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Personal resources of adults socially rehabilitated in non-detention settings

(summary)

The process of social rehabilitation that is focused on the factors embedded in an individual and his environment and is associated with the trend of positive social rehabilitation directed towards creating such an individual that is aware of his needs and is actively engaged in the process of implementing changes became a starting point for research presented in this thesis. It was undertaken to deviate from the clinical model concentrated on the diagnosis of deficits and difficulties in functioning towards thorough recognition of personal potential of the persons under the supervision of probation officers. An attempt has also been made to estimate the level of the effectiveness of the social rehabilitation process based on the indicators proving the improvement in various aspects of personal and social functioning, and not just in the juridical dimension. Due to a large scope of the addressed subject matter, multiple and frequently divergent viewpoints concerning comprehension of the process of social rehabilitation and social maladjustment as well as effectiveness of interactions, there is just a fragment of this reality depicted in the thesis. Despite the lack of the possibility to examine it entirely, it is worth mentioning that the carried out analyses fill in the gap in the studies as regards the potential of the convicts staying in non-detention settings.

The objective of this thesis is to draw the attention to a significance of personal resources in the repeated socialization of the convicts remaining under the supervision and the possibility to take advantage of knowledge pertaining to their personal potential in the social rehabilitation practice. The adopted structure of the thesis reflects the strategy of research explorations and intentions. The two first chapters represent a theoretical introduction into the analysed subject matter whereas the rest of the chapters constitute primarily the report on the carried out studies.

The first chapter contains overview of and the attempt to systematize knowledge as regards the process of social rehabilitation and social maladjustment. Moreover, the scope of the activity of the Probation Court Service with account taken of statutory duties and methodology of exercising supervision has been discussed, and the topic of the effectiveness of the process of social rehabilitation and the possibility to evaluate it has been analysed.

The second chapter covers the issue of personal resources and connected therewith the concepts of both stress and coping with difficult situations. There have been subject to discussion the resources incorporated into the research plan and significance of personal potential in social readjustment.

The third chapter refers to methodological bases of the undertaken studies along with the substantiation of the selection of group and research tools. The research model and indicators have been presented, the research problems and hypotheses together with their justification have been put forward as well. Furthermore, it comprises the characteristics of the studied individuals from the perspective of the selected qualities and justification of the division into groups.

The fourth chapter presents the analysis of the obtained results and reference to research hypotheses that have been to a large extent proved. With a view to broaden the studied area, the analysis of the structure of the subjective resources of the studied individuals has been conducted.

The fifth chapter comprises the discussion of results, limitations and prospects for further research as well as recommendations for social rehabilitation practice representing the outcome of the inferred conclusions.

The carried out studies allowed to obtain answers to the questions contained in the research problems, which is a valuable contribution to knowledge concerning personal resources of the persons under the supervision and became the basis for formulating further questions as well as defining areas worth analysis.

Keywords: effectiveness of social rehabilitation, supervision, personal resources, convict, probation officer

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