

SELF-REGULATION MECHANISMS OF MEN CONVICTED FOR THE FIRST TIME AND REPEAT OFFENDERS

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The article presents the results of a socio-psychological research aimed at studying the mechanisms of self-regulation of male convicts, being in prison for the first time, and repeat offenders, for whom the conviction is not the first one. In particular, we consider such mechanisms of self-regulation of behavior, as self-esteem, anticipation, style of self-regulation, destructive attitudes in interpersonal relationships. The data of comparative analysis of indicators reflecting the level and nature of development of mechanisms of behavior self-regulation of convicts serving their first sentence in prison and “repeat offenders”. It is concluded that with age and the increase in the number of convictions, the level of development of individual mechanisms of behavior self-regulation of convicts decreases, and correlations show the increased destructiveness of the personality. Overall, this means the need to take into account in the process of preparing prisoners for release, taking into consideration the characteristics, that prevent successful post-penitentiary re-socialization, i.e. of the mechanisms of self-regulation of behavior, referred to in this article, and to focus on their optimization.

Keywords: convict, convicted for the first time; repeat offender (habitual criminal), the mechanisms of self-regulation of behavior, self-esteem, anticipation, attitudes in interpersonal relations, style of self-regulation.

1. INTRODUCTION

1.1. Introduction to the problem

For Russia, as for many other countries of the world, the problem of correction of criminals is still actual. S. H. Shamsunov, Y.M. Ugryumov present the following statistics: The population of Russia constitutes 1/40 of the world's population, but those who are in prison constitute 1/8. Russia is one of the world's leaders in the quantity of convicts per 1000 people. Actually, every third adult man has a stigma of having been on trial. 35 – 40% of Russian adult population have dealt with the judicial system either as suspects, or as blamed, accused, or convicted in the last 40 years [Debolsky, 2001, p. 17]. In 2015 the number of crimes increased by 8,6%. People steal more, commit financial frauds, keep weapons illegally, and participate in terrorist and extremist acts. Experts believe that it is caused by the crisis and by the reduction of the number of policemen (http://crimestat.ru/offenses_chart).

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It means that safety of Russian citizens in many respects depends on the quality of psychological work with convicts, who are in places of detention, to prepare them for their future free life. The Conception of development of the penal system in the Russian Federation till 2020, ratified by the governmental order 14.10/2010 N 1772-đ, sets three tasks for workers of the executive and penal system: 1) improvement of work of executive organizations and organs considering world standards and needs of social development; 2) reduction of the number of repeated crimes, committed by former convicts, by making social and psychological work at detention places more effective; 3) humanization of detention conditions for those in custody and for convicts, guaranteeing their rights better according to the world standards.

Efforts made in this sphere have resulted in a considerable number of scientific elaborations that we divide according to the three main directions of socio-psychological analysis of penal system problems, essential for a scientific and theoretical justification of this research. They are: examining of convicts' personalities [Ivashchenko A.V. and Alekseyeva E.A., 2012; Moskalyov A.Y., 2012; Mokretsov A.I. and Novikov V.V., 2006; Morosanova V.I. and Garalyova M.D., 2009; Pastoushenya, A.N., 2007; Pozdnyshev S.V., 2007; Ratinov A.R. and Efremova G.H., 1988; Revyagin, A.V., Tyufyakov, N.A., 2015; etc.); examination of the process, conditions, factors and results of re-socialization of convicts in detention places [Bovin B.G., 2005; Kolesnikova N.E. and Shipilov A.I., 2014; Louzin, S.A., 2004; Debolsky M.G., 2001, 2006; Rybak M.S., 2004; Khomlyuk V.I. and Stukanova V.G., 2003; Sochivko D.V. and Litvishkov V.M., 2006; Sourovtssev V.A., 2003; Soutchkova E.A., 2013; Tsvetkova N.A. and Kolesnikova N.E., 2011, etc.]; research of factors that condition delinquent behavior [Anissimkov V.M., 2003; Antonyan Y.M., 2006; Bovn B.G., 2005; Bonkalo T.I. et al., 2015; Kolesnikova N.E., 2011; Mendelyevich V.D., 2003, 2005; Rybakov R.P. and Rybakova A.I., 2015; Rybakova A.I., 2010, 2014, etc.].

Research in the first direction of socio-psychological analysis of penal problems shows us the following typical characteristics of all categories of criminals: tendency to violate social norms, little restraint, little consistency and determination, little orderliness. The also show that an "antisocial personality" demonstrates "excessive curiosity, extreme instability and readiness to risk and uncertainty" [Mendelevich V.D., 2005, p. 18]. In 1988 A.R. Ratinov and G.H. Efremova developed a general model of a criminal's personality. The main role in it is played by the "defect of legal consciousness, defect of normative and value orientations, specific structure of motivational constructs, also some psychological qualities (aggressiveness, impulsiveness, emotional excitability, low intelligence, personal simplicity, narcotization, alcoholization, etc.). Criminals are fatalistic and melancholic, they estimate themselves, their future, their daily routine and the part of their life that has passed as extremely negative, their need of self-regulation and planning is

low, and they prefer carefree living [Ratinov A.R. and Efremova G.H., 1998]. Psychologists working in the penal system add to this list embitterment and anger, egocentrism and striving for richness, high anxiousness and neurotic symptoms. Anxiousness and neuroses generate suspiciousness, expecting threat and harm from other people. Fear can turn into aggression and become the reason of “motiveless violent crimes. Low empathy level and low sensitivity to pain make for it, because they block the ability of a person to empathize and adequately perceive the sufferings of the victim” [Y.M. Antonyan et al., 1996; S.M. Inshakov, 2000 et al.]

Research in the second direction of socio-psychological analysis of penal problems shows us the direct connection of aggressive and unlawful behavior of a person and this person’s having been abused by parents in the early childhood. This explains the absence of such qualities as empathy, feeling for another person, altruism, also values and skills, which prevent the development of the feeling of social affiliation. Due to their personal background, some criminals tend to create conditions (environment) for their destructive qualities that have developed under the influence of their families of origin, to dominate [Antonyan Y.M., 2006].

Research in third direction of socio-psychological analysis of penal problems permits us to conclude that personality-oriented social and psychological rehabilitation is not yet properly established in the Russian penal system. Little number of penitentiary psychologists and the poor methodological basis of their work prevent it from developing; also poor scientific elaboration of new approaches in technologies of helping convicts to regain and develop skills and personal characteristics, necessary for their re-integration into the society.

Therefore, a brief analysis of existing scientific works shows actuality of studying both personal characteristics of convicts staying in detention places and their dynamic that shows us effectiveness or ineffectiveness of correction process.

1.2. Relevance of the problem

All scientific works that have been mentioned give us answers to questions what personal qualities can probably be found in criminals; under the influence of what factors such qualities are formed, which of them are characteristic of this or that category of convicts. In particular, the self-esteem of convicts has been thoroughly studied, because the self-esteem of a person is a basic mechanism, regulating behavior. The idea of its connection with asocial and delinquent behavior of a person is universally acknowledged [Zakharova A., V., 1990; Zinchenko V.P., 2005; Rean A.A., 1991; Sokolova E.T., 2001; Stolin V.V., 1985, etc.]. The only thing discussed is if the self-esteem of a criminal is too high or too low, as adequate self-esteem is rare. From the viewpoint of Rean [Rean A.A., 2009], the main thing is that the self-esteem of a delinquent person does not correspond to how the person is assessed by other people (parents, peers). The “outer” mark is always lower,

than the inner one, even if it is adequate. This is the triggering mechanism of delinquency [Rean A.A., 2009, p. 540].

Attempts have been made to study anticipation in underage criminals and convicts [E.N. Surkov, 1985; E.A. Sergienko, 1997; N.V. Zhoukova, 2000; T.V. Skripnik, 2000; T.V. Ryabova, 2002; O.L. Goncharova, 2003; A.S. Denisov, 2005; V.D. Mendelyevich and I.R. Abbitov, 2008; N.E. Kolesnikova, 2011, etc.]. It has been ascertained that anticipation (from the Latin word “anticipatio” – “I foresee”) plays a key role in the regulation of human behavior. It is inherited and it can develop through the life of a person, but it is not enough developed in all kinds of criminals.

In 2011 destructive attitudes in interpersonal relationships of male convicts in colonies were studied (overt cruelty, covert cruelty, grumbling, negative personal experience of communication, based on negativism) [Kolesnikova N.E. and Tsvetkova N.A., 2011]. It is important to continue such studies, because, though a social attitude is readiness of a person to perceive socially significant objects and act in a certain way, this psychological phenomenon can be corrected. It means that destructive social attitudes can be used as targets to change the convicts' behavior and make them more socialized.

Characteristics of self-regulation style of convicts as a whole system of psychological means, which people use to manage their activities, are still poorly studied. It has been proved [Morosanjava V.I., 2004; Morosanova V.I. and Garalyova V.D., 2009] that adequacy of behavior and success of activity are arranged by the self-regulation style. The process of self-regulation of behavior, as well as the process of anticipation, continues through the human life, and it can be corrected. That is why characteristics of convicts' self-regulation style can be examined, and their negative aspects can be taken into consideration and corrected.

Therefore, there is a ground for further studying of self-esteem, anticipation, social attitudes and self-regulation style as interconnected basic mechanisms of self-regulation of their behavior that can be corrected at any age. As we have not managed to find any information on their dependence on age and number of prosecution cases, we decided to fill the gap and get a scientific ground for developing correction and prevention methods for working with convicts during the time of their detention.

There are two main questions:

1. Are there any differences in the level of development of self-regulation methods (in self-esteem, self-regulation style, anticipation as a basic mechanism of self-regulation, destructive attitudes in interpersonal relationships) between those who are first convicted and repeat offenders?
2. What is the character of interrelation of convicted men's mechanisms of self-regulation of behavior (self-esteem, self-regulation style, anticipation, destructive attitudes in interpersonal relationships) with their age and number of convictions?

We presume, that detection of the special dynamic of the convicts' mechanisms of self-regulation of behavior will give us new possibilities to improve them, because it will enable us to understand the dynamics of repeated crimes and assess the effectiveness of correctional and prevention work at places of detention.

The aim of our research is to study the male convicts' mechanisms of self-regulation of behavior as resources of optimizing the process of their socio-psychological re-socialization.

The tasks of the research are: 1) to study the self-esteem of convicts at places of detention; 2) to study the prognostic abilities of convicts according to the following aspects: general level of anticipation, personal and situational anticipation, spacial anticipation, temporal anticipation; 3) to detect destructive attitudes in interpersonal relationships according to the following aspects: overt cruelty, covert cruelty, legitimate negativism, grumbling, negative personal experience of communication; 4) to detect characteristics of self-regulation style of behavior according to 7 aspects (planning, modelling, programming, assessment of results, flexibility, independence, general level of self-regulation); 5) to do a comparative analysis of the data on the level and character of development of self-regulation mechanisms of the convicts' behavior (self-esteem, self-regulation style, anticipation, destructive attitudes in interpersonal relationships) by those who are first convicted and by repeated criminals.

1.3. Description of the research

The research was conducted on the basis of colonies of detention of Russian Federal service of execution of punishments. There are male convicts there, that have committed comparatively small offences, that, according to world standards, belong to "civilized criminality". The sample of the study consisted of 166 convicts aged from 18 to 60 (average age 33). The sample was divided in two experimental groups. The first experimental group consisted of 98 first convicted men (further – EG 98).

The second experimental group consisted of male convicts of the same age, who were repeated criminals. We shall call them shortly "repeated criminals" (further – EG – 68). The number of convictions varied from 2 to 8.

We should note, that the meaning of the word «рецидив» (Russian; repeated crime, from the Latin «recidivus» - repeating) enabled us to denote all the group of men who have already committed the same type of crimes and convicted without considering juridical differences. For our research only one fact matters, that a person has become convicted again, because, from the psychological point of view, we can judge, if the first crime was assessed as a serious mistake not to be made again, or not.

1.4. Hypotheses of the research

1) Mechanisms of self-regulation of behavior (self-esteem, style of self-regulation, anticipation as a basic mechanism of self-regulation of behavior, destructive

attitudes on interpersonal relationships) of male convicts who are in detention places for the first time , and those of habitual criminals significantly differ in their developmental level. 2) The character of interconnection of mechanisms of self-regulation (self-esteem, style of self-regulation, anticipation, destructive attitudes on interpersonal relationships) depend on the age and the number of convictions; the older the convict and the more convictions he has had, the more specific is the character of these interrelations.

2. METHODS

2.1 *Method of studying self-esteem with the help of ranking procedure.* It was used to see the adequacy of a convict's perception of his personality as a value and his readiness to gaining new experience [Fetiskin N.P. et al., 2002].

2.2 *V.D. Mendelevich's method of research of anticipation (prognostic ability).* With the help of this test the ability of a person to foresee events and his own behavior in various situations. The test has four scales that measure general level of anticipation, personal and situational anticipation, spacial anticipation, temporal anticipation [Mendelevich V.D., 2003].

2.3 *Method of diagnostic of destructive attitudes in interpersonal relationships (V.V.Boyko's test).* It was used for detection of overt cruelty, covert cruelty, legitimate negativism, grumbling, negative personal experience of communication [Fetiskin N.P. et al., 2002].

2.4 *Test "Style of self-regulation of behavior" by V.I. Morosanova (SSB).* The method detects possibilities of adaptation to changing conditions and compensation of weak character points by means of mindful self-regulation. The questionnaire contains 7 scales (planning, modelling, programming, assessment of results, flexibility, independence, general self-regulation). It enables us to construct an individual profile of a person's self-regulation, that can be harmonious or accentuated [Morosanova V.I., 2004].

3. RESULTS

3.1 *Results of examining self-esteem are presented in Table 1 and Figure 1.*

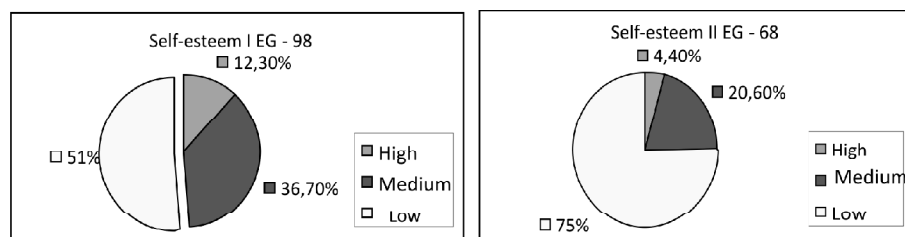


Figure 1: Distribution of convicts of both groups according to the level of self-esteem (in %)

TABLE 1: MANIFESTATION OF SELF-ESTEEM OF THE CONVICTS IN BOTH GROUPS (AVERAGE)

Parameter	The Compared Groups	
	Group of those convicted for the first time (I EG - 98 men)	Group «habitual criminals» (II EG - 68 men)
1. Self-esteem	0,42	0,372

Are 3.2 Results of examining the convicts' anticipation are presented in Table 2 and Figure 2.

TABLE 2: DISTRIBUTION OF CONVICTS ACCORDING TO THE DEGREE OF MANIFESTATION OF ANTICIPATION (% OF THE WHOLE GROUP)

Compared Groups	Group of those convicted for the first time (I EG - 98 men)			Group «habitual criminals» (II EG - 68 men)		
	Degree of manifestation High	Medium	Low	Degree of manifestation High	Medium	Low
1. General level of anticipation	0	6 (6,1%)	92 (93,9%)	0	9 (13,2%)	59 (86,8%)
2. Personal and situational anticipation	0	4 (4,1%)	94 (95,9%)	0	2 (2,9%)	66 (97,1%)
3. Spacial anticipation	8 (8,2%)	23 (23,5%)	57 (58,3%)	13 (19,1%)	22 (32,4%)	33 (48,6%)
4. Temporal anticipation	5 (5,2%)	25 (25,5%)	58 (59,3%)	0	13 (19,1%)	55 (80,9%)

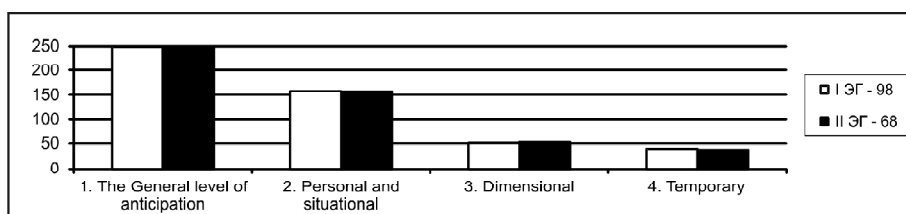


Figure 2: Manifestation of anticipation of convicts of both groups (average).

3.3 Results of diagnostic of destructive attitudes in interpersonal relationships Are presented in Figures 3, 4.

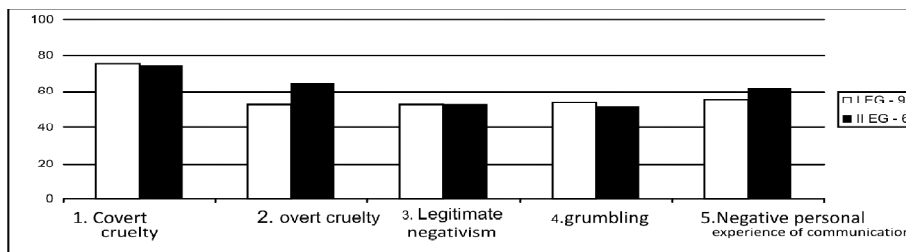


Figure 3: Manifestation of destructive attitudes in interpersonal relations of convicts of both groups (in %)

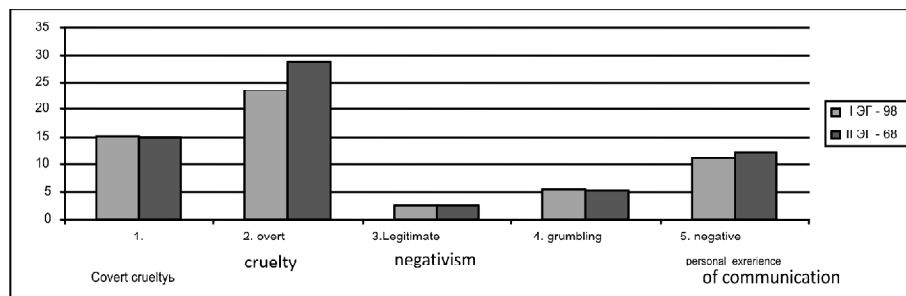


Figure 4: Соотношение показателей деструктивных установок в межличностных отношениях (по средним значениям)

3.4 Results of the test «Style of self-regulation of behavior» (SSB) are presented in Tables 3, 4.

TABLE 3: DISTRIBUTION OF CONVICTS OF BOTH GROUPS ACCORDING TO THE DEGREE OF MANIFESTATION OF PARAMETERS OF STYLES OF BEHAVIOR SELF-REGULATION (% of the whole group)

Groups	Group of those convicted for the first time (I EG - 98 men)			Group «habitual criminals» (II EG - 68 men)		
	Levels of manifestation			Levels of manifestation		
	High (8-9 points)	Medium (5-7 points)	Low (0-4 points)	High	Medium	Low
Parameters of self-regulation (from 0 to 9 points = 54)						
1. Planning	28 (28,6%)	58 (59,2%)	12 (12,2%)	21 (30,9%)	38 (55,9%)	9 (13,2%)
2. Modelling	6 (6,1%)	69 (70,4%)	23 (23,5%)	8 (11,8%)	41 (60,3%)	19 (27,9%)
3. Programming	25 (25,5%)	51 (52%)	22 (22,5%)	15 (22%)	43 (63,3%)	10 (14,7%)
4. Assessment of results	0	65 (66,3%)	33 (33,7%)	0	46 (67,6%)	22 (32,4%)
5. Flexibility	25 (25,5%)	57 (58,2%)	16 (16,3%)	16 (23,5%)	42 (61,8%)	10 (14,7%)
6. Independence	7 (7,1%)	44 (44,9%)	47 (48%)	10 (14,7%)	13 (19,1%)	45 (66,2%)

TABLE 4: PARAMETERS OF STYLE AND GENERAL LEVEL OF SELF-REGULATION OF BEHAVIOR (AVERAGE IN TWO GROUPS)

Style of self-regulation of behavior	Compared Groups	
	Group of those convicted for the first time (I EG - 98 men)	Group «habitual criminals» (II EG - 68 men)
Показатели		
1. Planning	6,5	6,6
2. Modelling	5,7	5,4
3. Programming	6,1	6,2
4. Assessment of results	4,8	4,9
5. Flexibility	6,3	6,4
6. Independence	4,5	4,3
7. General level of self-regulation	33,9	33,8

Aggregated data on the results of the research are presented in Table 5.

TABLE 5: AGGREGATED DATA ON THE RESULTS OF THE EXAMINATION OF MECHANISMS OF SELF-REGULATION OF BEHAVIOR OF THOSE CONVICTED FOR THE FIRST TIME AND OF HABITUAL CRIMINALS (AVERAGE IN TWO GROUPS)

Parameters	Compared Groups	
	Group of those convicted for the first time (I EG - 98 men)	Group «habitual criminals» (II EG - 68 men)
1. Self-esteem	0,42	0,37
2. General level of anticipation	248,6	248,0
3. Personal and situational anticipation	157,6	157,0
4. Spacial anticipation	51,0	53,0
5. Temporal anticipation	40,0	38,0
6. Covert cruelty	15,2	15,0
7. Overt cruelty	23,5	29,0
8. Legitimate negativism	2,6	2,6
9. Grumbling	5,4	5,1
10. Negative personal experience of communication	11,1	12,4
11. Planning	6,5	6,6
12. Modelling	5,7	5,4
13. Programming	6,1	6,2
14. Assessment of results	4,8	4,9
15. Flexibility	6,3	6,4
16. Independence	4,5	4,3
17. General level of self-regulation of behavior	33,9	33,8

Comparative analysis of the two groups according to the studied parameters was done with the help of Student's t-distribution. Valid intergroup differences have been detected in anticipation and destructive attitudes in interpersonal relationships. Thus, on the level $p \leq 0,001$ differences have been detected in overt cruelty ($t = -3,334$; $p = 0,001$); in the level $p \leq 0,005$ differences have been detected in spacial ($t = -2,063$; $p = 0,043$) and temporal ($t = 2,203$; $p = 0,031$) anticipation.

As the self-esteem of most convicts in both groups is low, we have compared exactly the levels of self-esteem and detected differences for the low and medium levels. Fisher's criterion was used for this purpose, that is designed to detect differences in percentage data (see Table 1 and Figure 1). It is ascertained, that for the low level of self-esteem differences are 3,85 ($p = 0,000$); for the medium level of self-esteem differences are 4,93 ($p = 0,000$); for the high level of self-esteem differences are not valid, 1,11 ($p = 0,100$). Thus, those convicted for the first time have a higher level of temporal anticipation, whereas «habitual criminals» show higher spacial anticipation and higher overt cruelty.

To make it evident, we present valid differences in Table 6.

TABLE 6: DIFFERENCES AND THEIR VALIDITY

<i>Parameters</i>	<i>Student's criterion (t)</i>	<i>Validity level (p)</i>
1. Self-esteem	1,564	0,123
4. Spacial anticipation	-2,063	0,043
5. Temporal anticipation	2,203	0,031
7. Overt cruelty	-3,334	0,001

Results of examining correlations of "age" with other parameters are presented in Table 7.

TABLE 7: CORRELATIONS OF THE PARAMETER «AGE» OF CONVICTS

<i>Parameters</i>	<i>I EG - 98</i>		<i>II EG - 68</i>		<i>The whole sample; both groups</i>	
General level of anticipation	0,422	0,000			0,330	0,000
Spacial anticipation	0,209	0,039				
Temporal anticipation	0,570	0,000			0,446	0,000
Covert cruelty	0,270	0,007			0,228	0,003
Grumbling	0,304	0,002	0,241	0,048	0,281	0,000
Negative personal experience of communication	-0,324	0,001			-0,223	0,004
Planning	0,203	0,045			0,177	0,023
Modelling	0,330	0,001			0,207	0,008
Flexibility	0,314	0,002			0,185	0,017
General level of self-regulation of behavior	0,280	0,005			0,217	0,005

Correlation of «age» vividly demonstrate the specificity of experimental groups, as in group II EG-68 only one valid correlation was detected, it was correlation with «grumbling» ($r = 0,241$; $p = 0,048$).

Dut in I EG-98 a whole range of consistent data is found: spacial anticipation ($r = 0,209$; $p = 0,039$), temporal anticipation ($r = 0,570$; $p = 0,000$), general level of anticipation ($r = 0,422$; $p = 0,000$); destructive attitudes in interpersonal relationships – «grumbling» ($r = 0,304$; $p = 0,002$), «covert cruelty» ($r = 0,270$; $p = 0,007$), «negative personal experience of communication» ($r = - 0,324$; $p = 0,001$), and parameters of self-regulation of behavior - planning ($r = 0,203$; $p = 0,045$), modelling ($r = 0,330$; $p = 0,001$), flexibility ($r = 0,314$; $p = 0,002$), general level of self-regulation ($r = 0,280$; $p = 0,005$).

Results of detection of correlations of «number of convictions» with other parameters are shown in table 8.

TABLE 8: CORRELATIONS OF THE PARAMETER «NUMBER OF CONVICTIONS»

<i>Group «habitual criminals» (II EG - 68 men)</i>	<i>r</i>	<i>P</i>	<i>r</i>	<i>P</i>	<i>The whole sample; both groups</i>
Temporal anticipation	0,254	0,036			
Covert cruelty	0,256	0,035			
Independence	0,320	0,008			
			0,259	0,001	Overt cruelty
			-0,153	0,048	Modelling

Correlations of the parameter «number of convictions» for the whole sample show consistency of dynamic of overt cruelty ($r = 0,259$; $p = 0,001$) and modelling ($r = - 0,153$; $p = 0,048$). In other words, convicted males become more and more overtly cruel with every new conviction, they do not hide or mitigate negative assessments and actions addressing other people; their level of development of ideas about inner and outer meaningful conditions of achieving their goals, degree of mindfulness, detailing and adequacy decrease.

With a more detailed examination of correlational interconnections of the convicts of the second group (II EG-68) it was detected that big numbers of convictions correlate with parameters of temporal anticipation ($r = 0,254$; $p = 0,036$), covert aggression ($r = 0,256$; $p = 0,035$) and independence ($r = 0,320$; $p = 0,008$). It means, that numerous convictions of habitual criminals correspond an increasing ability of distribution and planning of time, growing autonomy and independent organization of activities, and increasing covert cruelty.

4. DISCUSSION

The results give answers to the questions asked at the beginning of the article and enable us to formulate conclusions about the two hypotheses presented at the beginning.

1. Real differences exist in the level of development of some mechanisms of behavior self-regulation for men who are convicted for the first time and those repeatedly convicted. We can surely say that the group of those convicted for the first time, that has been examined by us, has a higher level of temporary anticipation, than “habitual criminals”, and the difference is valid. At the same time, the group of repeat offenders has higher marks in the following parameters: spacial anticipation, overt cruelty, negative personal experience in communication. Though the self-esteem of most convicts in both groups is low, there is a valid difference between the groups only for the low and medium level of self-esteem (in the group of those convicted for the first time there are more people with a relatively high self-esteem, and in the group of “habitual criminals” there are more people with a relatively low self-esteem). Thus, the first hypothesis was just partially confirmed: it is not in all parameters that intergroup differences are detected.

2. The hypothesis about the dependence of interrelation character of mechanisms of behavior self-regulation (self-esteem, style of self-regulation, anticipation, destructive attitudes in interpersonal relationships) on the age and the number of convictions was confirmed.

The older those convicted for the first time are, the higher are the marks in covert cruelty, but marks in negative personal experience of communication become lower. Anticipatory competence as an ability to foresee events, predict development of situations and one's own reactions, increases the ability to act ahead concerning space and time, and the ability to plan one's time also grow. The need of mindful planning of one's activities and the ability to select important conditions for the achievement of one's goal, both now and in the near future, also grow. Flexibility as a vital characteristic, increases, plans and actions are easily reconsidered when conditions change, the individual system of mindful self-regulation and voluntary activity in general become more advanced. Thus, the later is the first conviction, the more developed are the self-regulation mechanisms of behavior (which is natural), the bigger potential of self-change a person has.

The older repeat male offenders are, the more they grumble, and the more convictions a person has had, the more developed are temporal anticipation, independence and covert cruelty. The older a convict is, and the more convictions he has had, the more specific is the character of interrelations of mechanisms of behavior self-regulation (self-esteem, anticipation, destructive attitudes in interpersonal relationships and self-regulation style), destructiveness grows at that.

It follows, that:

- If penal psychologists make the level of criminals' (especially those convicted for the first time) behavior self-regulation mechanisms higher, it makes for their post-penal rehabilitation;
- The most sensitive period for changing criminals' behavior with the aim of making it more socially oriented, is their first conviction, when specific interconnections of basic behavior self-regulation mechanisms have not been formed yet.
- Therefore, we believe that detection of characteristic of dynamic of convicts' behavior self-regulation mechanisms gives us new possibilities to optimize the process of correction of criminals, because it enables us to understand the inner dynamic basis of repeated crimes and assess the effectiveness of correction and prevention work with convicts.

5. CONCLUSION

This research is important because its results can be used in juridical, preventive, juvenile and penal psychology. They will help to optimize socio-psychological work in the Russian penal system, in particular, with convicts in correctional colonies of general regime. Materials of this research can be of use with underage criminals, for whom correction and prevention programs can be elaborated, aimed at development of behavior self-regulation mechanisms (that means, aimed at prevention of their repeated and more severe crimes). Assessing perspectives of further research in this direction, we should mention, that it makes sense studying behavior self-regulation mechanisms of convicts in connection with their social ideas and values. Values have already been studied by researches, whereas social ideas have been ignored. Taking into consideration the high speed of social changes, we can see, that tis parameter, regulating people's social behavior, is of special interest for penal psychologists, the more so, that social ideas, too, can be corrected at any age.

The idea of "double adaptation" of criminals (to legal and illegal behavior), found in scientific literature, is of interest [Pastoushenya A.N., 2007], but it has not been scientifically developed yet.

It is important to detect factors preventing correctional influence on a convict in the period of his detention, and further elaboration of technologies of their reduction. (B.G. Bivin attempted it in 2005, but there have been no followers yet.

Further improvement of the work of penal correction facilities, aimed at psychological support of post-penal re-socialization of convicts, is impossible without scientific research and a managing the process of preparing of convicts to their release on the base of this research. From our point of view, a program of its improvement should include the following tasks: a) organization of individual and group work with convicts to develop their basic behavior self-regulation mechanisms; b) organization of little groups of psychological correction and modelling, and correctional programs to work with convicts, considering their age and individual limitations and resources; c) enhancement of role and responsibility of workers in penal facilities, that have considerable professional experience; d) enhancement of responsibility of penal psychologists working on the problem of modelling of socio-psychological technologies of correction of basic mechanisms of behavior self-regulation in an adult person.

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