

Social readaptation as a social phenomenon

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The article is devoted to the study of social readaptation as a social phenomenon, especially important for persons serving sentences in prisons. Theoretical aspects of readaptation, its connection with socialization, rehabilitation and reintegration are considered. It is emphasized that readaptation is the process of restoring a person's ability to live an active, independent life in society, including the restoration of social roles and adaptation to social norms.

The authors analyze various definitions of social readaptation, emphasizing the importance of support and assistance from relevant institutions, as well as the individual's personal readiness for change. The factors that influence the success of this process, such as intellectual abilities, stress resistance, empathy and cooperation, are considered.

Particular attention is paid to the social re-adaptation of persons released from prison. It is emphasized that this process should begin while serving a sentence and include the development of labor skills, advanced training, and maintaining ties

with family and the outside world. An important role is also played by penitentiary institutions, probation services, social protection centers, as well as public organizations and assistance funds.

The article examines the stages of social adaptation, from familiarization with the new situation to full assimilation into society. The factors that facilitate and impede successful re-adaptation, such as family support, availability of work, housing, and stigmatization by society, are analyzed.

The authors emphasize the need to overcome stereotypes and prejudices against former prisoners, as well as the importance of creating conditions for their full integration into society.

Key words: socialization, rehabilitation, adaptation, readaptation, social norms, mental health, society, trauma, imprisonment, punishment, crime, social support, empathy, cooperation, family, professional qualifications, probation, post-penitentiary care, alcohol dependence, religious conversion, social skills, social capital, stigma, work, motivation, criminal lifestyle, housing.

Socialisation, rehabilitation, adaptation and readaptation are terms often used when describing human behaviour. The processes associated with these terms are intertwined, complementary and complementary.

According to the dictionary definition, readaptation means the readaptation of an ill or disabled person to an active, independent life in society and to work. The process involves readjustment to social norms and an active life, which includes fulfilling social roles in various aspects of human life. Although there is no single universal definition of the term, it is believed that the process of readaptation already begins in a rehabilitation institution and the final stage is reintegration, i.e. the reintegration of a person into society after a period of trauma, mental health problems or isolation.

The process of social readaptation is defined in various ways and is aimed at both individuals and larger social groups. It refers to people who have not acquired adaptive skills during socialisation or have lost them as a result of various life experiences.

There are many definitions of social readaptation that highlight key aspects of the process of reintegration into society. Social readaptation, related to social integration, is both an element of and a result of successful rehabilitation in prisons and a properly conducted readaptation process after release. Social readaptation is the process of readjustment to society and its social norms.

Wiesław Ambrozik defines social readaptation as the readaptation of an individual to an active and independent life, expressed in the performance of social roles related to basic spheres and planes of human existence.

Social readaptation is therefore an individual process that begins in rehabilitation institutions. Its final stage is reintegration, i.e. the reintegration of the individual into society following traumatic experiences, mental health problems or a period of isolation

Social readaptation is most relevant to persons deprived of their liberty. These individuals are detained and arrested against their will, and the new prison environment involves a great deal of suffering for them, both physically and psychologically. Although imprisonment is the most severe of penalties, it is necessary to ensure the safety of society and reduce crime. Isolation significantly reduces or completely prevents the fulfilment of a person's physical needs. Despite the existence of adaptation programmes and the work of psychologists, psychiatrists, social workers and prison administration, in practice prisoners remain excluded from society.

Social readaptation

Jak już wcześniej zaznaczono, readaptacja społeczna oznacza, że jednostki są stosowane i wynikające z życia, co obejmuje wypełnienie funkcji społecznych w aspektach egzystencji. Proces ten zawiera informacje, które są podawane jako dodatek do systemu karnego, jak i później na wolność. Dotyczy to także indywidualnych postaw i zachowań, które są zależne od ich stosowania w życiu społecznym, zgodnie z normami i wartościami. Powrót jednostki do kontroli życia w środowisku, w którym występuje system społeczny dotyczący wpływu na ludzkie sfery, jest również dostępne, gdy proces readaptacji jest objęty kontrolą i podlega kontrolom przez społeczeństwo.

The implementation of the process of social readaptation of people leaving prisons after serving a sentence of imprisonment is possible when appropriate institutions provide support and assistance, and the individual expresses a willingness to participate in these activities. In the process of social readaptation, personality factors should also be taken into account, such as intellectual ability, resistance to stress, the ability to empathize and cooperate, which influence the success of this process. Thus, support, its acceptance and the ability to use it are three key elements of one process.

Resocialization activities should begin on the day the individual is placed in prison. Achieving this goal within the framework of the activities carried out may include developing the habit of working in the prisoner, improving professional qualifications, contact with family and the outside world or preventive measures. A key determinant in the process of social readaptation of former prisoners is also knowledge related to the resocialization process.

However, the readaptation of former prisoners does not only depend on the social factor. Former prisoners struggle with many other problems. It should therefore be noted that the implementers of post-penitentiary assistance also include prisons,

probation services, social welfare centers, employment institutions, and various types of associations and non-governmental organizations. In addition, the Fund for Aid to Victims and the Fund for Post-penitentiary Assistance also help former prisoners in the process of social readaptation. In accordance with Article 164 § 1 of the Executive Penal Code, readaptation activities also include the process of preparing convicts for life in freedom.

The process of readaptation concerns two groups. The first are people who did not acquire adaptive abilities in the process of socialization, while the second are people who, for various reasons, lost such abilities. In the latter case, it mainly concerns the return to social life of people temporarily isolated from natural social life, i.e. the so-called penitentiary readaptation, which takes place after leaving prison by those sentenced to imprisonment, who were first subjected to the process of resocialization in isolation. Such an approach to social readaptation as a stage following leaving prison, the task of which is to continue the process of resocialization, leads to establishing mutual relations between these concepts.

Resocialization is related to the process of serving a sentence of imprisonment, in isolation, while readaptation is related to the impact on the convicted person in freedom, i.e. after serving a sentence of imprisonment, or possibly after leaving prison as a result of applying the institution of conditional early release from serving the rest of the sentence of imprisonment. This term also refers to the impact on convicts using so-called non-custodial measures, i.e. measures related to subjecting the perpetrator to probation, in particular conditional suspension of the execution of the sentence and the penalty of restriction of freedom, which also has the characteristics of a probation institution.

With this in mind, social readaptation is the need to eliminate dysfunctions that exist and are the reason for committing a crime, in order to acquire the ability to function in society without coming into conflict with the law than returning to functioning in society after a certain period of isolation. This applies to people who have not developed adaptive skills in the process of socialization or have lost these skills, but for reasons other than the period of penitentiary isolation.

Social readaptation is integrally related to resocialization. It is considered the last stage of the conducted impacts, particularly exposed to the effects of unfavorable social conditions. The re-entry into society of an individual who has left a resocialization facility, such as a youth educational center or a correctional facility, requires effort from the individual himself, but is also largely dependent on the readiness of society to accept him.

The social readaptation of convicts in Poland mainly includes activities carried out in prison, such as the possibility of taking up a job, completing education, taking

a course providing professional qualifications, participating in therapy, cultural and educational activities, preventive activities, maintaining contacts with family and the outside world. It is similar in the case of activities carried out against minors. Meanwhile, in the process of readaptation, it is important to help not only the person leaving the resocialization facility but also their family, for example through family mediation, in accepting such a person.

Social readaptation is a process, i.e. it does not happen suddenly, but is carried out in stages. A person can constantly adapt to something. There are five basic stages of social adaptation. In the first stage, the individual takes action to get to know the new situation, passively observes what is happening around them. Then comes psychological reorientation, during which the individual learns new patterns of behavior, new ways of assessing social reality. The third stage of the social adaptation process is tolerance, which consists in recognizing the existence of other norms of behavior, but treating them lower than one's own. The fourth stage is accommodation, which consists in mutual adaptation of the parties, recognizing each other only certain patterns of behavior, while maintaining a certain distinctiveness both in the sphere of values and in behavior. The last stage of social adaptation is assimilation, in the area of which the adapting individual adopts all the patterns of behavior and values present in the community to which they are adapting. A specific type of social adaptation is criminal derailment, which can be identified with a specific type of life adaptation, the attribute of which is a sense of security, a sense of closeness, stability and self-confidence, reflecting the subjective well-being that an individual experiences when they achieve a satisfactory level of satisfaction of their needs, i.e. a specific personal adaptation for themselves and their environment.

A convict leaving prison is exposed to social stigma, i.e. stigmatization, which should be understood as public condemnation of a person or group of people and their rejection in social contacts. Society is usually distrustful of people who have been in prison and rejects them regardless of the type of crime committed. There is a common view that they should feel the punishment severely and do not deserve help, and since they ended up in prison, it would be best if they stayed there. Many people also do not want to live near former prisoners or work with them, let alone provide them with any help. The criminal is often perceived as the direct perpetrator of his life situation, and the factors that led him to commit a given act are rarely taken into account.

The process of social readaptation of convicts depends on many factors. It depends mainly on the convicts themselves, among others due to the criminogenic conditions of the environment to which they may return after the end of their sentence. Therefore, the key role here is played by the decision of the convicts regarding their further life and future, and they themselves must determine what it should look like. It is noted that

contacts with the external environment, i.e. with family and close persons, should be maintained, strengthened, and often rebuilt already during the serving of the sentence. Families should be allies of the penitentiary administration in the actions it takes. Contact with close persons is important, because it is with them that the prisoner will stay after serving the sentence, which is why it is so important to create conditions enabling the maintenance of relations between prisoners and their families, whether through correspondence, telephone conversations, visits or granted passes. Contact with loved ones allows prisoners to maintain a positive self-image, becomes a source of emotional satisfaction, but also develops in them the belief that they are still part of a given family and will have a place to return to after leaving prison. In this case, family is often the basic link between a prisoner and society, and is often their only support.

Although family ties are very important, not every prisoner is entitled to leave, and many families cannot afford the costs of travel for visits. It also often happens that relationships between a prisoner and their loved ones are broken, which means that after serving their sentence, they have nowhere to return to.

Social readaptation of convicts is therefore possible if they receive support and assistance from appropriate entities and if they actively participate in the actions taken. Personality factors of prisoners should also be taken into account, such as low intellectual level, resistance to stress, ability to cooperate, lack of guilt and self-criticism, disregard for moral norms, lack of faith in one's own abilities, low self-esteem or tendency to succumb to the influence of others. The length of the criminal career, time spent in a penitentiary, addiction to alcohol or other psychoactive substances, as well as high unemployment are also significant. The readaptation process is positively influenced by such features as lack of interest in the criminal subculture, the desire to improve and change one's previous life and work on oneself while serving a sentence, feeling guilty, the ability to empathize and be self-critical, having a support group, good health, having professional qualifications, no crime in youth, support from family, good intellectual abilities, clearly defined plans for the future, perseverance in pursuing a goal, resistance to stress, no addictions and having a family free from pathology.

Society also plays a fundamental role in the social readaptation of convicts, and especially its willingness and openness to accept former prisoners, as well as the scope of assistance provided to them. A person leaving prison is perceived through the prism of the crime committed, which in many cases leads to a situation of re-entering the role assigned to them. In this respect, it is particularly important to break stereotypes and prejudices that commonly exist about prisoners. The point is to condemn and deny the acts they have committed, not themselves. In this context, society should provide assistance to former prisoners, support them and create conditions for full integration with their immediate environment.

Other factors facilitating social readaptation include improving social skills and accumulating social capital, undergoing alcohol therapy or, in some cases, changing the environment, religious conversion and systemic post-penitentiary assistance.

On the other hand, factors blocking effective social readaptation are largely the opposite of factors conducive to readaptation. Lack of work, satisfactory relationships with loved ones, lack of motivation to change or prolonged addiction significantly limit the possibilities of convicts in successfully leaving a criminal lifestyle.

The process of returning to society is also associated with the phenomenon of stigmatization, or marking, labeling. This causes problems related to finding a job or rejection by family and loved ones. Stigmatization, and thus rejection by society, getting used to prison realities, poor financial conditions, lack of work, family problems and other, characteristic of people released from prison, may cause a former prisoner to return to criminal environments.

The lack of a place to live also means that former prisoners are constantly dependent on functioning in an institution and have less chance of creating their own home, which somehow places them outside the positive influences of their immediate environment. The process of social readaptation is initiated during the execution of a prison sentence, i.e. a sentence that is intended to prevent a return to crime by arousing in the convict the will to cooperate in shaping their socially desirable attitudes, a sense of responsibility and the need to respect the legal order. It also gives the convict the right to freely shape their behavior, offering them help in changing their attitudes. Therefore, the convict can use the time spent in prison to learn socially desirable roles and satisfy their needs and exercise their rights, respecting the rights of other members of society. The basis of social readaptation must be the assumptions indicating that every crime is the result of unfavorable conditions inherent in the local environment and should be eliminated in the conditions in which it occurred.

Readaptation is considered the final phase of the resocialization process, which ends after leaving prison in the environment from which the convict comes. Therefore, the key to successful readaptation is ensuring care and support from this environment and the social structures operating in it. Readaptation activities should focus on rebuilding family and neighborly relationships, finding and maintaining employment, and living with family or finding shelter. The process of readaptation of a former convict involves adopting new forms of behavior and adapting to new rules of conduct and socio-economic changes that have occurred during his absence. These changes, especially for people serving long sentences, are a natural element of the development of society. They may also include radical changes, such as local or regional system changes that affect the local labor market and the income of the population. Such phenomena, characteristic of Polish reality, may hinder or even prevent effective social readaptation of convicts. Maintaining contact with the outside world during the period of imprisonment has a positive impact on the process of resocialization and facilitates readaptation after serving a sentence. The catalogue of indicated rights, including the right to maintain contact with the outside world, the right to information, the right to education, work, participation in cultural, educational and sports activities, allows prisoners to keep up with the extremely fast pace

of changes taking place in society.

Granting the convict the right to resocialization is an important step on the way to respecting the dignity of the convict and humanizing the execution of the sentence of imprisonment.

An exception to the principle of voluntariness is provided for juvenile convicts, for whom resocialization is mandatory. They must serve their sentence of imprisonment in a system of programmatic impact. Adult convicts may participate in this system if they take part in its development and then conscientiously implement it. Decisions in such matters are made by the penitentiary commission in the prison, and its decisions can be appealed to the Penitentiary Court, which can overturn or change them if they are unlawful. The fundamental task of readaptation is to prepare convicts for a responsible life in society. The aim is to develop in them the skills of constructively spending their free time and taking on social roles in a generally accepted way, and consequently prevent their exclusion and condemnation by society.

The period of particularly intensive preparation of convicts for life in freedom is six months before the planned date of release from prison. This time is primarily intended to serve to establish contact with the probation officer and other institutions providing assistance to convicts in returning to society. In the case of people leaving prison, a radical change in the environment of their stay often evokes negative emotions, accompanied by a conviction of the inability to cope with the new situation. Coping is considered a human activity in stressful circumstances, and especially at the moment of experiencing the greatest stress. Leaving prison is a stressful situation. Negative emotions and stress can trigger adaptation processes, activating the internal resources of the individual such as: optimism, a sense of control or high self-esteem. They can also influence the activation of defense and coping mechanisms, aimed both at solving existing problems and at dealing with negative emotions caused by the change. The situation of change in the case of people returning to life in freedom can be considered from the perspective of conditions related to the excess or deficiency of stimuli. On the one hand, the change may be related to an excess of stimulation, which has an adverse effect on the person in the form of experienced stress. The stimuli reaching the person do not correspond to their individual capabilities, they are too intense, the time of their exposure is too long, their intensity is too strong in relation to the predispositions of the person. On the other hand, the individual may be threatened by understimulation, which also brings undesirable effects. Similar to overstimulation, understimulation leads the individual to a sense of loss of control over the situation, which in the long run translates into inappropriate behavior, i.e. social laziness.

Post-penitentiary assistance

In the Polish penitentiary system, the means of influencing convicts, such as work, acquiring professional qualifications, education, cultural, educational and sports

activities, maintaining contacts with family and the outside world, and therapeutic procedures, can be described as methods of social readaptation of convicts. They also include various types of preventive measures, e.g. prevention of addictions, prevention of aggression and domestic violence, as well as other various methods of educational and resocialization activities.

Social support and social assistance are key to a successful process of social readaptation. This includes both prisoners and their families. For families, this mainly means assistance in readmitting a family member released from prison. For convicts, social assistance includes support in finding a job, providing a place to live, education, and dealing with official matters. Preparing convicts for life in freedom focuses primarily on establishing contact with a probation officer and other institutions involved in supporting their return to society. Time spent in prison should be used to introduce corrective changes in the convict's personality. Admission to prison could become the moment when preparations for release begin. .

Post-penitentiary assistance in Poland is provided by both state institutions and public benefit organizations, including non-governmental organizations, which largely support institutional activities, and sometimes, when state institutions do not have sufficient support, they replace them in the process of social readaptation and reintegration of convicts.

The process of preparing a convict for life in freedom should consist of three stages. The first is the impact carried out during the entire stay of the convict in prison, the next is the intensification of preparatory activities before the end of the sentence, and the third is the provision of assistance in the period after release from prison. Preparation for release should therefore consist of both the undertaking of specific actions by prison staff just before the convicts leave prison, as well as systemic impact, which is an element of social readaptation and the provision of assistance in the period after release from the penitentiary unit.

Post-penitentiary assistance is support provided by the state and society to people released from prisons. It consists of providing them with material and psychological assistance. The aim of these activities is to consolidate the results of resocialization and prevent a return to crime.

Post-penitentiary assistance, or assistance related to the period after serving a prison sentence, begins at the beginning of the prisoner's stay in penitentiary isolation. At that time, officers of the penitentiary department make a diagnosis of the needs and deficits of the prisoner starting to serve a prison sentence, which will allow for the development of individualized remedial actions.

Post-penitentiary assistance is provided by various entities to a varying extent. These include the family environment, the judiciary, the police, social insurance, non-governmental organizations, health services, social assistance, entities providing education. The entities stabilizing the life of the prisoner after leaving the penitentiary center are primarily entities with which the prisoner has contact while still in prison.

The first specialist dealing with post-penitentiary assistance and preparation for life after release with whom the prisoner has contact is the post-penitentiary

assistance educator. This educator can not only help in obtaining financial and material assistance on the day of release, but also help in contacting appropriate external specialists: they will arrange a meeting with a probation officer, career counsellor or social worker. The post-penitentiary assistance educator often also works closely with the probation officer, who is on regular duty in some penitentiary units.

The next person supporting readaptation is the probation officer. Probation officers operate in the structures of common courts as part of probation teams.

The professional court probation officer organises and conducts activities aimed at helping the convicted person in social readaptation and directs the work of social court probation officers and other persons performing supervision independently or with the authorisation of associations, organisations and institutions. In this respect, the scope of the professional court probation officer's activities includes in particular providing assistance from the Post-penitentiary Assistance Fund.

The scope of the activities of the professional and social probation officer includes visiting people at their place of residence or stay, as well as contacting their family. Probation officers may also request necessary information and explanations from offices and institutions and from people under supervision or supervision. Probation officers are obliged to cooperate with the administration of penal institutions in the scope of appropriate preparation of the convicted person for release from prison. The probation officer is also obliged to contact associations and organizations whose goal is to help in the re-adaptation of prisoners. The professional probation officer receives and analyzes information from the social probation officer in order to use it appropriately. The probation officer may also file a motion to change the court's decision, provide material or other assistance to the convicted person or his family. Allowing the probation officer to participate in enforcement proceedings.

In addition to the probation officer, a former prisoner may ask for help from foundations and associations that run consultation points and shelters for people being released. These are entities that operate on separate principles, but their goal is also to help people leaving prison find their place in the modern world. It is worth noting that the existence of entities that stabilize the lives of former prisoners is crucial, especially in the case of people who leave prison after serving a long sentence of imprisonment.

The state administration bodies dealing with post-penitentiary assistance include the Prime Minister, the Minister of Justice, Voivode and Presidents of District Courts. On the other hand, the government and local government bodies providing assistance through their organizational units include the Presidents of District Courts through the Probation Service, penitentiary units, provincial government through regional social welfare centers, counties through social welfare homes, county family assistance centers and county labor offices, municipalities through city and municipal social welfare centers.

Currently, the concept of post-penitentiary assistance consists of many elements, such as social and professional activation, information assistance, legal assistance,

therapeutic and psychological assistance, and finally targeted material assistance.

Conclusions

Social readaptation is an extremely important phenomenon in the modern world. As presented in this paper, it is a process aimed at readapting an individual to an active and independent life, expressed in the performance of social roles related to the basic spheres and planes of human existence. It should be emphasized that in order to fulfill its task, the process of social readaptation should begin already in the conditions of a resocialization institution. As already noted, it concerns primarily people deprived of liberty. The process of social readaptation of convicts depends on many factors. It depends mainly on the convicts themselves. The effect of social readaptation cannot be completely planned and predicted. In the process of social readaptation, specific resocialization programs should be used, taking into account the needs of convicts and the challenges of socio-cultural changes in the modern world and the changes in the labor and employment market connected with them. Elements related to the development of specific psychological, social and cultural skills are essential in these programs. It is also worth emphasizing that social readaptation is not possible without taking into account the factors that are significant during and after serving a sentence, as well as individual and environmental factors that affect the processes of resocialization and readaptation. It is also necessary to point out that contemporary social work, resocialization and the justice system should not focus only on the offender, but also on their family and loved ones, members of the community and representatives of various local institutions and organizations.

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Соціальна реадптація як соціальне явище

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Стаття присвячена дослідженню соціальної реадaptaції як соціального явища, особливо важливого для осіб, які відбувають покарання в місцях позбавлення волі. Розглянуто теоретичні аспекти реадaptaції, її зв'язок із соціалізацією, реабілітацією та реінтеграцією. Підкреслюється, що реадaptaція - це процес відновлення здатності людини до активного, самостійного життя в суспільстві, що включає відновлення соціальних ролей та адаптацію до соціальних норм.

Автори аналізують різні визначення соціальної реадaptaції, наголошуючи на важливості підтримки та допомоги з боку відповідних інституцій, а також особистої готовності людини до змін. Розглянуто фактори, що впливають на успішність цього процесу, такі як інтелектуальні здібності, стресостійкість, емпатія та співпраця.

Особливу увагу приділено соціальній реадaptaції осіб, які звільнилися з місць позбавлення волі. Підкреслюється, що цей процес має починатися ще під час відбування покарання і включати розвиток трудових навичок, підвищення кваліфікації, підтримання зв'язків з родиною та зовнішнім світом. Важливу роль відіграють пенітенціарні установи, служби пробації, центри соціального захисту, а також громадські організації та фонди допомоги.

У статті розглядаються етапи соціальної адаптації - від ознайомлення з новою ситуацією до повної асиміляції в суспільстві. Проаналізовано фактори, що сприяють та перешкоджають успішній реадaptaції, такі як підтримка сім'ї, наявність роботи, житла, стигматизація з боку суспільства. Автори наголошують на необхідності подолання стереотипів та упереджень щодо колишніх ув'язнених, а також на важливості створення умов для їхньої повноцінної інтеграції в суспільство.

Ключові слова: соціалізація, реабілітація, адаптація, реадaptaція, соціальні норми, психічне здоров'я, суспільство, травма, ув'язнення, покарання, злочин, соціальна підтримка, емпатія, співпраця, сім'я, професійна кваліфікація, пробація, постпенітенціарний догляд, алкогольна залежність, релігійне навернення, соціальні навички, соціальний капітал, стигма, праця, мотивація, злочинний спосіб життя, житло.

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