

**STUDYING EMOTIONAL MANAGEMENT IN PERSONS UNDER PROBATION  
CONTROL: ANALYSIS OF INTERNATIONAL AND LOCAL EXPERIENCES**

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**Abstract:** This thesis examines the importance of **emotional regulation** in the socio-psychological adaptation of individuals under probation supervision. Both international and local practices are analyzed, focusing on theoretical approaches (Gross, Lazarus, Mayer–Salovey, Goleman, Bar-On) and practical methods (cognitive-behavioral interventions, motivational interviewing, stress management training). International programs such as CBI-O and “accredited programmes” have shown effectiveness, while in Uzbekistan, rehabilitation centers and psychological support have yielded positive outcomes. Comparative analysis highlights the need to reduce stigmatization, expand volunteer probation, and implement standardized evaluation methods. The findings demonstrate that emotional regulation is a strategic factor in improving probation effectiveness and reducing recidivism.

**Keywords:** Probation, emotional regulation, socio-psychological adaptation, cognitive-behavioral intervention, motivational interviewing, rehabilitation, international experience, Uzbekistan experience.

**Introduction.** In recent years, the global criminal justice system has been based on humane and rehabilitative approaches, not limited to repressive measures. In this process, the probation system has received special attention and is considered an effective mechanism for re-education and integration of offenders by directing them to social adaptation under supervision, rather than isolating them from society. One of the most relevant psychological determinants in probation is emotional management.

Emotional management represents a person's ability to understand, control, and direct their emotions in a constructive direction. Researchers Gross, Lazarus & Folkman, Mayer & Salovey, Goleman, in their work show that individuals with low levels of emotional management are more prone to impulsivity, aggression, and the risk of recidivism. Therefore, the development of emotional management skills in the probation system is considered a prerequisite for their socio-psychological adaptation and successful return to society.

Effective programs in this area have been developed in international practice. Cognitive Behavioral Interventions for Offenders (CBI-O) programs used in the United States are aimed at changing a person's negative thought processes, managing stress, and reducing impulsivity. Studies show that CBI-O program participants have a 30–40 percent reduction in recidivism. This confirms that cognitive reappraisal and modulation of emotional responses are an effective method. The program has been found to significantly reduce recidivism by developing thinking and emotion management skills in offenders. In the United Kingdom, the system of “accredited programs” helps individuals restore a positive social role by teaching anger management, social skills, and coping strategies. Scandinavian countries, on the other hand, rely on humanistic and mentoring approaches to probation and widely use social support resources to increase emotional stability. In Japan, the volunteer probation system has achieved unique results by strengthening emotional discipline and collective values.

In Uzbekistan, the probation system began to take shape on a legal basis in 2017. The adoption of the Law "On Probation" in 2019 strengthened the institutional foundations of the system. Today, social integration of persons under probation is ensured through rehabilitation centers and

psychological assistance programs. According to the Probation Service, in recent years, of those on probation:

- 68 percent were involved in labor activities,
- 52 percent received regular psychological support,
- More than 40 percent showed positive behavior.

These indicators confirm the practical effectiveness of psychological programs aimed at developing emotional management.

In recent years, international experiences have also been used in the local probation system. In particular:

Motivational interviewing (MI) is being used to overcome stigma and low self-esteem;

- Cognitive behavioral therapy (CBT) methods have been proven to be effective in redirecting negative thoughts and emotions into positive, constructive energy.

These methods are being adapted to local conditions and are being adapted to the socio-cultural characteristics of Uzbek society.

At the same time, there are a number of problems in the Uzbek experience:

- The high level of stigma in society complicates reintegration;
- The volunteer probation system is just being formed and is not comprehensive;
- Standardized criteria for evaluating results (for example, monitoring based on the Risk–Need–Responsivity model) are not being used sufficiently.

In the future, the wider application of international methods to local conditions, the expansion of volunteer networks, and the clear standardization of evaluation indicators will increase the effectiveness of the probation system.

The experience of Uzbekistan shows that significant progress has been made in the initial stage of developing emotional management in the probation system. The existence of a legal framework, the activities of psychological support centers, and the application of international methods are yielding practical results. At the same time, for the further development of the system, it is important to reduce stigma, expand volunteer networks, and evaluate the results using scientifically based methods. Analysis of international and local experiences shows that the main goal of both approaches is the same: to ensure the reintegration of persons under probation control into society and reduce the risk of recidivism. Emotional management is considered a central determinant in this process. The CBI-O program in the USA, the “accredited programs” in the UK, and the presence of psychological training aimed at strengthening emotional stability in the activities of rehabilitation centers in Uzbekistan stand out as common features. In international practice, probation systems have a long historical experience and are based on numerous scientific studies.

For example:

- USA: application of cognitive-behavioral interventions based on standardized protocols to reduce the risk of recidivism;
- Great Britain: availability of individual rehabilitation plans;
- Scandinavian countries: effectiveness of humanistic and mentoring approaches;
- Japan: active participation of volunteer probation officers.
- These advantages ensure not only supervision of the individual, but also social support.
- Although the experience of Uzbekistan is relatively new, certain results have been achieved in a short time:
- The activities of rehabilitation centers are expanding;
- Psychological counseling and trainings for the development of emotional intelligence have been established;
- A large part of probation participants are involved in labor activities.

- At the same time, the high level of stigmatization and the limitations of the volunteer probation system in Uzbekistan are important factors that make resocialization difficult.

Emotional management is an important psychological determinant in the process of reintegration of individuals under probation control into society. International experience shows that cognitive-behavioral interventions (CBI-O), motivational interviewing (MI), emotional intelligence development training, and the volunteer probation system serve to increase the emotional stability of individuals, reduce impulsive behavior, and significantly reduce the risk of recidivism.

Although the Uzbek experience is relatively new, certain results have been achieved in a short time. Psychological training, stress management programs, and employment practices conducted in rehabilitation centers contribute to the formation of positive behavior among probation participants. At the same time, the high level of stigmatization in the system, the limited volunteer probation network, and the insufficient establishment of scientifically based evaluation mechanisms are seen as problematic aspects.

The comparative analysis shows that the Uzbek probation system can be further strengthened by adapting effective elements of international experience to local conditions. In particular, the standardization of CBT and MI methods, the expansion of the volunteer probation network, and the introduction of a regular monitoring system based on the RNR model are urgent tasks.

In general, the development of emotional management of persons under probation supervision not only improves the quality of their personal lives, but also plays a strategic role in strengthening the security of society and social stability. Therefore, the expansion of scientific research and practical programs in this area will further increase the effectiveness of the probation system in the future.

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