

PREVENTION OF SOCIAL PATHOLOGY AS OPTIMIZATION OF THE BIO-PSYCHO-SOCIO-CULTURO-SPIRITUAL REGULATION OF BEHAVIOR

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Abstract

The concept of prevention of social pathology - as the optimization of the bio-psycho-socio-cultural-spiritual regulation of behavior - is based upon other studies of Prof. Damian Kováč, who understands human being not only as a bio-psycho-social creature, but rather as a bio-psycho-socio-cultural-spiritual being, while the integration of personality is not simply a pure predisposition, but it is the result of self-formation by cultivation. This is most effectively realized through mental regulation by means of system regulators such as wisdom, prosocialness, tolerance, moderation, responsibility, humbleness, conscientiousness, and meaningfulness of life. If this multisector intervention (and prevention) is to be reasonably effective toward social-pathological factors, it cannot ignore this five-factor conditionality.

INTRODUCTION

In this paper we want to highlight a few rather theoretical problems, which may subsequently have (and usually also have) a significant impact on putting up of what could be called, with a little generosity, the society-wide system of the prevention of social pathology.

The first principal question, which has lied many years on the table of experts dealing with this issue of problems, is whether the concept of social pathology can form a basal outcome of the society-wide prevention system.

We believe that it can; however, it will be necessary to search for and to find such its content fulfillment that would not only fit in the participating specializations and disciplines, but that could also form practical outcomes for drafting the society-wide interdisciplinary preventive strategies of the most serious social-pathological phenomena. The existing definitions are either too broad (general), or too narrow. The example of general understanding can be Freiová (1991) - she considers social pathology to be the term that covers unhealthy, abnormal, generally undesirable social phenomena, i.e. socially dangerous, negatively sanctioned forms of deviant behavior, but

mainly for the study of the causes of their origination and existence. An example of the narrowed understanding can be the Ondrejковиč's definition that defines social pathology as "a comprehensive term to denote the sick, abnormal, generally undesirable social phenomena". The sanctioned forms of deviant behavior belong here, too, as well as the study of the causes of their origination and existence" (Ondrejковиč, 2001, In: B. Kraus and J. Hroncová, 2007, p. 9). For a possible inspiration, we offer our own concept (Matula, 2000), according to which social pathology is a boundary scientific discipline that examines the social and psychological mechanisms of the origination and development of social-pathological phenomena, and applies the results of its explorations for optimization of the regulation of surviving and behavior of individuals who, with their behavior, conformed to the signs of these phenomena. In case of thus erected methodological concept, we must then go back and use as the basis outcome the traditional bio-psycho-social approach, on the basis of which Kováč (1985) defined personality as the diversely differentiated dialectic unity of internal

(biological) determinations (predispositions and possibilities of human individualities) and external (social) actions (the conditions of life and influences of society), which is finally formed by mental regulation - that is, by self-formation.

Please note that D. Kováč (1985) labeled the issue of personality formation as the central scientific interest and crucial problem of the whole "process of knowing of human being" already in the year 1985. The complex research of human being, as the above-mentioned author had already initiated in the late 1980's, unfortunately did not continue after the year 1989, because other problems became more prominent including the reorganization of the scientific re-

search activities in Slovakia.

The Table 1. gives an overview of possible problems of the basic research of human being as personality, because it seems to be stimulating even in the beginning of the 21st century (Kováč, D., 1996).

The second reason is the fact that we consider the idea of the complex research of human being to be very significant also in relation to the issue of understanding of social-pathological behavior that we deal with in this study. (We must also note that the author alone does not consider the above list to be complete and he expects that it will be continuously updated.)

Table 1. Main problems of the system research of human being

	Main problems	Possible subtopics
A.	Creation of environment for human being in the spirit of the idea of the development of permanently sustainable life	<i>Industrial accidents, noise, increasing concentration of cities with subsequent crime rate, and so on</i>
B.	Biological determinants of development	<i>The consequences of genetic predestination, optimal nutrition, elimination of physical deprivation, and so on</i>
C.	Lifelong health	<i>Lifestyle, prevention of civilization diseases, non-problematic aging, etc.</i>
D.	Optimal development of children	<i>Harmonious family, the effectiveness of learning, suburban children and youths, etc.</i>
E.	Steering of the behavior of the young in society	<i>Early sexual experience, unemployment, drug addiction, and so on</i>
F.	Intellect and creative activity	<i>Developing of speech, attachments of intellect with emotions, developing programs of creative activity, etc.</i>
G.	Performance in stress	<i>Circadian rhythms, limits of human performances, accident rate, etc.</i>
H.	Interaction of man with new technologies and information systems	<i>Failure of human being in risk jobs, depersonalization of robotized workplaces, penetration of personal computers into personal lives of people, etc.</i>
I.	Personality in family, at work, and in leisure time	<i>The harmony of human potentials, continuity of generations, enriching by art, etc.</i>
J.	The interconnection of people in regions with the world	<i>Xenophobia, ethnic conflicts and conflicts of countries, responsibility of statesmen, etc.</i>
K.	Primary transformation of personality	<i>Its cultivation by virtues, by principles of humanism, by spiritual revival, etc.</i>

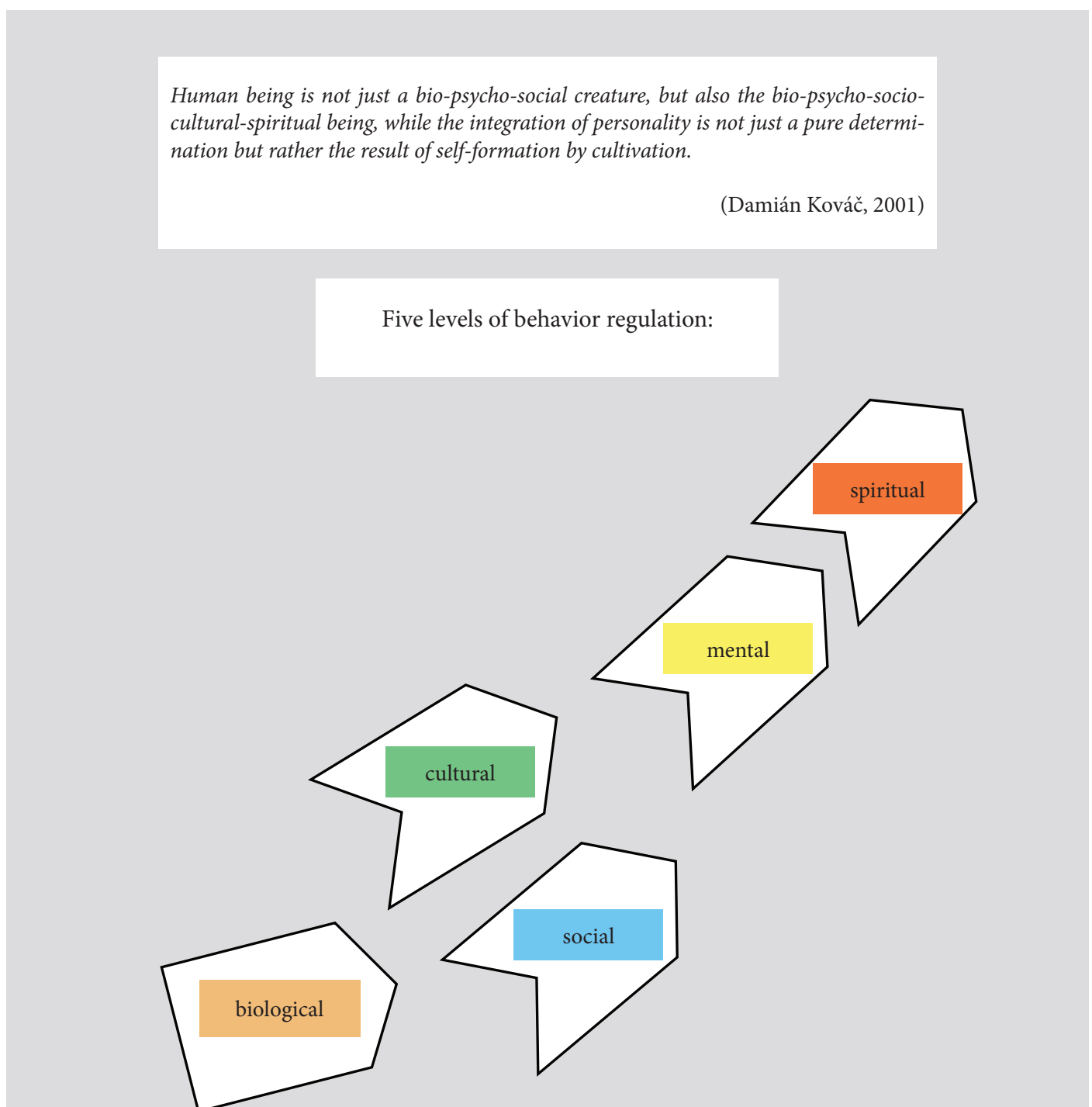
In other studies (see Figure 1.) D. Kováč (2001) goes beyond the borders of bio-psycho-social approach when he states that human being is not just a bio-psycho-social creature, but also the bio-psycho-socio-cultural-spiritual being, while the integration of personality is not just a pure determination but also rather the result of self-formation by cultivation. This is most effectively realized through mental regulation by means of system regulators, which are - wisdom, prosocialness, tolerance, moderation, responsibility, humbleness, conscientiousness, and meaningfulness of life.

We must ask the question whether, in our conditions, the realization of the prevention of social pathology in the bio-psycho-socio-cultural-spiritual interdisciplinary interconnections of all the involved science disciplines and practical specializations is real.

We do not have the courage to answer this, but we believe that we are not alone who wish that it were so. To achieve this (not unrealistic) goal, the following will be mostly necessary:

- *To create gradually the conditions for the unprecedented cooperation not only of all the disci-*

Figure 1. The Kováč` s concept of human being



plines, but - what is worse (feasible) - for all professionals working in this field. However, such cooperation assumes a prior - clear definition of the insights and the autonomies of professionals from the area of medicine, pedagogy, social work, psychology, or psychotherapy. We believe that the currently ongoing international scientific conference, too, will move the search for common insights and autonomous specifics of professions from the area of "helping professions" a step further.

- To avoid attempts to monopolize the content of the unambiguously interdisciplinary matter (such as prevention of social pathology undoubtedly is) on part of several scientific disciplines or professional activities.
- To discuss, at least in the medium-term time horizon, openly and without prejudices also the disappointing level, status and problems of the legislation of biological, social and psychological component of the complex care for the young generation. Legislative resort regulations do not respect the excessively necessary tying up of activities of preventive institutions at work with the at-risk part of the population.
- If the multi-disciplinary intervention (and also prevention) is to be adequately effective toward the social-pathological factors, it cannot then ignore this five-factor conditionality.

CONCLUSION

Let us wish ourselves that the vision of the interdisciplinary prevention of social pathology would become the real fact as soon as possible and that its outcome would be the concept of prevention of social pathology as the optimization of bio-psycho-socio-cultural-spiritual regulation of behavior.

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