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THE PHENOMENOLOGY OF PSYCHOLOGICAL MALADJUSTMENT OF THE INTERNSHIP DOCTORS AT MODERN CONDITIONS OF PROFESSIONAL ACTIVITY

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Abstract

Doctors' individual, personal, social and psychological factors, as well as mechanisms of psychological adaptation to professional activity have been distinguished. Both objective and subjective criteria of efficiency of internship doctors (ID) adaptation to professional activity are discussed. Specificity and clinical manifestations of psychological disorders in ID was described. High level of disadaptation is revealed at 9.2% of men and 12.5% of women; the expressed disadaptation level had 10.3% of men and 14.0% of women; moderate level of disadaptation had 36.2% and 42.1% of the persons under observation, respectively. The specificity of clinical and psychologic adaptational disorders in ID have been determined. The following types of maladaptive reactions were detected: asthenic (25.5%), hyperesthesia(21.6%), depressive (16.2%), psychosomatic (14.2%), listless (11.4%), addictive (11.1%). Based on the data obtained reflecting the mechanisms of adaptational disorders to the professional medical activity, we have developed methods of correction and prevention of these disorders with the use of complex psychotherapeutic and psychoeducational methods.

Key words: psychological adaptation, professional activity, maladjustment, psychotherapy, psychoeducation.

Introduction. Providing quality medical care to the population provides a sufficient number of qualified personnel. Changes in higher medical education, its integration into the European educational space requires new approaches to training of physicians on the postgraduate stage [1, 5, 7, 11].

The issue of professional development refers to the inexhaustible problems of psychological science. And not just because it's complex and very vast topic, but also because of different views on this process are complementary and significantly deepen scientific understanding of psychological essence of not only professional development but also personal development specialist [2, 3, 9, 10].

The study of adaptation is the subject of research as natural science and social disciplines and constitutes an important area of research at the interface of different disciplines – physiology, psychology, pedagogy, ecology, medicine, social psychology, etc. Each of these sciences have own understanding inherent to allocate significant emphasis, specific study of adaptation and maladjustment in all spheres of life, which makes high demands on psycho-physiological adaptation resources and reserves of a person [4, 5, 6, 8].

Despite the relatively large number of studies of professional and social exclusion is still no unity in understanding the psychological meaning of these phenomena and their relationships and ways of development, including in relation to specific socio-professional groups of medical workers. Special attention in this regard is the fact that when such influence the professional activities of medical workers, their occupational maladjustment is significantly different, and more than a third is missing [5, 9, 11].

The aim of the study: study of specific manifestations of psychological maladjustment of a medical intern during professional training.

Contingent and methods: To address this goal by us in compliance with the principles of bioethics and deontology were conducted a comprehensive survey of 405 medical interns Kharkiv National Medical University, of both sexes, aged 22 - 25 years.

Results: As shown by the received progress data adaptation of doctor's intern to professional activity has three main levels: High-which is characterized by a high level of efficiency, psychological comfort, and the availability of reserves to overcome critical situations. Middle – reducing the level of health and psychological comfort in times of crisis, with rapid recovery to their solution and the preservation of psychological comfort outside the workflow. Low - development states of maladaptation, the manifestation of psychological discomfort in everyday life. The constant feeling of dissatisfaction with themselves and their professional activities.

The results of our study allow characterizing the main manifestations of disorders of adaptation to professional activities of doctors-interns:

Psychophysiological - manifested in the reduction of mental capacity, breach of attention, fatigue, reduced speed of information processing. The manifestations of psychological maladjustment accompanied by worsening of psychological well-being, growth asthenia, emotional disorders, changes in activity, a decrease in self-care, self-confidence and melancholy mood.

Socio-psychological - manifested in the form of violations of interpersonal relationships, enhance interpersonal conflict, frustration chosen profession, difficulty in mastering training programs, domestic dissatisfaction and social living conditions.

As shown by the results of the study with a high level of maladjustment that requires the adoption of urgent measures (psychological and medical) receive 2.3% of surveyed interns; pronounced level of maladjustment, which requires mandatory intervention of psychologists, conducting rehabilitation programs - 10.1%; moderate level of maladjustment, in which the useful work of advisory experts - 26.2%

As shown by the results of psychodiagnostic research from 11.8% of surveyed interns revealed clinical symptoms of anxiety (according to clinical scales of anxiety and depression). Subclinical manifestations of anxiety were detected in 21.1%. Clinical manifestations of depression are typical for 2.4 % of surveyed interns and subclinical manifestations of depression for 16.3%.

Based on the obtained data highlighted asthenic, hypersthenic, anxiety-depressive, psychosomatic, astheno-apathic and addictive variants of maladaptive reactions in medical interns. Asthenic, which is characterized advantage asthenic component, both physical and mental, reduced capacity and interest in the environment, a constant feeling of fatigue, weakness. Hypersthenic-tendency to transient or prolonged affective reactions, increased sensitivity to previously neutral stimuli. For anxiety-depressive version has been characterized effeminate background affect mood and sadness, unwarranted concern with the inability to relax, anxiety. Psychosomatic, which is manifested by development of psychosomatic diseases. Astheno-apathetic, which is manifested in fatigue, weakness, exhaustion, inaction, indifference, lack of interest in communication in the background of depressed mood, irritability, apathy. For addictive version has been characterized excessive consumption of alcohol, use of narcotic and toxic substances, the gradual loss of situational control when taking psychoactive substances, as well as the formation of different non-chemical types of addiction.

Based on the established features of formation of adjustment disorder in medical interns we have developed a comprehensive system of correction, which was aimed at correcting the inappropriate emotional responses, activation of positive personality traits, disclosure and processing of internal psychological conflict, establish proper emotional and volitional response, reducing the manifestations of exclusion, correction maladaptive behavioral patterns with the aim of re-adaptation to professional activity.

Conclusions:

1. Doctors-interns during adaptation to professional activity observed high levels of maladjustment in 2.3% of surveyed; expressed maladjustment level of 10.1%; maladjustment moderate in 26.2% of surveyed.

2. Clinical manifestations of anxiety were found in 11.8% of interns, depression, 2.4%; subclinical symptoms of anxiety in 21.1%, and depression at 16.3%.

3. In the structure of maladjustment reactions in medical interns allocated asthenic, hypersthenic, anxiety-depressive, psychosomatic, astheno-apathetic and addictive variants.

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