

MENTAL AND PHYCOSOCIAL STRESS

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Introduction. Stress is the attempt of organism to regenerate the balance, to recover from unusual events, to keep stability of organism internal parameters (homeostasis) against the influence of bad agents. Nowadays the amount of information is increasing, the temp of life is speeding up, long intellectual and mental load has a big influence on people. All these facts are factors which cause psychoemotional and phycosocial stress. Using modern complicated technology and machinery very often causes small and big catastrophes, traffic delays, electric power breaks, connection cessations. It is known that 72-80% of car crashes and 70% air crashes happen because of guiltiness of human.

Aim. The aim of our research was to analyse the cause and sequence of psychoemotional and phycosocial stress by using literature sources.

Negative emotional reactions are caused by long conflict situations, difference between expectation and reality, sometimes by responsibility of making a decision. Psychological multiple manifestations can be low self-appraisal, which in future can overgrow into depression, state of anxiety and terror. Anxiety is the psychological state as a result of stress. It appears because of internal conflict. This is a complicated emotional state, important component of neural and psychical changings. Women have this general mental disorder more often than men. Neurosis is the neuropsychic dysfunction which appears as the attempt of organism to go round stressful situation instead of comprehension of the problem and finding the solution. Genetic predisposition is the main factor which causes neurosis. Women have a depression more frequently. At the same time men oftener find way out in abuse the alcohol, drugs, absence from work. There are two types of depression: reactive (as manifestation of heavy psychoemotional stress and it is curable) and endogenic (depends on psyche asthenia and sometimes cannot be treated). Symptoms of depression are loss of energy, weight, interest for life. The heaviest sign is mental retardation.

Physical and behaviour manifestations of psychoemotional stress are headache (migraine), backache, insomnia, muscle contraction, stomach dysfunctions (diarrhea), dysmenorrhea, amenorrhea, perspirations, tachycardia, raised arterial tension, overeating (bulimia) or anorexia (absence of appetite).

In the second World War in blockade Leningrad frequency of hypertonic decease grew up in five times compere to pre-war times mainly because of psychical

stress. Ulcer of stomach almost disappeared among inhabitants of Leningrad during the blockade.

Results and discussion. According to preset analysis of American scientists stress at work is one of the heaviest. It is less only than stress which is caused by the death of close relative. In table 1 it is presented information which shows the degree of stress in provisional units due to the influence of psychoemotional and phycosocial stress in different situations.

Tab. 1

Occurrence	Degree
Death of wife (husband)	100
Divorce	73
Separate living	65
Imprisonment	63
Death of close relative	63
Personal trauma or disease	53
Discharge	50
Reconciliation of married couple	47
Loneliness	45
Relatives disease	44
Pregnancy	40
Sexual problems	39
Change of financial status	38
Death of close friend	37
Change in work conditions	36

Conclusions. It was analysed the cause and sequence of psychoemotional and phycosocial stress by using literature sources and discovered that character and stage of organism reactions for influence of external facts depend on the nature and power of factors, original functionary stage of organism, level of its reserve abilities, daily and season variation of functionary stage. The heaviness psychoemotional and phycosocial stress appears not only because of external conditions, but because of internal human particularity, neuropsychic individual and typological characteristics of individuality.