
HEALTH VALUE CONFLICT AS PREDISPOSITION OF RISKY BEHAVIOR AMONG ADOLESCENTS

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Current research is devoted to problem of risky behavior among adolescents. Explanation and prediction of risky behavior are indispensable conditions for development of effective prophylactic programmes for healthy lifestyle.

Research aims to study conflict of values and motivations as a disposition towards risky behavior demonstration during adolescence.

Research proposes a Model of Health Value to explain health behavior among healthy adolescents and adolescents suffering from conduct disorders (demonstrating risky behaviors). Model includes investigation of cognitive and emotional attitudes towards health, health motivation and behavior.

32 male Russian adolescents suffering from conduct disorders and 32 healthy male adolescents (aged 15-17 years) participated in research.

Psychodiagnostic methods were used to analyse cognitive attitude towards health (Health Locus of Control, Questionnaire of factors influencing health, Questionnaire of motivation choice) as well as projective methods (Picture Frustration Test, Unfinished sentences). Clinical interview was conducted with all adolescents, suffering from conduct disorders.

Among healthy adolescents Health Value is one of the most important values, while for adolescents suffering from conduct disorders it occupies lower positions in hierarchy of values (because of values of pleasures, achievements and self-affirmation). Adolescents suffering from conduct disorders declare importance of health and at the same time demonstrate positive emotional attitude towards risky behavior, passivity in frustration situations and less differentiated cognitive attitudes towards health.

Conflict of values is aggravated among adolescents with conduct disorders because of exaggerated importance of values of self-affirmation. This conflict plays an important role in risky behavior demonstration.