

ПОРУШЕННЯ СОЦІАЛЬНОГО ФУНКЦІОНУВАННЯ У СТУДЕНТІВ ІЗ ЗАХВОРЮВАННЯМИ СЕРЦЕВО-СУДИННОЇ СИСТЕМИ І ПРИНЦИПИ ПСИХОЛОГІЧНОЇ КОРЕКЦІЇ

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Анотація. Підвищена психоемоційна стресогенність є визначальним чинником зростання і розвитку серцево-судинних захворювань. У статті розглянуті принципи і прийоми психологічної корекції для студентів, які мають порушення соціального функціонування. З одного боку, це обумовлено тим, що період навчання збігається з одним із кризових періодів у житті, коли відбувається завершення становлення особистості. З іншого, освітній процес висуває підвищені вимоги до механізмів психічної адаптації і соціального функціонування. Розглянуто принципи і прийоми психологічної корекції для студентів, які мають порушення соціального функціонування. Отримані дані свідчать про достатню ефективність розробленої системи психокорекції.

Ключові слова: соціальне функціонування, захворювання серцево-судинної системи, психологічна корекція.

SOCIAL DISFUNCTION OF STUDENTS WITH DISEASES OF CARDIOVASCULAR SYSTEM AND PRINCIPLES OF PSYCHOLOGICAL CORRECTION

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Summary. This article discusses the principles of psychological correction in patients with diseases of the cardiovascular system, with social functioning disorders. Increased psycho-emotional stressors is a determining factor in the growth and development of cardiovascular disease. The problems of social functioning of students traditionally are of interest to psychiatrists, psychologists and educators. On the one hand, this is due to the fact that the study period coincides with one of the crisis periods in life, which is the completion of personality. On the other, the educational process has high requirements for the mechanisms of mental adaptation and social functioning.

Key words: social functioning, diseases of cardiovascular system, psychological correction.

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WILLINGNESS TO SOCIO-PSYCHOLOGICAL ADAPTATION IN CONDITIONS OF PROFESSIONAL ACTIVITY OF FUTURE HEALTH CARE PROFESSIONALS

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Summary.

The article covers the basics of socio-psychological adaptation of future health care professionals. An aspect of the problem of socio-psychological adaptation is one of the most urgent at the current state, because the past and recent decades are characterized by the occurrence of various natural disasters, technological disasters and social cataclysms, which greatly undermine the adaptation process and lead to maladaptation. A necessary component of addressing these issues, formation and development of professional identity of future health care professional is adaptive behavior. In addition, the annual increase in social demand for training foreign experts in higher medical institutions of our country which is stipulated by its entry into the international educational system and promotion of Ukrainian educational services abroad, requires adapting to the professionally – oriented university environment and students from other countries. The study showed that the majority of medical graduates have a low level of adaptation. It means that future health care professionals should be encouraged to their future professional activities [1].

Key words:

socio-psychological adaptation, graduate, professional activity, future health care professional.

Introduction

Ukraine entered the third millennium as an independent state. But today our society is experiencing a period of unstable economic and political situation. That is why people

have no strong confidence in the future. So, people must constantly adapt to complex and changing conditions of life. In our opinion, the problem of student's adaptation for future careers is very important in today's world [2].

Before graduate becomes an important socio-psychological problem, with regard to his adaptation: how and in what conditions can a health care professional achieve his potential? Because young people have not yet embarked on the path to a stable work, their future professional activity depends on many factors, including family support, education and economic situation in the region. The fate of future health care professional today depends on how all these factors will arise, and then the state must show that it supports a social position of future health professionals [3].

Analysis of recent researches and publications proves that the problem of socio-psychological adaptation of the individual is extensively covered in the works of scientists [4].

The purpose of the article

The revealing of the basis of socio-psychological adaptation in conditions of the future professional activities of medical students.

Today Ukraine faces the problem of employment. Graduates are the people who face the choice of their future life. One of the main factors of social adaptation for most graduates is a financial component (salaries, benefits) as the main choice for the future of the health care professional is a chosen activity. We should also pay attention to the psychological component of social adaptation, which is of significance for the future health care professional (many people prefer their profession to be less profitable in material terms, but interesting and important).

The main problem of socio-psychological adaptation of future health care professionals is the employment in another profession. Sometimes, people who have received medical education, change the direction of professional activities. This may take place due to various factors: low wages, fear of the responsibility for the lives of others and so on. It suggests, that future health care professionals need support from family, friends, teachers and state [5].

Often happens, that even graduates with good knowledge do not have some simple skills. For example, professional communication skills are very important for future health care professionals. A big problem for graduates is a job search techniques. It is well-known, that today the government does not provide jobs to all graduates, and the main method to search for a job is to appeal to friends, relatives and acquaintances.

Thus, we can conclude that the overall problem of youth employment is the lack of a developed labour market [5].

So, the situation on the labour market is characterized by the fact that future health care professionals are experiencing problems in the field of employment which they received.

To achieve the purposes of the study 45 students of the 4th year of study of V.N.Karazin Kharkiv National University (4 men and 41 women) were involved. Age: 19–22 years.

Methods used during research

Methods of diagnostics of socio-psychological adaptation of K. Rogers and R. Diamond, test of situational anxiety (Spielberg–Hanin), the technique of diagnostics of personality on motivation to success (T. Elers), the method of mathematical processing and Methods of diagnosis of personality motivation to avoid failures (T. Elers) [6].

Results and discussion

The diagnostic results of adaptation of medical students, %

Scale	High	Middle	Low
Adaptation	84	11	5
Self-perception	76	22	2
Acceptance of others	0	13	87
Emotional comfort	67	18	15
Internality	29	33	38
Desire to dominate	13	49	38
Escapism	4	60	36

84% of students revealed a low level of adaptation, the average score of this group was 54 at the rate of 68–136. While 11% of students level of adaptation is in the normal range. The average score of this group is 73. And only 5% have a high level of adaptation, the average score – 148.

These figures indicate unwillingness to future professional activities.

76% of students have a high level of self-perception. The average score of this group is 51 at the rate of 22–42. And 22% of students showed a middle level of self-perception. And just 2% showed a low level of self-perception. The average score in this group is 14.

As a conclusion, we can say that the level of students' self-perception is high, and it can have a positive influence on future health care professionals' socio-psychological adaptation.

All students have a high level of acceptance of others. 87 % of students have a high level of acceptance of others, and 13 % of students have a middle level.

A high level of acceptance of others shows a good result of the educational work of the University. The obtained data is a positive factor in the process of adaptation. Such factors as acceptance of others can help to feel comfortable in the team.

67 % of students showed a low level of emotional comfort. Middle score in this group is 34 (normal is 14–28), 18 % of students have a normal result, their score is 21. And just 15 % of men and women showed a high level, their score is 32.

Such low rates of emotional comfort show inner conflict within a personality.

Analyzing the data in terms of internality, we have noticed that for 38 % of students the events that happen in their lives are related to their behavior. Middle level in this group is 64 (normal is 26–52). 29 % of students are tend to external control, middle score in this group is 43 (normal is 18–36). And 33 % of students tend to external and internal control.

This indicator shows that people with high score of internality blame themselves for all failures. On the other hand, students who showed a low level of internality, tend to see the causes of failures in external conditions. Both of these factors can have a negative effect on socio-psychological adaptation of future health care professionals [7].

38 % of students have a high level of the desire to dominate. Middle score in this group is 15 (normal is 6–12). 68 % of students have a middle level, their score is 9. And just 13 % of students have low score – 4.

The desire to dominate can be a good motivation for positive adaptation for future health care professionals in their professional activities.

60 % of students showed a middle level of escapism. Normal score is 10–20. This group has score 14. 36 % of students showed score 32, it means, that these people are confused because of their problems. And just 4 % showed a low level of escapism, their score is 8.

A high level of escapism can cause problems. As a conclusion to this method we can say

that a majority of students have a low level of socio-psychological adaptation. This suggests that society is not paying enough attention to youth issues.

The level of self-esteem of future health care professionals

The level of self-esteem	%
High	79
Adequate	18
Low	3

From these results we can see, that the majority of students has a high level of self-esteem. 79 % of students have a high level because of neurological type, 18 % of students have an adequate level of self-esteem, and just 3 % of students showed a low level.

□ **Test of situational anxiety (Spielberg–Hanin):** 72 % showed a high level of situational anxiety, 21 % – a middle level, and 7 % – a low level.

Data analysis showed that the level of anxiety of most students is above normal. It means, that today these people think about their future professional activities.

□ **Results of the technique of diagnostics of self motivation to success (T. Elers).** 29 % of students showed a high level of motivation to success, 18 % showed a middle level. There are no students with a low level on motivation to success.

High and middle levels of motivation to success can have positive influence on socio-psychological adaptation of future health care professionals. But on the other hand, such high level can provoke conflict situations in the team.

□ **Results of the Methods of diagnosis of self motivation to avoid failures (T. Elers).** Data analysis showed, that general figure of personality motivation to avoid failures is high. 25 % of students have high a level, 34 % – high, 28 % – middle, and only 13 % showed a low level of personality motivation to avoid failures.

These figures can have positive and negative influence on socio-psychological adaptation on future health care professionals. Such personality can be more attentive, discreet, non-conflict. But such personality can also be fearful and indecisive.

Using the method of mathematical analysis of the correlation relationship between the indicators we got: adaptation-self-perception; adaptation-anxiety; adaptation-motivation to success [1].

Conclusions

The recommendations, that can help future health care professionals in their professional activities were developed basing on these results:

It is necessary to improve the system

of professional orientation of students; to provide them opportunities for a more informed choice of their future profession.

Educational institutions and government agencies must cooperate more effectively in the forecasting of the situation on the labour market and planning of the quantity and structure of production of future professionals.

Society must support future health care professionals, because their profession is one of the most important.

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ПІДГОТОВКА ДО СОЦІАЛЬНО-ПСИХОЛОГІЧНОЇ АДАПТАЦІЇ В УМОВАХ ПРОФЕСІЙНОЇ ДІЯЛЬНОСТІ МАЙБУТНІХ СПЕЦІАЛІСТІВ В ОБЛАСТІ ОХОРОНИ ЗДОРОВ'Я

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Анотація. У статті розкрито основи соціально-психологічної адаптації майбутніх медичних працівників. В умовах стрімких трансформаційних соціальних змін система охорони здоров'я України потребує конкурентоздатного випускника вищого медичного навчального закладу, готового до розв'язання складних професійних завдань. Просування українських освітніх послуг за межі нашої країни сприяло щорічному збільшенню соціального замовлення на підготовку іноземних фахівців у вищих медичних закладах України. Це викликало необхідність організації процесу адаптації до навчального професійно орієнтованого середовища вузу й студентів з інших країн. Більшість випускників-медиків мають низький рівень адаптації. Це означає, що майбутніх лікарів слід заохочувати до їх професійної діяльності.

Ключові слова: соціально-психологічна адаптація, студент-випускник, професійна діяльність, майбутній лікар.

ПОДГОТОВКА К СОЦІАЛЬНО-ПСИХОЛОГІЧЕСЬКОЇ АДАПТАЦІЇ В УМОВАХ ПРОФЕСІОНАЛЬНОЇ ДІЯЛЬНОСТІ БУДУЩИХ СПЕЦІАЛІСТІВ В ОБЛАСТІ ЗДРАВООХРАНЕННЯ

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Аннотация. В статье раскрыты основы социально-психологической адаптации будущих медицинских работников. В условиях стремительных трансформационных социальных изменений система здравоохранения Украины нуждается в конкурентоспособных выпускниках высшего медицинского учебного заведения, готовых к решению сложных профессиональных задач. Продвижение украинских образовательных услуг за пределы нашей страны способствовало ежегодному увеличению социального заказа на подготовку иностранных специалистов в высших учебных медицинских заведениях Украины. Это вызвало необходимость организации процесса адаптации к учебной профессионально ориентированной среде вуза и студентов из других стран. Большинство выпускников-медиков имеют низкий уровень адаптации. Это значит, что будущих врачей необходимо поощрять к их профессиональной деятельности.

Ключевые слова: социально-психологическая адаптация, студент-выпускник, профессиональная деятельность, будущий врач.