



SCIENTIFIC-THEORETICAL AND PRACTICAL BASES OF FORMING THE PSYCHOLOGICAL PROFILE OF PERSONS UNDER PROBATION SUPERVISION IN THE CONTEXT OF UZBEKISTAN

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Abstract: *This thesis elucidates the scientific-theoretical and practical foundations of constructing the psychological profile of individuals under probation supervision in Uzbekistan. An empirical study involving 317 respondents (from Jizzakh and Bukhara regions) analyzed the correlations between emotional management levels, intrapsychic characteristics, and the risk of recidivism. The scientific framework is based on models of emotional intelligence (D.V. Lyusin, D. Goleman), locus of control theory (J.B. Rotter), and personality trait models (R.B. Cattell). Practically, a differential psychocorrectional program focused on developing emotional regulation was proposed, including emotional awareness training, constructive redirection of aggression, stress management techniques, and motivation building. This approach serves to reduce the risk of re-offending and ensures successful social integration. The study establishes a scientific-practical basis for enhancing psychological services within the probation system.*

Keywords: *probation supervision, psychological profile, emotional management, psychocorrection, risk of recidivism, social adaptation.*

INTRODUCTION

In modern society, the probation system is recognized as a vital institution for crime prevention, social reintegration, and public safety. In the Republic of Uzbekistan, probation activities are evolving based on the Law "On Probation" (LRU-629, 2020), Presidential Decree (PF-60, 2022), and other regulatory frameworks. However, the recidivism rate among supervised individuals remains high (ranging from 45–65% according to UNODC data). In this context, psychological factors—such

as impaired emotional management, impulsivity, aggressive reactions, intrapsychic conflicts, and the prevalence of an external locus of control—emerge as primary determinants increasing the risk of re-offending. Therefore, forming the psychological profile of persons under probation is essential not only for identifying individual traits but also for assessing risk factors, developing effective psychocorrectional measures, and optimizing the rehabilitation process.

Scientific-Theoretical Foundations



The formation of a psychological profile is based on the emotional intelligence theories of D. Goleman and D.V. Lyusin, R.B. Cattell's 16PF personality model, J.B. Rotter's locus of control theory (modified by Pantelev-Stolin), and the psychology of social adaptation (V.M. Karimova, E. Goziev, G.B. Shoumarov). These theoretical approaches allow for a comprehensive assessment of emotional regulation, intrapsychic dynamics, and the individual's interaction with the social environment. Foreign studies indicate that emotional dysregulation, aggression, and an external locus of control are core features of the psychological profile of probationers. In the context of Uzbekistan, these factors are intensified by social stigma, breakdown of family relations, and limited social resources.

METHODOLOGY

The study employed a complex set of psychodiagnostic methods: D.V. Lyusin's Emotional Intelligence Questionnaire, L.G. Pochebut's Aggression Scale (measuring verbal, physical, emotional, and self-directed aggression), the Locus of Control Scale by S.R. Pantelev and V.V. Stolin, and R. Cattell's 16PF Personality Questionnaire. The sample consisted of 317 individuals under the supervision of probation departments in Jizzakh (163) and Bukhara (154) regions. Statistical analysis was performed using SPSS-22 (descriptive statistics, Mann-Whitney U test, Spearman correlation, Kruskal-

Wallis analysis of variance, and regression analysis).

RESULTS

The findings indicated:

- Low levels of emotional management (weakness in intrapersonal components) are inversely correlated with high levels of aggression ($r = -0.58$ – -0.62 , $p < 0.01$).

- The prevalence of an external locus of control leads to attributing responsibility to external factors, thereby weakening constructive behavior strategies.

- The central features of the psychological profile include impulsivity, internal tension, emotional dysregulation, and difficulties in social adaptation.

- Regression analysis confirmed the significant role of emotional management levels in predicting the risk of recidivism.

Practical Foundations and Recommendations

Based on the psychological profile, a differential psychocorrectional program was developed:

- Emotional awareness and reflection sessions: "Emotional diaries" and exercises for self-perception.

- Constructive redirection of aggression: Redirecting energy through role-playing, sports, and creative activities.

- Stress and internal tension management: Breathing techniques, autogenic training, and relaxation exercises.



- Building motivation and life goals: Creating personal development plans and reinforcing positive decision-making.

Consistent application of this program reduces the risk of recidivism, develops constructive behavioral strategies, and ensures the successful return of individuals to society. Recommendations are provided for probation psychologists and law enforcement agencies regarding diagnostic criteria and individual correction plans.

CONCLUSION

The scientific-theoretical basis for forming the psychological profile of probationers in Uzbekistan is rooted in the system of emotional management and intrapsychic traits. Practically, this allows for the effective organization of the social reintegration process through psychocorrectional programs. The research results are of significant scientific and practical importance for improving psychological services in the probation system and preventing recidivism.

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