

THE RISK FACTOR OF CRIMINALITY GAMBLING AND PROBLEMATIC GAME USE

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ABSTRACT: *In this article the concept, the process of formation and the characteristics of game addiction will be presented. Many types of game addiction are known, but the scope of persons concerned is significantly different depending on what game types we are talking. Game addiction, especially gambling addiction, is one risk factor of deviant behaviours. Hungarian and international studies revealed a direct connection between gambling addiction and crimes against property. The advancements of the 21st century open new dangerous windows, especially for the younger generations. Online gambling can be reached by anyone, the computer games and even the internet itself can cause addiction. Acting against these is more and more difficult.*

KEYWORDS: *game-addiction; gambling; problematic game use; risk factors; criminality; behavioural addiction; online/offline gaming; internet*

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1. PREFACE

“When we think about the idea of delinquency, we do not associate it with the idea of gambling, however the connection between them is becoming tighter. Hence we consider important to examine also this aspect. In the past, people were not aware that addiction to gambling can be the cause of different crimes, so a higher rate of prisoners are addicted than the statistics show. Nowadays the opportunities and access to all kinds of gambling are escalating, which can intensify the felonies attached to it.”¹ The game addiction, especially gambling, has a serious effect on the behaviour, and directly or indirectly it is a risk factor of deviant behaviour. Hungarian studies, like Tessényi and Kovács, evinced that gambling addiction is primarily connected to crime against property (especially theft)² but there also have been several cases involving embezzlement, robbery, homicide or economic and business related offenses.

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¹ TESSÉNYI-KOVÁCS, 2011:419.

² TESSÉNYI-KOVÁCS, 2011:413.

The results of the country's 2007 addictology report showed gambling addiction in levels similar to the European union's average³ but the connection between crime and gambling addiction has not been viewed.

With the evolution of computers and internet a new type of gambling has evolved, the online gambling. In the same time computer games and the internet itself, along with online gambling created new types of addictive behaviour. The risk of the development of addiction has multiplied for the generations grown up in the world of computers, the Y- and especially the Z- and alpha generation.

2. THE CONCEPT OF GAME ADDICTION

Although gambling and game addiction looks far from each other, from a professional point of view, it has several similar properties. The ever growing online game's addiction is part of game addiction which is considered a non-financial form of gambling addiction. (Nagygyörgy-Pápay-Urbán-Farkas-Kun-Griffiths-Demetrovics, 2013).

The concept of game addiction is very difficult to define accurately. One of the reasons of it is that there are many types of computer game. There is a significant difference between the horse races, the poker games or the gambling on the internet. The common ground for these conducts is that each of them can be called a *behavioral addiction*.

The concept of addiction is nowadays considered to be the same as the concept of addictive illness. From this point of view, a habit of a person can be considered addictive, if he or she loses the power over his or her commitment to the given activity. That means, though he or she knows how much his or her attachment restricts the other dimensions of his or her human being, he or she cannot stop this activity and continue to repeat the problematic behavior.

2.1. The types of addiction

Two great types of addiction are known depending on which the particular behavior is related to (Elekes, 2011).

a) *Chemical addiction* can be diagnosed if some kind of substance-related behavior is dominant. Such chemical tolls can be drugs, alcohol, nicotine, as well as various tranquilizers, sleeping pills and/or anxiolytic drugs. Their common feature is that their effects are exerted through the central nervous system. Considering this, these drugs are commonly referred to as psychoactive agents.

b) Another major group of addictions is the so-called *behavioral addictions*. This definition encompasses behavioral forms, which dominate the everyday interactions of the person, determine his/her behavior, however, these behavioral forms negative consequences associated his/her social lives, mental and physical health and – indirectly – his/her personal environment too. Several different forms of behavioral addictions are known, and their number is continuously growing. For example, it constitutes a behavioral addiction gambling, eating disorders, workaholism, abnormal physical training like the videogames and internet addiction. (Elekes, 2011)

³DEMETROVICS-PAKSI-KUN-RÓZSA-ARNOLD, 2008:31-32.

2.2. Symptoms of behavioral addiction

Behavioral addictions can be quite different, but there are six symptoms associated with each *behavioral addiction* (Demetrovics, 2013).

These are the following:

- *Saliency*

In this case, such behavior (e.g. use of video games) overwrites the person's daily life and becomes a determining part of it. For example, a player often falls into his game-related thoughts, does not communicate with others, if there is no video game near him, he has a strong desire to deal with it.

- *Tolerance*

As a person becomes accustomed to his behavioral experiences, after a while, a more and more intensive experience is needed in order to achieve the same experience. For example, a person addicted to physical training needs more and more heavy and difficult exercises in order to experience the satisfaction he experienced during the initial trainings and efforts. However, not only the intensity or frequency of behavior can be increased but the magnitude of the risk as well.

- *Abstinence*

The common element of addictions is that, due to the acclimatization of the experience, the absence thereof results in negative psychological and physiological changes. The person feels himself sick, he becomes nervous and tense, he thinks he can "explode" at any moment. But the opposite of it also can happen: moodiness, depression, sadness, sorrow, constant internal anxiety, fear or mood swings may occur. The symptoms depend not only on the personality and the psychic characteristics of the given person, but also on the type of behavioral addiction.

- *Conflict*

Addiction generates numerous conflicts in connection with the individual himself and with his environment. Internal, intrapersonal conflict can occur when a person recognizes the existence of his addiction, as well as its consequences, and that recognition is a problem for him. Several behavioral addicts are accurately aware of their misconduct and are aware of the consequences that affect their lives in this context (for example, poor school achievement), but they are not able to change it.

Partly related to this, the consequences of that addiction generate numerous interpersonal conflicts with the narrower and/or wider environment. Direct relatives, family and friends are mostly disturbed by the amount of time spent on the given behavior. Their communication is also focusing on their own passion (for example, how successful he was in the computer game or how much weight he was able to lift). Conflicts with the wider environment stem primarily from the neglect of the other obligations. A person - though he is present at school or at work - does not show any ambition to meet their expectations.

- *Mood alteration*

This behavioral addictive symptom also has two phenomena. On the one hand, the individual feels himself well during and after the given behavior; he is often fouled, liberated, cheerful. On the other hand, this is suitable for suppressing the moodiness, sadness, lethargy as well. That means, addiction can serve as a way of escape from these emotional states. However, it is important to mention that game addiction cannot

eliminate the cause of disgust or lethargy, so it can only serve as a temporary solution. This also forces the individual to spend more time with that activity.

- *Recidivism*

The essence of this symptom is that the person returns to his previously regularly pursued activity after a period of interruption. There may be a number of reasons of the interruption. It can occur due to an external reason, such as hospital treatment, or due to his voluntary decision.

3. GAME ADDICTED PLAYER OR A PASSIONATE PLAYER

Behavioral addictions include addiction to the internet, addiction to online computer and video games, work dependency, workout addiction, as well as compulsory purchase, or religious addiction. (Elekes, 2011). Additional to online addiction, gambling addiction appears as an independent form nowadays.

An important central element of pathological gambling is the *disturbance of risk assessment*. Since the player have absolute confidence in his/her tactics, it is almost impossible for him/her to stop trying: either he/she wins or loses he/she definitely want to prove the success of his/her gaming system. This exaggerates his/her relationships, his/her existence, and other levels of his/her social life. Therefore, he/she often commits also unlawful acts. The gambling addiction can often be associated with other deviances or addictions (e.g. alcohol or drug consumption). (Elekes, 2011)

3.1. The sections of addiction

The illness can be divided into four markedly different sections:

- „winning phase”

successful phase of gambling; this means for gamers the confidence, self-assurance, strengthening the faith in the game system successful and experiencing power;

consequences by problem gamblers:

they believe in their special talent for gambling; spend more and more time and money on gambling; they do not want to stop the game

- „losing stage”

unsuccessful phase of gambling; the gambler will more and more compulsive demonstrate the usefulness and efficiency of his/her game-tactics; he/she needs more often external financial support, but already keeps secret his/her addiction;

consequences by problem gamblers:

spent more and more time for gambling, but this is an alone activity; the gambling is the priority of his/her life, so the gambler skips work; he/she begins “manage” his/her losses, borrow money, lie to family and friends;

- „desperation phase”

she/he has nobody to turn on; complete financial bankruptcy and vulnerability; in the absence of external assistance and help first unlawful and acts are perpetrated

consequences by problem gamblers:

losing all control over their gambling; feel ashamed and guilty after gambling; consequences: lose their jobs, get divorced, get arrested

- „hopeless phase”

gives up on everything which was important for him before

consequences by problem gamblers:

spends more and more time gambling, but this is the only activity in their life

3.2. The speciality of gambling addiction

Compared to other gambling addictions, the incidence of other deviances are more powerful, such as the prevalence of excessive alcohol and drug consumption.

In Hungary approximately 1-2% of the population may belong to this circle. There are almost twice as many men as women among them. More vulnerable group to the average by age is adolescents or middle-aged women, and according to the social status, for example, convicts. Hungarian data also report the vulnerability of young men. (Balázs-Kun-Demetrovics, 2009)

The *root causes of abnormal gambling* may be varied. There are car-aggression among them, as well as various psychological theories pointing to different main motifs. Such as the inability to create intimate relationships with the unconscious leader or the unconscious desire to lose.

4. GAMING IN THE ONLINE WORLD

The online gaming dependency is a *non-financial form of gambling addiction*, according to the theory of video game addiction. Another approach considers the person to be “problematic video game user who has an excessive use of one or more video games, loses control over it, and produces a number of negative psychological and physical symptoms.” (Nagygyörgy-Pápay-Urbán-Farkas-Kun-Griffiths-Demetrovics, 2013)

4.1. The criteria of online gaming

For online gamers, both the video game, as the device and the online environment play an important role in the addiction.

It has five criteria, which are

- “feeling of euphoria,
- the emergence of health problems,
- the conflict in the interpersonal and intrapersonal environment, the lack of self-control and
- the preference of virtual connections to the real.” (Demetrovics, 2013)

The process of development is the history of the appearance of these symptoms. All this in reality is a slow, sometimes later recognised problem.

4.2. The signs of online gaming

Due to its concealment it is especially dangerous for smaller children and adolescents. In fact, the parents experience that their son or daughter plays well in silence at home, they are safe. In many cases, the signs do not appear, though they are well described. Because the child spends more and more time on the machine, he will have only one topic to talk about. Accordingly, he has begun to neglect his earlier hobbies. He will not play football anymore, but he is eager to talk about who are playing with on the computer. This is the basic common point with his friends as well. His human interactions are becoming more and more in the virtual space. His lesson and his duties are always “ready”, and the parent only understands the problem in front of them, when he has to face the deteriorating school results. But young people have less interests in them. More important is a busy new area or a mission that is successful, than the grade awarded at school. That

is, the real sense of reality is changing in terms of what it is really important for its own future, interests and needs.

5. FACTORS AFFECTING THE DEVELOPMENT OF ADDICTIONS AMONG YOUNG PEOPLE (Váradi, 2013)

Addiction to play has a clear correlation with loneliness due to family dysfunction – partly due to the fact that besides young people, women in their 30's and 40's are also vulnerable groups. Depressive and low self-esteem are also the same *risk factors*.

At the same time, it is a fact that risks of various psychological problems can be a risk factor when the addiction develops.

The problems of mental health are the collective concepts of phenomena that make the everyday life of a person whole or in part difficult. This condition may be temporary or even lifelong (which in fact means for a child or adolescent to accompany your entire adult age). By their weight, a wide range of mental disorders can be classified here.

Literature refers to anxiety, behavioural, mood, concentration, eating, drug and alcohol problems, self-harming behaviours, bipolar disorder and psychosis. Although, these problems are very different, their occurrence is astonishingly common. Thus, for example, according to Canadian data, on average 5-6 children out of a classroom of 30 may struggle with a problem of mental health, and 3-4 of them are those who, because of their degree of their problems, disrupt their everyday life. In 6% of the young population, severe anxiety disorder, 3.5% of abnormal mood disorders, 5% of ADHD and 0.1% of schizophrenia can be diagnosed. This affects school performance as well as social relationships and can lead to serious integration difficulties in the future.

Instead of diagnosing the child, the child is often stamped as an infallible young person with a bad temper.

Many children and adolescents suffer from severe anxiety disorder that already requires treatment. If that is not the case, then this problem can be traced throughout their life. Behind this phenomenon there can be many, both genetic and somatic reasons. The home or school environment can be the same in the same way – even in a form that the child copies the behavioural patterns of the parent in a stressful situation.

Behavioural problems become chronic when a behavioural disorder arises. This can be categorized by a protracted or regularly occurring dissociative behaviour, as well as aggressive or deliberate behaviour, which, in terms of weight or consequences, goes beyond the rebellion of adolescents.

Although mood fluctuation is still very strong in adolescents, it can also reach an abnormal level requiring a specialist's intervention. During adulthood, they may spontaneously disappear, but may become worse, which may require medical treatment and therapy. For a child the death of a family member can be effect the same as the ongoing struggle between parents or emotional neglect or psychological abuse.

English data also show similar results (Farkas Á, 2013). Thus, for example, 10% of children aged 5 to 16 can be diagnosed with some sort of mental health disorder. About 80,000 males – 10% of them under 10 years old(!) - suffer from severe depression. Both the number of young people with depression and behavioural disadvantages has doubled in the last 10 years.

The young runs away from the lethargy, bad mood, anxiety or just the daily chores which seems uncompleteable. It gives a temporary solution with the illusion of control over his destiny. The drugs and alcohol are similar „problem chaser”. According to Canadian resources, the percentage of alcohol consumers is 83% and the percentage of people whom used marihuana at least once is 45.6% in the above 18 age group. The main reasons are bad family accumulation – bad parental example – and subcultural effects. Although most of the young only try drugs once, the alcohol plays a major role in their lives.

More or less a response to these mental problem is the group of eating disorders. These can root from other psychological as much as from expectations generated by the environment. Anorexia, bulimia nervosa, binge eating are considered eating disorders. Difference between bulimia and binge eating is that, in bulimia the binge phase is followed by self-induced vomiting while in binge eating it is only followed by regret, disgust and depression. Eating disorders are much more common between girls (about 90-95% of all patients with eating disorder). The Canadian data only confirms this belief since 8% of the total female population has anorexia or bulimia while 27% of the girls from the 12-18 age group have some kind of eating disorder or bad habit connected to eating or weight.

The situation is similar in Hungary. Data from a 2008 Hungarian study shows that 11.5% of the 14-20 age group has depression. Another study regarding the 7-14 age group shows that 34.4% of the children showed signs of depressions. 2% of the 10-18 age group has eating disorder; and there are cases of self-hurting. According to studies made in the 2000-s 1.5% of the 11-20 age group attempted suicide. 5.6% where harassed sexually and 30.2% suffered physical abuse. The 2007 official statistics states that for every 100 000 minor there is 15.6 successful suicide.

A survey conducted with people between the ages of 14 and 21 confirms that self-esteem is an indicator to a youngster’s psycho-social health. The virtual world can strengthen it just as much as it can ruin it. The social sites (eg.: Facebook, Twitter, etc...) are capable of damaging a youngsters self-esteem, exaggerate a disadvantageous characteristic, and put it on a display for the whole world to see, which, in extreme cases, may even lead to suicide (like in the case of Amanda Todd).

6. GAMBLING AND GAME ADDICTION AS THE RISK FACTOR OF DEVIANT BEHAVIOUR

All forms of addiction shows connection to problematic behavior.

6.1. The gambling addiction

Gambling can be connected to criminal behavior in several different ways. One typical form is the acts to gather money for gambling. These are most of the time crimes against property (theft, fraud, etc.), violent crimes against property (for example robbery), economical crimes or other violent crimes (homicide).⁴ The other form is the so called group of “consequence” crimes. These are those behaviors which appear during the management of conflicts generated by gambling addiction (or the frustration and tension

⁴ TESSÉNYI, 2013:88.

of the gambler in connection with the failure or his general situation) (for example domestic violence).

It is important to note, that gambling addiction isn't a male specific problem. International studies, like Paton-Simpson's or Abbott's, showed that fastest growing group of problematic gamblers is the group of female gamblers; their number quadrupled in 5 years and every 1 of 3 female inmates gamblers while the ration of male inmates is only 1 to 4.⁵

Gambling addiction is usually present along other addictions like alcohol abuse.⁶ Regarding international papers, both in males and females, 20% of the suicides are connected to gambling addiction.⁷

While alcohol and drug abuse generates pathological state of mind which, with other special circumstances, can be taken into account in the criminal procedure, gambling doesn't limit the persons state of mind in such levels, that would have criminal jurisdictional relevance.

6.2. The game addiction

According to Hungarian researches the most important role played in being vulnerable to the potential negative effects of video games is of the personality. As such, a player with high emotional control can take their sense of accomplishment obtained in the video game and transfer it into his life outside the computer, while people with low emotional control are not able to do this. The chance of an addiction developing is greatly influenced by this. In the former case the player is capable of establish a balance between the two worlds (identity-consistency), while in the latter the chance of problematic game use increases as the person "can only live these positive experience virtually, he will be prone to be immersed or get addicted; being 'stuck' the difference between his real and online life will only increase which, with time, will lead to a fracture between his online and offline personality (identity-inconsistency). In this case this may also lead – amplified by the negative stereotypes - to aggressive behavior and a road to addiction." (Fromann, 2011)

The consequences of video game addiction are partly connected with the characteristics listed as symptoms. The person, as a social creature, is connected to their surrounding through their interactions. Moreover – as a part of the society – they have their own obligations and tasks. However as a human their physiological and psychological needs are determining too.

6.3. The negative effects of game addiction

The negative effects of addiction also connected here: (Nagygyörgy-Pápay-Urbán-Farkas-Kun-Griffiths-Demetrovics, 2013)

- Deterioration (interpersonal) of the human relationships (the person neglects the offline human relationships; although in the virtual world – especially in certain team-based games – this need can be fulfilled, however, usually, these relationships are much shallower

⁵ TESSÉNYI, 2013:88.

⁶ TESSÉNYI, 2013:88.

⁷ TESSÉNYI, 2013:89.

- Social relationships (social relationships entail certain obligations, such as attending school or going to work, fulfilling certain tasks, or being a parent; the addicted person however – as we have already referred to before – overshadows these)

- The basic needs (the addiction, even in the case of video games, may lead to several physical and mental problems; spinal, back and eye pain, irregular eating, little sleep, loneliness or the worsening of the mental well-being are all frequently occurring problems)

The negative effects may even have a stronger effect on young people due to their age and the changes which the puberty brings.⁸

The video game addiction's especially heavy weight is not only augmented by the 21st century's technology, the digitalized environment, the appearance of the Z and alpha generations, the reciprocal influence of the mental state and the worsening health data of today's generation but by the fact that – contrary to other experiences with problematic behavior – there is no 'bottom' after which the enlightenment could come: the player after realizing his situation would try to ask for help and change. A two year inspection showed the constant existing of the addiction. The development is hardly noticeable, and quitting is extremely hard. A part of the experts only feels the success of the treatment when its accompanied with total abstinence. (Nagygyörgy-Pápay-Urbán-Farkas-Kun-Griffiths-Demetrovics, 2013)

7. FINAL THOUGHTS

From the beginning game was important for people, because they learned many things in this way, learned the male and female roles, and developed their social competences.

Over the years, however, the games have changed, and new directions have appeared by the internet and the development of mass communication, which has particularly affected young people today and has become one of the most vulnerable groups of the virtual world's seduction. The most important reason for this is the change of the role of the family. The family, as a small community of society, has now taken on the real function of many children.

According to the data of the domestic census of 2011, an average Hungarian citizen dedicates 4 minutes every day to family activity from its spare time frame (275 minutes)⁹! Spend time with sitting in front of the television as a common programme can not compensate for watching each other – and the experience of attention for the child. This is also due to the fact that 70% of the children today feel that nobody cares for them from their family¹⁰.

All that young people – and lonely adults of course – us to replace it, can be varied. However these strategies pose many threats. According to an addiction disease survey, 10 % of the students interviewed by the researchers are in need of treatment because of their gambling addiction, 3% of 14-year-olds would be in specialist care, and 9% of those who used hallucinations weekly.¹¹

⁸ GALÁN, 2012.

⁹ KSH, 2013, p. 17.

¹⁰ TÓTH, 2011.

¹¹ PAPP, 2012.

The forms of entertainment offered by modern technology, the virtual space naturally can not only cause negative changes. For example, it offers opportunities to meet new people, communicate, teach teamwork and create a common strategy. However, if it take the control over the person, the environment need to support the addicted person to be able to be himself again/support for the environment is needed so that the addicted person can get the control back.

When leaving addiction, a compelling, supportive environment is essential. For a person who has problem behaviour, the closest persons to him can give the greatest help, aside from the specialist. However, this process is not easy, and it requires countless patience and understanding from stakeholders. In the case of children and young people who are emotionally and psychologically more vulnerable, this is especially true and may have a more adverse effect if the family environment is unable to fulfil its social function.

The successful prevention and measures against gambling addiction has ambivalent features: International studies show that the state beside of repressing this addiction also wants to preserve it because of its beneficial effect on the gambling industry.¹²

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¹² TESSÉNYI, 2015:63.

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