

THE RELATIONSHIP BETWEEN LEVELS OF THE SELF-ESTEEM AND THE SELF-CONTROL OF PROBATIONERS DENETİMLİ SERBESTLİK YÜKÜMLÜLERİNİN BENLİK SAYGISI DÜZEYLERİ İLE ÖZDENETİMLERİ ARASINDAKİ İLİŞKİ

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ABSTRACT

This research was conducted with the purpose of determining the relationship between self esteem and self control of individuals in the probation system and fullfill their obligations in Ankara Probation Office. In the scope of the study, information about socio-demographic status, family characteristics, parental education level, crime and substance use status, exposure to violence, type of crime of 520 individuals included in probation system was obtained. It was determined that there is a significant difference in self esteem of the individuals according to education level, parental educational level, exposure to violence in the family, substance use and type of crime. There is also a positive and significant relationship between individuals' self-esteem and self-control levels. As the level of self-control of individuals involved in crime and included in the probation system increases, their self-esteem also increases. In this study, a basis for increasing the self-esteem and self-control levels of individuals in social work intervention programs for the prevention of recidivism in the probation system is presented.

Key Words: Probation, self-esteem, self-control, social work

ÖZET

Bu araştırma, Ankara Denetimli Serbestlik Müdürlüğü bünyesinde yükümlülüklerini yerine getiren bireylerin benlik saygısı ve özdenetim düzeyleri arasındaki ilişkinin belirlenmesi amacıyla yapılmıştır. Araştırma kapsamında görüşme formu ile denetimli serbestlik sistemine dahil olan 520 yetişkin bireyin sosyo-demografik durumu, ailevi özellikleri, madde kullanım durumu, şiddet görme durumu, suç

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türü gibi değişkenler ile ilgili bilgi edinilmiştir. Araştırmaya katılan bireylerin benlik saygısı eğitim durumu, anne ve baba eğitim durumu, ailede şiddet görme, madde kullanım durumu ve suç türü durumuna göre anlamlı bir farklılık göstermektedir. Bireylerin özdenetim düzeyleri baba eğitim seviyesi, madde kullanımı ve suç türüne göre anlamlı farklılık göstermektedir. Bireylerin benlik saygısı ile özdenetim düzeyleri arasında da pozitif yönde anlamlı bir ilişki bulunmaktadır. Suça karışan ve denetimli serbestlik sistemine dahil olan bireylerin özdenetim düzeyleri arttıkça benlik saygılarında da artış olmaktadır. Bu çalışma denetimli serbestlik sisteminde suçun tekrarının önlenmesine yönelik geliştirilebilecek sosyal hizmet müdahale programlarında bireylerin benlik saygısı ve özdenetim düzeylerinin artırılmasına ilişkin bir temel sunulmaktadır.

Anahtar Kelimeler: Denetimli Serbestlik, Benlik saygısı, Özdenetim, Sosyal hizmet

INTRODUCTION

The probation model, which offers a perspective based on the restorative justice mechanism instead of the classical criminal justice system, is a system that aims to ensure the adaptation of individuals involved in crime to the social order and to improve their mental, emotional and social well-being. Individuals undertake various obligations in order to evaluate the risk factors that cause criminal behavior, to provide change on the basis of cognition, thought and behavior, and to prevent recidivism. In the probation system, the probation specialists is expected to be able to establish positive communication with professionals, to develop healthy behavioral patterns, and to be an individual who adapts to the society.

In order to organize probation services according to the needs of the probationers and to develop more effective intervention programs, there is a need for information about the probationer profile. Therefore, dynamics such as the unique qualities, differences and self-perception of each probationers should be taken into account in order to ensure the desired change in their feelings, thoughts and behaviors. Successful rehabilitation and adaptation to social life has a very strong relationship with individuals' self-esteem, attitudes in negative situations and self-control skills.

Self-control: Self-control is the ability to suppress or change one's inner reactions and impulses, as well as avoiding unwanted behavioral tendencies (Friese & Hofmann, 2009). However, according to Gillebaart (2018), the concept of self-control is handled with a more limited conceptualization, it is defined only as the suppression of impulses with 'effort'. De Ridder et al. (2011) emphasize that proactive and initiating self-control dimensions should be considered as well as effort and inhibition variables when explaining self-control.

Self-control is a subject that has been researched in relation to many dynamics such as anger, crime, mood,

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familial factors, alcohol and substance use (Friese & Hofmann, 2009; Moffitt et al., 2011). Anti-social behavior and negative social outcomes, family structure, parenting attitudes, inadequate parental control and exposure to physical violence were considered among the important predictors of low self-control (Butler, Tyler, & Melander, 2011; Higgins & Ricketts, 2005). Low self-control is an important risk factor for personal and interpersonal problems; It is argued that higher self-control is associated with better adjustment (less psychopathology, higher self-confidence), less alcohol consumption, secure attachment, and more appropriate emotional responses. Self-control requires suppressing long-term unwanted, irrational, and dominant behaviors such as self-harming (Tangney et al., 2004; Oaten and Cheng, 2006). Individuals with high self-control regard themselves as valuable individuals and tend to maintain this positive self-view relatively over time and conditions (Tangney et al., 2004). Some studies draw attention to the protective function of self-control, which enables individuals to cope with stressful life events and to control their negative mood and behaviors (Bakker et al., 2011).

Moffitt et al. (2011) observed that self-control predicted physical health, substance abuse, personal finances, and criminal behavior among siblings in the same family among 1000 children they followed from birth to age 2. In a study conducted by Ford and Blumenstein (2012) with 1,000 university students, it was determined that students with low self-control were in a higher risk group for alcohol and substance use. As important as it is for individuals included in the probation system to be able to control their own emotions, thoughts and behaviors during the rehabilitation process, it is equally important for them to be respected, accepted and feel valued.

Self-Esteem: Self-esteem is the awareness of one's worth in various fields. In other words, it is the whole of attitudes and beliefs that enable us to stand against reality and the world (Duclos, 2016). It expresses the feelings of love, respect and trust that the person feels towards himself/herself as a result of self-acceptance and realistic evaluation of himself/herself. Accepting and adopting its characteristics are the leading factors in the formation and development of self-esteem (Yörükoğlu, 1985). It has been reported that individuals who are involved in a crime and then included in the probation system with the label liable have low self-esteem and feelings of self-worthlessness (Merten et al., 2012). Low self-esteem causes individuals to feel worthless and inadequate. Self-blame, fear of not being loved, self-stigmatization, insecurity, and negative thoughts about life. Probation is an important support mechanism for individuals both to cope with these dysfunctional thoughts and to develop functional behaviors. In the study by Woessner and Schneider (2013), which included

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101 male individuals convicted of violent crimes, a significant relationship was found between self-esteem, self-control and family problems. Accordingly, the higher the person's self-esteem, the higher the level of self-control. Yang et al. (2019), in their study with 298 individuals with substance use disorder, determined that self-control was positively related to resilience and self-esteem. Rubite (2021), in his study with 83 high school students, mentions a significant relationship between students' self-control and self-esteem levels.

The aim of this research is to determine the self-esteem and self-control levels of individuals included in the probation system and the relationship between these two variables. On the basis of previous literature, the researcher proposed the following hypothesis:

Hypothesis 1: The level of self-control and the level of self-esteem of probationers differ significantly according to variables such as the introductory characteristics of individuals and their families, experience of domestic violence, substance use status and type of crime.

Hypothesis 2: There would be a positive correlation among the level of self-esteem and the self control.

METHOD

In this study, the socio-demographic characteristics of individuals with different criminal backgrounds and different obligations, who are included in probation system at Ankara Probation Office, characteristics of their families, characteristics of substance use and criminal history, characteristics of the probation process, the relationship between self-control and self-esteem levels of individuals are discussed. The research was carried out using the relational screening model.

Study group

The study group of the research consists of probationers who are included in the probation system and who study in the Ankara Probation Office to fulfill various obligations such as individual interviews, group work, and seminars.

The data collection period of the study was limited to 3 months. During this period, 520 volunteer adult probationers who participated in individual interviews, group work (change for life, anger, cigarette, alcohol and substance addiction group work, etc.) and seminars in Ankara Probation Office were reached. In the data collection process, first of all, the purpose of the research was explained verbally, written consent was obtained from the individuals, and data were collected by individual interview forms and scales with the

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support of probation specialists.

Table 1. Descriptive Information on Probationers

	N	%
Age		
29,49	520	30,8
Education		
Illiterate	3	0,4
Secondary school	142	21,1
High school and +	467	69,7
Marital status		
Single	298	63,4
Married	169	36,0
Do you have children?		
Yes	172	36,6
No	298	63,4
Livelihoods		
Own income	398	84,7
Other	82	15,4
Social insurance		
Yes	356	75,7
No	112	23,8
Income Status		
Very low	28	6,0
Low	90	19,1
Middle	317	67,4
Very good	28	6,0
Other	7	1,5

In table 1, all of the individuals included in the study were male; their average age is 29.4. 23% of the

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participants are high school; 21% are secondary school graduates. Most of the participants (43%) were single, nearly half (48%) had no children; 28% of them have children and the average number of children is 2. 61% of individuals work in an income-generating job and more than half (56.6%) make a living with their own income. The majority of individuals (75%) have social security and define their income as medium (67%). One fourth (25%) of the participants do not have social security.

Data Collection Tools

In the study, an individual interview form and self-control and self-esteem scales were used to collect data on the socio-demographic and socio-economic status, mental state, history of violence and crime, substance use and probation process of the participating individuals.

In the individual interview form created by the researcher, the socio-demographic status of the individuals, their socio-economic status, their introductory information about their families (living status, education level of parents); history of violence (experience of domestic violence), criminal history (type of crime, cause of crime, age at first crime, conviction for another crime, length of stay in prison, criminal background of family and friends); substance use status (cause and duration of substance use, substance use status of family and friends); It consists of 34 questions aiming to determine the situation regarding the probation process (how long he/she has been under probation, the number of probation measures).

Self-Control Scale: The Turkish adaptation of the scale developed by the Self-Control Scale (Rosenbaum, 1980) was made by Duyan, Gülden, and Gelbal (2012). The scale is used to measure people's self-control behavioral repertoire and how they use this repertoire in problems encountered in daily life. There are 36 items in total in the scale, which consists of three different dimensions. Statements specified in the items are rated between "It totally fits me + 3" and "It totally doesn't fit me - 3". The total score that can be obtained from the Experiential Self-Control and Restorative Self-Control subscales ranges from -33 to +33; The total score that can be obtained from the Regenerative Self-Control subscale ranges from -42 to +42, and the total score that can be obtained from the whole Self-Control Scale ranges from -108 to +108. High scores obtained from the scale indicate high self-control; low scores mean low level of self-control. The internal consistency coefficient for the entire scale was determined as .80.

Self-Esteem Inventory: The short form of the scale, which was developed by the Self-Esteem Inventory

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(Coopersmith, 1967) and adapted into Turkish by Turan and Tufan (1987), consists of a total of 25 items with two-choice answers as “Like Me” or “Not Like Me”, and a total score for general self-esteem gives. The scores obtained range from 0 to 100. High scores obtained from the scale are interpreted as individuals’ high self-esteem. In the reliability study, the internal consistency coefficient of the scale was found to be 0.77.

Data Analysis

After the information obtained from the data collection tools was made ready for data entry, a database was created through the SPSS 22 program. In the analysis of the data, the t-test for the comparison of the means in the analysis of the data was analyzed using the analysis of variance (ANOVA test) for cases where there was more than one relationship, and correlation in terms of revealing the relationships.

RESULTS

It has been evaluated within the scope of the research whether levels of the self-control and self-esteem of the probationers included in the probation system vary depending on some demographic variables, and the findings related to this are presented in Table 2.

Table 2. The relationship between probationers of education levels and prevalence of crime in the environment and self-esteem and self-control

	<i>N</i>	<i>Mean</i>	<i>Sd</i>	<i>Statistic</i>	<i>p</i>
<i>Educational status of probationers</i>					
Self esteem	520	18,83	3,80	r=,126	,004
Self-control	520	32,03	25,96	r=,398	,427
<i>Mother education status of probationer</i>					
Self esteem	520	18,83	3,80	r=,170	,000
Self-control	520	32,03	25,96	r=,460	,297
<i>Father education status of probationer</i>					
Self esteem	520	18,83	3,80	r=,100	,000
Self-control	520	32,03	25,96	r=,096	,029
<i>Prevalence of crime in the environment</i>					
Self esteem	520	18,83	3,80	r=,162	,000
Self-control	520	32,03	25,96	r=,081	,065

In table 2, there is a positive and significant relationship between the educational status of the probationers

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and their self-esteem. Among the participants, the self-esteem and self-control mean scores of the married and children are higher than the single ones, but there is no significant difference. It is seen that the self-esteem of the participants who have an income-generating job, have social security and have a medium or higher income level are significantly high, but there is no significant difference in their self-control levels. It can be said that the participants living with their nuclear family have a significantly higher self-esteem, and those living in a nuclear family have higher self-control score averages, but it is not significant. It is seen that the self-esteem of the participants who stated that the prevalence of crime in the environment is lower and almost non-existent, is significantly higher; It is seen that there is no significant difference in the levels of self-control. There was a positive correlation between the education level of the mothers of the participants and their self-esteem; There is a positive and significant relationship between the education level of their fathers and both their self-esteem and self-control levels.

In a study conducted with 2.213 adolescents, it was determined that the level of parental education positively affected the self-esteem of the adolescents (Sahin ve diğ., 2013). According to the study of Baybek and Yavuz (2005), there is a positive relationship between the education level of the student's mother and father and children's self-esteem.

Table 3. Self-esteem and self-control levels of probationers according to violence and crime

		N	Mean	Sd	Statistic	p
Violence						
Self esteem	No	153	19,42	3,40	t=6,69	,000
	Yes	367	16,90	4,35		
Self-control	No	153	32,72	24,92	t=1,16	,224
	Yes	367	16,90	29,15		
Substance use						
Self esteem	No	153	39,83	3,25	t=8,11	,000
	Yes	367	39,24	2,94		
Self-control	No	153	153,00	35,75	t=1,52	,018
	Yes	367	140,75	29,05		

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Type of crime	Drug crime	369	157,42	37,27		
	Violence	55	152,56	34,45		
Self-control total	Crime against property	44	156,63	36,54	F=1,706	,047
	Drug dealing	19	160,73	40,43		
	Other	33	148,67	28,86		
	Drug crime	369	39,36	3,17		
Self esteem	Violence	55	39,74	3,23		
	Crime against property	44	39,31	3,14	F=,255	,005
	Drug dealing	19	39,73	3,21		
	Other	33	39,51	3,19		
	Drug crime	369	39,36	3,17		

In table 3, while self-esteem differs significantly according to the state of being exposed to violence; There is no difference in the levels of self-control. It is observed that the self-esteem and self-control levels of individuals with substance use differ significantly. According to these findings, it can be said that individuals with substance use have lower self-esteem and self-control levels. Therefore, the first hypothesis can be confirmed.

In a study of 425 male juvenile delinquents in two prisons in China, It was determined that the chain mediator effect of self-esteem and self-control on the relationship between childhood abuse and aggressive behavior was significant (Xie and Su., 2022). Other studies with similar results conducted with 1,000 university students and 1000 children show that low self-control were in a higher risk group for alcohol and substance use (Ford and Blumenstein, 2012; Moffitt et al., 2011). In another study conducted with 124 adolescents aged 14-20 years, it was found that adolescent boys who are using substance had lower self esteem levels and lower self control levels compared to the boys who are not using substance (Kaya, 2016).

In the study, which included 129 juveniles, also have shown that self-esteem scores of alleged malicious wounding group was higher than the theft (Hesapcioglu, 2017). In a study conducted with a total of 80 male juvenile delinquent, 40 of whom were delinquent and 40 of whom were not delinquent, it was determined that the juvenile delinquent group had lower self-control skills (Özen, 2020).

When the levels of self-control according to the type of crime were examined, a statistically significant difference was found between the mean scores of the individuals, due to the difference between the individuals included in the probation system due to drug trafficking and other crimes. The self-esteem of individuals also

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differed significantly according to the type of crime; it has been determined that this difference is due to the difference between crime against property and violent crime.

The findings show a partial confirmation of the first hypothesis. By this, educational status, parental educational status, prevalence of crime in the environment, violence, substance use and type of crime are associated with level of self esteem. The father education status, substance use and type of crime are associated with the level of self-control.

The hypothesis that self-control would be related to self-esteem was partially confirmed. As shown in Table 4, both self control total and experimental self-control scores were significantly positively correlated with self esteem.

Table 4. The relationship between probationers' self-esteem and self-control levels

		Self-esteem total
Experimental self-control	r	,275**
	p	,000
	n	519
Regenerative self-control	r	,012
	p	,783
	n	519
Restorative self-control	r	,005
	p	,917
	n	519
Self-control total	r	086*
	p	,049
	n	519

*p<0,05 **p<0,005

In Table 4, the results of the pearson correlation test for the relationship between the self-esteem and self-control levels of the probationers within the scope of the research are given. Accordingly, a highly positive and significant correlation was found between probationers' self-esteem and experiential self-control ($R=.275$, $p<0.005$) and overall self-esteem (SE) total score ($R=.086$, $p<0.005$). Experiential self-control (SC) refers to the behaviors that enable the individual to overcome the consequences of the cognitive control process and turn towards pleasurable activities such as music, art, and sports (Duyan et al., 2012). In other words, as the

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self-control levels of the participants increase, their self-esteem increases. Previous studies also have shown that a significant relationship between students' self-control and self-esteem levels (Yang et al., 2019; Rubite, 2021).

Table 5. Results of regression analysis to find self-esteem predictors

Independent variable	B	Sh	Beta	t	p	R ²
Costant (a)	40,558	,639		63,463	,000	
Experimental SC	,332	,091	1,209	3,651	,000*	,076
Costant (a)	40,558	,639		63,463	,000	,026
Regenerative SC	,212	,096	,885	2,211	,027*	
Costant (a)	40,558	,639		63,463	,000	,005
Restorative SC	,226	,096	,840	2,342	,020*	
Costant (a)	40,558	,639		63,463	,000	,086
Self-control total	,233	,090	2,365	2,579	,010*	

a. The dependent variable: Self-esteem total, *p<0,05

In Table 5, multiple regression analysis was applied to find predictors of the overall total score of SE. In the model established within the parameters, SC total ($t=3.651$; $p<0.05$), Experiential SC ($t=2.211$; $p<0.05$), Regenerative SC ($t=2.342$; $p<0.05$) and Reparative SC ($t=2.579$; $p<0.05$) sub-dimensions were found to be significantly predictive parameters and statistically significant. The established model accounts for 0.076% of the BS grand total score for the Experiential SC sub-dimension, 0.026% for the Regenerative SC sub-dimension, 0.005% for the Reparative SC sub-dimension, and 0.086% for the SC grand total explains.

DISCUSSION

In this study, it was aimed to determine the relationship between the self-control and self-esteem levels of the liable individuals included in the probation system. According to the results of the research, it is seen that as the education level of the individuals and the education level of their parents increase, the self-esteem of the individuals increases. These results are consistent with the results of previous studies (Sancar, 2017; Şahin, 2017; Avşar et al., 2016), which found that self-esteem levels of individuals have a positive and significant

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relationship with their own education level and the education level of their parents. The high level of education can be considered as an important factor that supports the development of individuals' openness to development and self-confidence. Ras (2016) states that individuals' self-ideal and self-esteem are affected by different dynamics such as parents' attitudes, behavior styles, expressions used, and tendencies. In this context, it can be concluded that as the education level of the parents increases, the tendency to exhibit a more functional parental attitude towards their children also increases.

In addition to education, it is emphasized that the quality of communication and relationship within the family (Tangney et al., 2004) is associated with high self-control. As the education level of their fathers increases, the level of self-control of individuals also increases. It can be said that the higher effect of father's education on the level of self-control is related to the fact that individuals grow up in a family with a patriarchal structure and the father figure takes a more active role in the family.

The violence in the family of the individuals participating in the research predicts lower self-esteem and lower self-control levels. Past experiences of abuse and violence and family problems such as lower control and attention within the family have been associated with low self-control in individuals (Butler et al., 2011; Woesner & Schneider, 2013). Low self-control has a strong relationship with certain dynamics such as delinquency, risky peer groups, and criminal environment (Forrest, et al., 2019; Burt, 2020). Individuals with low self-esteem and low self-control are more open to risky experiences such as self-harm, suicidal tendencies, crime and substance use, since they cannot delay gratification in the short term before taking action (Sankır, 2014; Masi et al., 2015; Boccio et al., 2016). Individuals with low self-esteem may impose negative labels on themselves and exhibit substance use and criminal behavior in line with these beliefs (Eryalçın & Duyan, 2017). Within the scope of the research, a significant positive relationship was found between the low prevalence of crime in the environment and the self-esteem of individuals.

It was determined that individuals with substance use had a higher level of self-control than those without substance use. This result coincides with other research findings which argue that there is a significant negative correlation between substance use and delinquency and self-control (Tangney et al., 2004; Moffitt et al., 2011; Ford and Blumenstein, 2012; Malouf et al., 2014). Increasing self-control and self-esteem can improve self-efficacy among patients with substance use disorders (Yang et al., 2019). Similarly, individuals with substance use who participated in the study had significantly lower self-esteem scores than individuals without substance use. This result is consistent with the results of studies pointing to lower self-esteem in individuals with

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substance use (Kaya, 2016; Sankır, 2014). It can be said that the experiences of stigmatization, exclusion and disapproval in the society of individuals with substance use have a negative effect on self-acceptance and feeling valuable.

A positive correlation was found between the self-esteem and self-control levels of the probationers included in the study. This result is consistent with previous study outcomes that found that self-control level and self-esteem are closely related (Tangney et al., 2004; Lee et al., 2013; Odacı and Kınık, 2018; Rubite, 2021). People with high self-control regard themselves as valuable individuals and can relatively maintain this positive self-view in the face of time and conditions (Rubite, 2021). Some studies suggest that improvements in individuals' self-control levels predict reductions in recidivism (Forrest and Hay, 2011, Hay et al., 2010).

CONCLUSION AND RECOMMENDATIONS

It is of key importance to evaluate the self-perception of probationers included in the probation system and their ability to control their emotions, thoughts and behaviors in the process of reorienting the individual's life. As can be understood from the results of the research, there is a positive and significant relationship between the education levels of the individuals, the education levels of the parents, and self-control and self-esteem; There is a negative significant relationship between violence in the family, crime and substance use in the environment, and self-control and self-esteem. There is a significant positive correlation between the self-esteem of probationers and the experiential self-control sub-dimension of self-control and general self-control. In the light of these findings, some suggestions for professionals and academicians studying in this field are presented below:

- Considering the protective function of self-control skills, it is key importance to develop self-control skills in probationers in terms of preventing recidivism, especially in risky groups. Promoting higher self-control not only deters risky behavior (substance abuse, crime), but also encourages individuals' integration into society. In this context, intervention programs, professional studies and projects should be developed to increase self-regulation skills, especially for individuals included in the probation system. It can be said that social work interventions aimed at increasing an individual's self-control skills will increase individuals' self-esteem, improve their social functioning, and increase their capacity to evaluate the results of their actions. It is thought that the development of self-control

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skills such as delaying gratification, saying no, setting limits, and developing willpower will be a protective source against the delinquency of individuals.

- It is seen that there is no data on the levels of self-control in the process of the probation system and the levels of self-control for the period after leaving the system about the probationers in the probation system. In this respect, it is necessary to determine whether the social work intervention programs in the system develop important protective personal resources such as self-esteem and self-control levels of individuals and what their tendency is to maintain their treatment gains. Conducting long-term studies on this may be an important priority for future research.
- It is considered that the professionals who provide psycho-social support to probation officers should be supported with vocational trainings on knowledge, skills and values on self-esteem and self-control.
- It will provide support for probationers to build healthy relationships with their families and parents, to organize training programs for the development of functional coping methods, and to maintain individuals' cognitive and behavioral treatment gains. In addition, interventions to increase self-control and self-esteem have the potential to benefit the health of the society in the long term as well as change the lives of individuals.

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