if a person believes that his life is in his hands and he is the master of his fate, he succeeds more in life. People with external control more often suffer from psychological problems: their anxiety and depression are higher, and their self-esteem is lower than that of people with internal control. From this, it is clear that people with an

external locus of control are more susceptible to environmental influences than interns or people with internal control (Nasinovskaya & Yakubovskaya, 1984).

A number of researchers are inclined to believe that the effectiveness of the provision of social services is closely related to the psychological stability and positive motivation of a person. In order to confirm or refute these assumptions, first of all, it is necessary to determine these concepts and their interactions (self-realization, psychological stability). Socio-psychological monitoring research reveals both the positive and negative influence of external factors on the process of self-realization of a person, which greatly depends on the environmental conditions (Rean, 2006; Khasmagomedovna, 1997; Zobov & Kelasyev, 2001).

The term “self-realization” was introduced into psychology after Abraham Maslow, who actively studied the problem of self-realization. Studies led him to the idea of the existence of a hierarchy of human needs. The author presented the pyramid in his article “Theory of Human Thinking” (Maslow, 2008).

Maslow believed that the demand for self-realization in the sequence of the “requirements of the pyramid” was the last of the needs of a person. Requirements of a higher level become more urgent as the needs of a lower level are satisfied (Ivanova, 2009).

It should be noted that the needs do not have an inextricable sequence, as shown in the “Pyramid of Needs” of Maslow. The pressure on one of the requirements can increase or weaken other motivating factors associated with it. For example, it was found that among elderly citizens - recipients of social services at home, the need for self-realization is so strong that it excludes or weakens all other needs as much as possible. V. N. Kelasev distinguished two groups of factors affecting self-realization:

- 1) human factors (value orientations, flexibility of the mind, will, motivation, etc.);
- 2) inhuman factors (social situation, material security, the influence of the media on people, the environment, etc.). The realization of his own potential is not so much human nature as the factors formed by the influence of the external environment (Zobov & Kelasyev, 2001).

## **METHODOLOGY**

In the integrated approach to the study of socio-psychological features of adaptation of the studied socio-demographic groups of the population, we propose the allocation of the following main prerequisites for constructive motivation, successful self-realization and adaptation to new living conditions:

- Social,

- Physiological,
- Psychological,
- Pedagogical,
- Ecological (Zobov & Kelasyev, 2001).

Self-realization of personality is a complex functional system that includes complex psychological formations. In other words, self-realization is a multifaceted psychological structure which is determined by external and internal factors that ensure the effectiveness of human expression in various areas of life. The process of self-realization of a person is mainly influenced by such individual characteristics as activity, optimism, an elbow of internal control, creativity, high/constructive motivation, and a constructive approach to behaviour and communication.

In modern society, people regularly find themselves in difficult and critical situations. This is due to various factors: political, economic, environmental, physiological, and social (poverty, illness, inaction, loss of moral values, etc.). In the analysis of difficult situations in life in socio-psychological literature, a wide range of concepts is used: a difficult situation (Antsyferova, 1994; Nartova-Bochaver, 2003), life events, emergency situations, crisis situations, etc.

Yu. E. Vasilyuk (1984) concluded that the definition of a situation where a person is faced with the impossibility of satisfying his internal needs (constructive motivation, aspirations, values, etc.), which are priorities for his life, is a particular difficulty for relevant specialists.

The stronger situations are characterized by the impossibility of self-realization without outside help in the form of home-made social services, the more stressful they become.

Therefore, in such situations, it is necessary to prioritize the personal abilities and skills of specialists who help recipients of social services to resist negative external influences and cope with difficult life situations and stresses (Drobinina, 2007).

In adverse conditions, the maintenance and adaptation of the active mental activity of a person is carried out using the mechanisms of psychological stability, communicative techniques and active communication.

L. M. Abolin (1987) defines the concept of “psychological stability” as a characteristic of a person’s stress activity, the individual emotional mechanisms of which are harmoniously intertwined and contribute to the achievement of goals.

A number of scientists (Khasmagomedovna, 1997; Akhmedov, 2010) in their works demonstrated that almost all groups of the population also experience psychological structural changes that are manifested in stress, thresholds of sensitivity and values – in

other words, in the characteristics of destructive motivation. However, among representatives of the studied socio-demographic groups of the population, these indicators are most pronounced (Subbotina, 2006).

## **RESULTS AND DISCUSSION**

The scientific observations in the process of social work at home show that, living and working in a stressful, unsatisfactory environment for a long time, high adaptability can also be shown among representatives of these groups. Studies, however, suggest that for most recipients of social services, opportunities for personal adaptation are very limited. According to E. Kirshbaum and A. Eremeeva (2000), in conditions of moderate emotional stress, the effectiveness of activity increases for all people, regardless of what individual features they possess. However, in case of severe stress, the effectiveness of activity in people with a weak nervous system is reduced. This explains the fact that of all types of provision of social services, the process of providing home-made social services is characterized by emotional and psychological stress that is different from other types of social assistance.

The degree of concern and anxiety of the studied groups of the population is largely associated with irresistible life difficulties. Even people with higher education and communication experience during their lives are difficult to adapt to socio-psychological barriers that they have to deal with at sunset, being weak or lonely, since survival and adaptation to new conditions require the destruction of former motivation and stereotypes of behaviour and consciousness. Therefore, the employees of social institutions are faced with a highly moral task of protecting these groups of population from the opportunity to be alienated from the public.

People who accept the status of “victims” and show inactivity characteristic of the latter experience a sense of helplessness and despair. Over time, the position of the “victim” changes from passive to active and even aggressive. They begin to protect their rights. The victim’s position in socio-psychological literature is often presented as follows: “I am a victim. My suffering is unique. I am so weak and helpless that everyone should pity me and help me.” Initially, family members and relatives provide care for the “victim” but gradually begin to treat him as a lower person, since the problems of people with a similar attitude are always reminded of suffering, pain and anger, which are inclined to forget. As a result, people around them try to avoid contact with them.

A person's daily life can be characterized by a sign that we can conditionally call a way of life. In psychology, this term is associated with the concepts of adaptation, self-regulation, and stability.

The first level is "everyday discomfort" that a person integrates into his lifestyle. These problems create difficulties but do not violate a normal lifestyle and do not interfere with self-realization.

The second level is "difficult situations" when adaptive disorders arise from external influences and develop as a result of internal changes in the psyche. These situations are characterized by violations of stability. As a result, a person is no longer able to satisfy basic life needs.

The third level is "emergency situations", which are associated with emergency situations of a physiological, social or technic nature. According to sociologists and psychologists, all these factors cause mental and physical disorders destructiveness, which can be considered as obstacles to the development and self-realization of personality.

## **CONCLUSION**

It is well known that the consequences and difficulties of emergency situations of natural origin are relatively easily overcome. Considering that the difficulties created by long-term stay alone, material and psychological dissatisfaction or unexpected loss of the family are anthropogenic, are associated with human activities and pose the greatest danger in the sense of the possibility of overcoming or adaptation. As a result, a destructive motivational state is developing in a person, called self-alignment. A person in a psychological crisis seeks to isolate himself from the inevitable tragedy of human fate, as well as from shock conditions arising as a result of awareness of the meaninglessness of life values, leading to death and irreversible socio-psychological changes (Vasilyuk, 1984).

According to many scientists, the main choice of a person is the choice between life and death. Each action implies such a choice. To be alienated means to be deprived of the opportunity to use human resources (Anciferova, 1994; Kirshbaum & Ereemeeva, 2000; Zobov & Kelasyev, 2001; Ivanova, 2009).

Self-alignment always contradicts constructive motivation and self-realization. Some authors identify the term "self-actualization" with the concept of "lifestyle", while the term "dedication" is defined as a path leading to death.

Thus, psychological stability is the quality of the personality, the individual aspects of which are social and mental stability and balance. In this context, the main socio-

psychological characteristics of destructive motivation are social isolation, low expectations and adaptive disorders.

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