

The journal has had 7 points in Ministry of Science and Higher Education parametric evaluation. Part B item 1223 (26.01.2017).
1223 Journal of Education, Health and Sport eISSN 2391-8306 7

© The Authors 2017;

This article is published with open access at Licensee Open Journal Systems of Kazimierz Wielki University in Bydgoszcz, Poland

Open Access. This article is distributed under the terms of the Creative Commons Attribution Noncommercial License which permits any noncommercial use, distribution, and reproduction in any medium, provided the original author(s) and source are credited. This is an open access article licensed under the terms of the Creative Commons Attribution Non Commercial License (<http://creativecommons.org/licenses/by-nc/4.0/>) which permits unrestricted, non commercial use, distribution and reproduction in any medium, provided the work is properly cited.

This is an open access article licensed under the terms of the Creative Commons Attribution Non Commercial License (<http://creativecommons.org/licenses/by-nc/4.0/>) which permits unrestricted, non commercial use, distribution and reproduction in any medium, provided the work is properly cited.

The authors declare that there is no conflict of interests regarding the publication of this paper.

Received: 01.12.2017. Revised: 15.12.2017. Accepted: 25.12.2017.

PRINCIPLES AND ALGORITHMS OF PSYCHOTHERAPY OF MALADAPTIVE STATES FOR STUDENTS

Maksim Khaustov

Kharkiv National Medical University

Abstract

142 students of Kharkov National Medical University (KNMU), both genders, aged 18.0 ± 2.0 years old were examined. 52.2% of the persons under examination were inhabitants of the Eastern Ukraine, 21.1% - those from Luhansk and Donetsk regions entering KNMU before the anti-terror operation began and 26.7 % - forcibly displaced persons from ATO zone. We have developed and tested the system of psychotherapeutic correction of states of maladaptation in the students of the medical university, which consists of four consecutive stages: I - the stage of forming a compliance, the primary adaptation to the psychotherapeutic process. II - the psycho-educational stage aimed at leveling the students' knowledge deficit about the mechanisms of formation and the peculiarities of the course of adaptation disorders. III - the correctional stage aimed at stabilizing the emotional state, forming an adaptive form of behavior. IV - consolidate and support the results by potentiating positive emotions, prevention of relapse of maladaptive states. As the results of dynamic observation on the background of the proposed system of psychotherapeutic correction of maladaptation showed, the level of adaptation of students was significantly increased, anxiety depressive symptoms were reduced, the level of neuro-psycho stress was declined.

Key words: students, psychocorrection, adaptation improvement, anxiety, depression.

Introduction

The processes of European integration which are going on in our country have determined the need for a profound reform of higher education in general and in particular the training of medical personnel. As a result, in recent years, the regime has changed significantly and the intensity of the educational process has increased in medical students, which has led to an additional strain of their adaptive capabilities and created the basis for the formation of maladaptive states in them [1, 2].

The analysis of scientific literature devoted to the problems of adaptation and maladaptation of a person to various types of activities allows to suggest that studying the dynamics of the process of adaptation of students to the conditions of studying in higher educational institutions in the conditions of the credit-modular system of education and mechanisms for the emergence of their adaptation disorders, is insufficiently studied, both in the theoretical and practical areas [3, 4].

According to the literature, the prevalence of maladaptive disorders in the student population varies from 5.8% to 61.35%. They determine the reduction of capacity for work, the deterioration of academic adaptation and academic performance, as well as the quality of life of students [5, 6].

The development of student maladaptation during professional training is the main psychological, medical and socio-economic problem, which adversely affects the effectiveness of future professional activity of medical students [7, 8].

The current stage of development of higher education requires the development of a concept of differentiated psychocorrective and psychoprophylactic measures aimed at predicting, preventing, timely diagnostics and treatment of adaptation disorders in students [9, 10].

The medical and social value of the diagnostics, correction and prevention of maladaptation states is that the effect exclusively on clinically defined manifestations of adaptation disorders does not allow to perform the full rehabilitation of persons with maladaptation states and prevention of their development. Only the application of a system-differentiated approach that takes into account the specifics of the development of psychosocial maladaptation in each particular case meets the requirements put forward for modern rehabilitation measures [11, 12].

Despite the significant number of serious studies concerning psychological, pedagogical, and medical aspects of the development of mental disorders in persons engaged

in intense mental work, the problem of their correction and psychoprophylaxis in modern conditions can not be considered definitively resolved [14].

The foregoing conditioned the relevance and necessity of this study, the objective which is the development of a system of psychotherapeutic correction of disorders of adaptation to students of the medical university.

Materials and methods. In order to achieve this objective, in compliance with the principles of bioethics and deontology, a comprehensive clinical-anamnestic, clinical-psychopathological and psychodiagnostic examination was carried out among 412 students of both genders, from Kharkiv National Medical University with an average age of 18.0 ± 2.0 years, 52.2 % of the surveyed were inhabitants of eastern Ukraine, 21.1% were residents of Luhansk and Donetsk regions who enrolled in the KhNMU before the ATO and 26.7% were forcibly displaced persons from the ATO zone.

In this work, clinical-psychopathological, clinical-anamnestic pathopsychological, psychodiagnostic and statistical methods of research were used.

The results of the study. During the study, it was determined that 0.5% of students of eastern Ukraine, 2.2% of students living in Luhansk and Donetsk regions who enrolled in the KhNMU before the ATO, and 25.4% of the students settled in the ATO zone found a high level of maladaptation, in 2.4%, 9.2% and 36.4 respectively, the expressed level of maladaptation and in 24.1% of students of eastern Ukraine, 25.0% of the inhabitants of Luhansk and Donetsk regions who enrolled in the KhNMU before the ATO and 30.4% of migrants from the ATO zone have a moderate level of maladaptation.

We have developed and tested the system of psychotherapeutic correction of states of maladaptation in the students of the medical university, which consists of four consecutive stages:

I - the stage of forming a compliance, the primary adaptation to the psychotherapeutic process (3 individual and 2 group classes within 2 weeks).

II - the psycho-educational stage aimed at leveling the students' knowledge deficit about the mechanisms of formation and the peculiarities of the course of adaptation disorders (2 individual and 8 group classes within 5 weeks).

III - the correctional stage aimed at stabilizing the emotional state, forming an adaptive form of behavior (3 individual and 8 group classes within 6 weeks).

IV - consolidate and support the results by potentiating positive emotions, prevention of relapse of maladaptive states (4 individual and 6 group classes within 6 months).

The psychotherapeutic program provided for the phased introduction of the following psychotherapeutic techniques on the principle of mutual potentiation:

Rational psychotherapy (Dubois P., 1912) was aimed at the disclosure of the pathogenetic nature of the personal conflict as a trigger mechanism for the reaction of disapproval, correction of nonconstructive emotional reactions, activation of adaptive resources of the individual, processing of the pathological stereotype of behavior, activation of the control system of emotions.

Cognitive-behavioral therapy (Beck A. T., 2006) was aimed at the formation of adequate self-awareness, increasing the ability to respond adequately to personal and professional problem situations and make constructive decisions.

To achieve participation of the students in the implementation of the psychotherapeutic program, we have applied methods of psychical self-regulation. Autogenic training was used in the modification of Shogham A.M., Myrovsky K. I. and was aimed at increasing self-esteem and adequate perception of the surrounding, relief of asthenic symptoms.

It should be emphasized that taking into account the specifics of the psycho-traumatic circumstances of immigrant students and their need to adapt not only to the training requirements but also to the new social status - the forcibly displaced person, as well as the greater severity of anxiety-depressive manifestations, the psychotherapeutic program for this group has been changed in the direction of increasing the volume and duration of psychotherapeutic interventions.

The semantic component of the developed model was psychoeducational measures using informational modules and training for the formation of communicative skills and solving problems of interpersonal interaction.

Psychoeducational classes were held in closed groups for a duration of 60 minutes. The main methods used in conducting the psychoeducational program were the following: lectures, counseling, options for communicative therapy and problem-oriented discussions in groups.

It should be noted that the effectiveness of psychotherapeutic effect is possible only in conjunction with measures of the organizational and pedagogical plan.

As shown by the analysis of the dynamics of psychopathological symptoms, the psychotherapeutic program consists of the rapid reduction of anxiety and depressive symptoms, normalization of the emotional state, increase of psychophysical activity of the students.

The study of the dynamics of the mental state on the SCL-90-R scale in the examined students with adaptive disorders on the background of the psychotherapeutic correction showed a decrease in levels of somatization (from 1.63 to 1.32 points), depression (from 1.22 to 0.61 points) , anxiety (from 1.07 to 0.50 points).

In assessing the dynamics of anxiety and depression indicators on psychodiagnostic scales, there was a decrease in the rates to 13 and less points on the Hamilton scale, 7 and less points on the Hospital scale of anxiety and depression, which indicates the absence of depressive and anxious episodes in the examined students.

Psychotherapeutic training contributed to positive changes in coping strategies. Before the psychotherapeutic intervention in 36.2% of students with adaptive disorders there was a coping aimed at avoidance, in 19.7% - for solving problems, in 44.1% - for emotions. After completion of psychotherapy, in 2.9% of students an avoidance-oriented coping was registered; in 92.3% coping targeted at problem solving; in 4.8% of students, there was an emotion-oriented coping.

Approbation of the proposed system of psychotherapeutic correction of disorders of adaptation in medical students was carried out on the model of the medical-psychological center of the Institute for Quality of Education of the Kharkiv National Medical University of the Ministry of Health of Ukraine. As the results of dynamic observation on the background of the proposed system of psychotherapeutic correction of maladaptation showed, the level of adaptation of students was significantly increased, anxiety-depressive symptoms were reduced, the level of neuro-psychic stress was declined.

References:

1. Kioseva OV Psychopathological characteristics of the emotional sphere in undergraduate students [Text] / O.V. Kioseva // Ukrainian Journal of Psychoneurology. - 2016. - T. 24, . - No. 1 (86). - pp. 60-63.
2. Malakhov PS The Problem of Adaptation of Medical Students [Text] / П.С. Малахов, Ю.О. Асеева, А.С. Харитонова // Medical psychology. - 2016. - № 2. - P. 3-5.
3. Chaban OS Ways of Improving the Effectiveness of Students' Education in the Specialty "Medical Psychology" [Text] / О.С. Чабан, О.О. Хаустова, Л.Е. Трчук // Medical psychology. - 2016. - № 1. - P. 3-8.
4. Kozhina GM On the problem of adaptation syndrome of students of junior courses of higher education institutions of III-IV levels of accreditation [Text] / Г.М. Кожина, М.В.

Markova, E.G. Grinevich, K.O. Zelenska // Archive of Psychiatry. - 2011. - Vol. 17, No. 4 (67). - P. 32-35.

5. Kovalenko MV Structural analysis of the perfectionism of university medical students [Text] / M.B. Kovalenko // Ukrainian Journal of Psychoneurology. - 2014. - T. 22. - № 3 (80). - P. 65-68.

6. Zelenskaya KO Comparative analysis of the features of adaptation to the educational activity of first-year students [Text] / K.O. Zelenskaya // Taurian Journal of Psychiatry. - Vol 15, No 2 (52). - 2011. - 22 p.

7. Pshuk NG The Role of Psychosocial Factors in the Genesis of Social Disadaptation in Student Youth [Text] / N.G. Pshuk, D.P. Slobodyanyuk // Ukrainian Bulletin of Psychoneurology. - 2015. - T. 23, No. 2 (83). - P. 86-91.

8. Leshchina IV Screening diagnostics of non-psychotic psychiatric disorders in medical students [Text] / IV. Hazel // Bulletin of problems of biology and medicine. - 2011. - T 1. № 2, - P. 131-135.

9. OV Kornienko Individual-typological (introverted) and factor analyzes of psychosomatic health of female students of Taras Shevchenko National University of Kyiv [Text] / OV. Kornienko. // K. : Gnosis. - 2015. - P. 144-151.

10. Yuryeva L. N. Crisis of the doctor's professional activity and ways to overcome them [Text] / L.N. Yuryeva // Health of Ukraine. - 2017. - No. 2 (41). - S. 23-24.

11. KV Aimerdov Professional Mobility of Future Professionals in Higher Education: A Competent Approach [Text] / K.V. Aimerdov, S.M. Strelbytska // Scientific-methodical journal "Scientific works", series of pedagogy. - 2014. - T. 251, No. 239. - P. 49-52.

12. Gerasimenko LO Psychosocial maladaptation (modern conceptual models) [Text] / L.O. Gerasimenko // Ukrainian Bulletin of Psychoneurology. - 2018. - T. 26, No. 1 (94). - P. 62-65.

13. Vyun VV Principles and algorithms of psychotherapeutic correction of adaptation disorders in interns [Text] / V.V. Vyun // Ukrainian Journal of Psychoneurology. - 2017. - Vol 25, No 3 (92). - P. 26-28.