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Effectiveness of sociotherapy in developing social competences in convicts
(abstract)

Social rehabilitation pedagogy is still looking for proposals that will contribute to increasing the effectiveness of social rehabilitation, carried out in isolation circumstances. The penitentiary institutions have lost their status of places offering social rehabilitation and in social discourse, their function was reduced to places of isolating the offenders. There are no empirically verified proposals that could change the situation. On the other hand, there is a growing number of people convicted for long-term penalties, in particular convicted for murder, with a deficit of programmes addressed to the said group. Due to their problems with social functioning, we have been looking for a method that would concentrate on the behaviour of the convicts with respect to other people. Sociotherapy seems to be a good solution, although within the last years, the option of using it in work with adult was almost completely forgotten. The dissertation is an empirical verification of my own sociotherapy programme in developing social competences of convicted killers.

The dissertation consists of five chapters, two of which are theoretical, and the next three contain the methodology and the results of the studies.

Chapter I is devoted to terminology issues related to the concept of social rehabilitation. It describes the applied terminology, recalling the origins of social rehabilitation pedagogy. Within the pedagogical approach to the offender, the paper points out to its links with education and therapy. It also distinguishes between social rehabilitation pedagogy and penitentiary pedagogy, highlighting the therapeutic aspect of the penitentiary rehabilitation. Further, we discuss the terminological issues related to the rehabilitated person and elements of methodology of penitentiary work. It describes the penitentiary institutions, within the context of legal grounds for executing the penalty of deprivation of liberty and points out to current trends in penitentiary rehabilitation.

Chapter II focuses on the idea of sociotherapy. Starting from the theoretical bases for sociotherapy, through its relationships with the concepts of culture-technique, arttherapy and creative rehabilitation, presents the therapeutic approaches that were most important for the methodology of group work. It points out to the most important elements of sociotherapeutic methods - characteristics of the classes, characteristics of the teacher, addressees of those methods, methods and techniques of work. It presents the results of the studies within the area of sociotherapy, in the aspect of social

rehabilitation. In the final part of the chapter, we presented the social competences as indicators of adequate inter-personal relations. Having the purpose of the best possible preparation of an individual to real life after leaving the penitentiary institution and with a view to breaking his/her offender's "career", it was decided that the subject of the measurement in my own studies will be the possibilities of developing the level of social competences in convicts. The results are shown in further chapters.

Chapter III is devoted to methodological issues related to the studies. It contains the problematics of the study, the purpose of the study, research problems and hypotheses, researching methods, techniques and tools with the explanation of their use. It also points out to the criteria for selecting the groups, the sequence of research activities and the statistical procedure applied. It characterises the researched groups, with a particular focus on age, the amount of the deprivation of liberty imposed and the length of the stay in a penitentiary institution.

Chapter IV discusses the author's own sociotherapy programme, developing the social competences within the convicts. The annex contains the scenarios of the classes.

Chapter V contains the results of the author's own research. The effectiveness of sociotherapy in developing social skills of convicted killers was positively verified, and supplemented with a description of the change in the behaviour of the participants and their opinion about the programme.

The final part contains conclusions from the studies and tips for the penitentiary practice.

Key words: sociotherapy, resocialization/ rehabilitation pedagogy, social competences, convict/ prisoner, prison