الاستاذ المساعد الدكتور : كورتانوفا يوليا – تدريسي في جامعة موسكو الحكومية المكومية) الباحثة : بريليانتوفا انستاسيا – طالبة دراسات عليا (مرحلة الدكتوراه – جامعة موسكو الحكومية)

((التجربة الروسية في تنفيذ برنامج إعادة التأهيل النفسي للوقاية من الحرمان الاجتماعي لدى)) الأطفال المصابين بأمراض الأورام في المستشفيات))

RUSSIAN EXPERIENCE OF IMPLEMENTING A PSYCHOLOGICAL REHABILITATION PROGRAM FOR THE PREVENTION OF SOCIAL DEPRIVATION IN CHILDREN WITH ONCOLOGICAL DISEASES IN HOSPITALS

الملخص : يعرض المقال نتائج دراسة مدى فعالية برنامج التأهيل النفسي عن طريق الفن للأطفال المصابين بالسرطان ، بهدف الوقاية من الحرمان الاجتماعي . ونتيجة لإجراء الفصول الدراسية في المستشفيات، ارتفعت مستويات النشاط الاجتماعي لدى الأطفال والتكيف الاجتماعي .

وفقًا لدر اسات مختلفة ، يؤثر العلاج المطول في المستشفى ، المصحوب بالحرمان الاجتماعي، على النمو الشخصي للأطفال المصابين بالسرطان ، مما يؤثر بدور ه سلبًا على عمليات إعادة الإدماج التعليمي والاجتماعي للأطفال بعد العلاج طويل الأمد . وفي هذا الصدد ، من المهم تطوير واعتماد برنامج التأهيل النفسي للأطفال المصابين بالسرطان للوقاية من الحرمان الاجتماعي هدفت الدراسة إلى تطوير واستحسان وتقييم مدى فاعلية برنامج التأهيل النفسي للأطفال المصابين م

الكلمات المفتاحية : الأطفال ، السرطان ، التأهيل النفسي ، الحرمان الاجتماعي

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Abstract: the article presents the results of a study of the effectiveness of a psychological rehabilitation program for children with cancer, aimed at preventing social deprivation. As a result of conducting classes in hospitals, children's levels of social activity and social adaptation increased.

Key words: children, cancer, psychological rehabilitation, social deprivation.

According to various studies, prolonged hospitalization, accompanied by social deprivation, affects the personal development of children with cancer [3, 4], which in turn negatively affects the processes of educational and social reintegration of children after long-term treatment [5]. In this regard, it is relevant to develop and approbation a psychological rehabilitation program for children with cancer to prevent social deprivation [1, 3].

The purpose of the study is to develop, approbation and evaluate the effectiveness of a psychological rehabilitation program for children with cancer to prevent social deprivation.

Research methods:

- 1. Test for studying the socialization of a child's personality M. I. Rozhkova.
- 2. Children's Form of Manifest Anxiety Scale.
- 3. Family sociogram of E.G. Eidemiller (author's modification). A modified version of the test is called "Me and My Friends" and is aimed at studying the characteristics of a child's relationships with peers. The child is offered a drawn circle, inside which they are asked to depict themselves and their friends in the form of circles. The interpretation of the results was carried out according to the following criteria: the number of circles, the size of the circles, the location of the circles relative to each other, the distance between the circles.

The research hypothesis is the use of a psychological rehabilitation program, which is complex in nature and includes social training, art therapeutic techniques, it is effective for the prevention of social deprivation of children with cancer in hospitals.

The empirical study consisted of four stages:

1. Development of a diagnostic program aimed at studying the characteristics of communication skills in children with cancer.

2. Conducting an ascertaining experiment to identify the characteristics of the communication skills of children with cancer.

3. Development and approbation of a psychological rehabilitation program

with the aim of teaching social skills and normalizing the emotional state of a child with cancer.

4. Identification of the effectiveness of the psychological rehabilitation program on the social adaptation of children with cancer.

The study involved 124 children aged 7–11 years.

At the stage of the ascertaining experiment, 54 children with cancer (research group - IG) and 70 children without chronic somatic diseases (comparative analysis group - GSA) took part in the study.

At the stage of the formative experiment, children with cancer took part in the study, among whom 25 children took part in the psychological rehabilitation program (experimental group) and 19 children did not take part in the psychological rehabilitation program (control group).

The study was conducted based on various sites of the Project of Hospital schools "We Teach/ They Learn", as well as on the bases of secondary schools in Moscow, Russia.

Let's consider the results of the ascertaining experiment.

Table 1. Statistical analysis of differences in indicators of the emotional sphere and socialization of children with cancer and children without chronic somatic diseases

Parameters studied	Average (IG)	Average (GSA)	Mann-Whitney test	р
Social desirability	6.55	4.23	859.00	0.000
Anxiety	4.53	4.49	1439.00	0.239
Social adaptability	2.68	3.13	1221.50	0.013
Autonomy	3.15	2.26	919,500	0.000
Social activity	1.62	2.99	686.00	0.000
Commitment to humanistic norms	3.21	3.44	1485.00	0.309

According to the results of the ascertaining experiment, it was revealed that children with cancer demonstrate reduced indicators of social activity and social adaptation in comparison with their healthy peers, and when analyzing the level of anxiety in the group of children with cancer and in the group of their healthy peers, there was no statistically significant differences. However, as the data obtained show, children with cancer of this age tend to have socially desirable responses, which, in fact, casts doubt on the unexpressed anxiety of this group, especially taking into account the presence of feedback from these indicators.

High autonomy, compared to children without chronic somatic diseases, can also be explained by the social desirability of answers, but no connections were found between these indicators. Perhaps the increase in this indicator does not reflect reality, but the desire for independence of children with cancer who are under excessive parental care. [2]

Let's consider the results of a study of relationships with friends using the "Family Sociogram" test (author's modification).

Table 2. Comparative analysis of the results using the "Family Sociogram" test for children with cancer and their healthy peers

Parameters studied	Children with cancer	Children without chronic somatic diseases
Number of friends	Image of several friends (42%) Family image (50%)	Image of several friends (90%) Image of one friend (7%) Family image (3%)
Size of circles	Portraying yourself more than your friends (15%) Portraying yourself as smaller than your friends (18%) The circles depicting yourself and friends are the same (63%)	Portraying yourself more than your friends (17%) Portraying yourself as smaller than your friends (53%) Circles depicting yourself and friends are the same (30%)
The location of the circles relative to each other	Location of "I" apart from others (18%) Location of "I" with everyone nearby (57%)	Location of "I" with everyone nearby (90%)
Distance between circles	Large distance between circles (15%) Close distance between circles (57%)	Large distance between circles (3%) Close distance between circles (90%)

This table shows that children with cancer more often depicted family members among their friends, in contrast to their peers without chronic somatic diseases, who more often depicted their peers among friends, which may indicate a lack of communication with peers in children with cancer. Children of both groups more often placed their friends next to each other, and the circle representing "T" was more often placed next to everyone. Children without chronic somatic diseases more often depicted a small circle representing "T" compared to other friends, which may indicate a feeling of self-doubt when communicating with peers, which is not observed in children with cancer, where most often all the circles are the same size. But children with cancer, in contrast to children without chronic somatic diseases, showed great variety in their drawings: a depiction of only themselves, a depiction of everyone the child knows as friends, a depiction of a "house where friends live," the location of a circle indicating " I", at the bottom of the circle or away from the rest, highlighting the importance of one of the friends compared to the rest. Only 57% of children with cancer demonstrated close distance from friends, compared to 90% of healthy children who noted emotional closeness to friends. This may indicate certain difficulties in communicating with peers.

The goal of the psychological rehabilitation program is to increase the psychological and educational resources of children with cancer, ensuring the success of their reintegration into society after long-term treatment.

Through the implementation of a psychological rehabilitation program, the following tasks are solved: development of social skills, normalization of emotional state, which generally reduces the risks of social deprivation.

The psychological rehabilitation program includes ten group training sessions aimed at developing communication skills, developing social interaction skills, as well as eleven group art-therapy sessions aimed at stabilizing the emotional state, increasing the emotional background, and a positive attitude for the future.

Classes with children were conducted 2 times a week for three months in small groups (4–7 participants).

In the process of applying the psychological rehabilitation program, the following psychological and educational conditions were observed:

1. Considering the patterns of development of children.

2. Considering the specifics of the physical condition and long-term treatment

on the mental development of children (fatigue, attacks of pain and discomfort, emotional reactions to illness and treatment, a schedule of medical procedures and routine moments in a hospital, a schedule of at lessons of a hospital school).

3. Considering the characteristics of parent-child relationships.

4. Considering the individual characteristics of children.

Let us consider the results of a statistical analysis of the research results after the psychological rehabilitation program.

Table 3. Statistical analysis of the dynamics of the studied indicators of the experimental group as a result of the psychological rehabilitation program

Parameters studied	Experimental group	Experimental group	Criterion	p
	Stage 1	stage 2	Wilcoxon	
Social adaptation	2.64	3.32	-2.993	0.003
Autonomy	2.60	2.76	613 ^s	0.540
Social activity	1.44	3.24	-4.131	0.000
Commitment to humanistic norms	3.32	2.88	-2.035	0.042
Social desirability	5.76	3.17	-3.02	0.002
Anxiety	3.92	5.83	-2.824	0.005

The table shows that in children with cancer, as a result of the psychological rehabilitation program, indicators of social adaptation, social activity, anxiety significantly increase, and indicators of social desirability decrease. Indicators of adherence to humanistic norms and social desirability of children after participation in the rehabilitation program decreased significantly. The parameter of adherence to humanistic norms includes social normativity, which allows us to correlate this parameter with the parameter of social desirability. As a result of participation in classes, it becomes easier for children to openly express their feelings, emotions and needs, to reveal their individuality, and not just follow the norms and demands made by others.

Table 4. Statistical analysis of the dynamics of the studied indicators of the control group

Parameters studied	Control group stage 1	Control group stage 2	Criterion	р
			Wilcoxon	
Social adaptation	2.68	2.37	-1.222	0.222

Autonomy	3.53	2.47	-2.238	0.025
Social activity	1.58	2.63	-2.393	0.017
Commitment to humanistic norms	3.05	2.63	-1.109	0.267
Social desirability	5.16	5.74	884	0.377
Anxiety	6.05	5.16	-1.319	0.187

This table shows that children in the control group showed statistically significant differences in the primary and control diagnostics in terms of indicators of autonomy and social activity. As the period of hospital stay increases, children's autonomy decreases, and social activity increases.

Let us consider the results of a study of relationships with friends using the "Family Sociogram" test (author's modification) in the experimental and control groups.

Table 5. Results using the "Family Sociogram" test in the experimental group before and after the psychological rehabilitation program

Parameters	Before	After
studied		
Number of	Image of several friends (52%)	Image of several friends (80%)
friends	Family image (40%)	Family image (20%)
Size of circles	Circles representing yourself and friends are the same (100%)	Portraying yourself more than your friends (20%)
		The circles depicting yourself and friends are
		the same (80%)
The location of	Location of "I" away from others (20%)	Location of "I" with everyone nearby (96%)
the circles	Location of "I" with everyone nearby (80%)	
relative to each		
other		
Distance	Large distance between circles (12%)	Close distance between circles (100%)
between circles	Close distance between circles (88%)	

The table shows that in the children of the experimental group, during the psychological rehabilitation program, the number of images of friends instead of family members increased, the size of the circle depicting "I" increased compared to other circles of friends, the location of the circles became closer to each other, the distance between the circles decreased. All this may indicate positive dynamics in the development of communication skills in children as a result of participation in the psychological rehabilitation program.

Table 6. Results of the author's modification of the "Family Sociogram" test in

the control group

Parameters studied	Before	After
Number of	Family image (89%)	Image of one friend (11%)
friends		Family image (89%)
Size of circles	Portraying yourself more than your friends	Portraying yourself more than your friends
	(42%)	(37%)
	Portraying yourself as smaller than your friends	Portraying yourself as smaller than your
	(53%)	friends (37%)
	Circles depicting yourself and friends are the	The circles depicting yourself and friends are
	same (5%)	the same (26%)
The location of	Location of "I" away from others (26%)	Location of "I" away from others (32%)
the circles	Location of "I" in the center of the circle (26%)	Location of "I" in the center of the circle
relative to each	Location of "I" with everyone nearby (47%)	(21%)
other		Location of "I" with everyone nearby (47%)
Distance	Large distance between circles (11%)	Large distance between circles (32%)
between circles	Close distance between circles (89%)	Close distance between circles (68%)

This table shows that children in the control group during the initial and control diagnostics mostly depict family members among their friends. The size of the circle representing "T" increased slightly in dynamics compared to the other circles of friends depicted. The location of the circles of friends among themselves and the location of the circle representing "T" relative to the others did not change over time. And the distance between the circles increased, which indicates acquired difficulties in relationships with friends in the children of the control group.

Thus, the following research results can be formulated:

1. Children with cancer, compared to their peers without chronic somatic diseases, are less socially adapted, show less social activity, but more often strive for autonomy. Children with cancer tend to give socially desirable answers when assessing their emotional state compared to a group of healthy children.

2. As a result of the application of the psychological rehabilitation program, the levels of social adaptation and social activity in children with cancer increased, they began to express their feelings and experiences more openly.

The hypothesis was confirmed. Indeed, the psychological rehabilitation program expands opportunities for social interaction, which reduces the negative consequences of social deprivation in children with cancer.

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