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Psychological well-being of medical university students as research objective in the prism of the dispensary account status

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Abstract

The topic discussed in the article is devoted to the problem of psychological wellbeing phenomena among the students of medical university belonging to three groups of the dispensary account according to regular medical observation and presents the results of empirical study on the issue. The conclusions of the research based on diagnostic data got in the examinees group consisting of 307 respondentp. The level of psychological wellbeing was measured by means of "Scale of psychological wellbeing". Low level of psychological wellbeing on separate scales among the students belonging to the first, second and third groups of the dispensary account was registered. It is established that existence of low level of psychological wellbeing of the person among the representatives of the second and third groups (having a chronic disease in the anamnesis) can be defined as one of risk factors for health and serve as a criterion for development of target programs of diseases prevention, preservation and promotion of health. The research also allowed to reveal category of the students (being risk group of psychosomatic diseases emergence) needing psychological maintenance irrespective of belonging to group of dispensary accounting. Implementation of psychological maintenance on initial stage of a disease is the most urgent.

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Keywords

Dispensary account, personality, psychological wellbeing, somatic health, somatic and psychosomatic disorders, psychological prevention of diseasep.

Introduction

Nowadays there are intensive social and economic changes in Russian community which indicator is the level of psychological stability of society and its social and psychological wellbeing. Relevance of research concerning psychological wellbeing of student's youth, being the most vulnerable part of society is caused by growth of emotional health violations which loss in turn promotes emergence of adverse effects both for mental and somatic health, and for quality of life in general. According to the Law "About Education", the administration of a higher educational institution bears responsibility for life and health of students during the whole time of their training in higher education institution.

The personified health paradigm ("the individual without symptoms of pathology is the healthy person") at which data of medical examination are the basis for a verdict, today is a thing of the past. Health corresponds to opportunities and abilities of the person which are defined by him [Tvorogova, 2007].

Main part

In the last decades in researches of continuum "health/ disease" the accent is transferred to the area of psychological wellbeing. Wellbeing is considered in corporal, social and psychological aspectp. Psychological wellbeing most often corresponds to mental health, but directly isn't connected with existence of any mental or somatic illnesses [Kononenko, Vishnyakova, Senchenko, 2014].

The interrelation of psychological wellbeing and health of the person (somatic and mental) is noted by the researchers studying structure of subjective wellbeing of the personality [Hernandez, 2017]. Level of wellbeing is estimated by the person according to his individual system of values and aimp. Health of the person is in many respects determined by both objective conditions of his life, and subjective perception. At the same time there is a problem of a ratio of subjective and objective indicators of health which not always correlate among themselfep.

Psychological well-being is considered by researchers in the field of pedagogical and social psychology in interrelation with such factors as sex, age, features of the place of residence, social group. Researches of psychological wellbeing in compliance with the self-relation and a self-assessment are now being conducted [Koz'mina, 2013].

The previous pilot research of factorial models concerning personal features of representatives among various groups of the dispensary account conducted by us revealed that psychological wellbeing is the leading factor in the first, second and third groups of the dispensary account [Vishnyakova, Loginova, Kaskaeva, 2013]. Respectively the weight of evidence suggests that the research of personality psychological wellbeing of younger generation representatives the both healthy, and having

a chronic disease in the anamnesis is an important problem of clinical psychology and opens the prospects of special program development aimed to psychological maintenance of students having low level of psychological wellbeing in the conditions of training in higher educational institution.

Thus, studying the interrelation of psychological wellbeing of the personality and status according to the dispensary account became the aim of this research.

In defining the term “Psychological wellbeing” we based on studies of C. Ryff [Ryff, 2015] and P.P. Fesenko, considering it as the subjective phenomenon of complete experience which depends on system of internal estimates of this experience carrier expressed in feeling of wellbeing, satisfaction with and own life [Shevelenkova, Fesenko, 2005].

The research was conducted on the basis of the general medical practice office of the Krasnoyarsk state medical university named after Professor V.F. Voyno-Yasenetsky (Krasnoyarsk, Russia).

307 students of the 2nd and 3rd years of university study, which have been divided into 3 groups depending on the state of health, have participated in the research. The students who have agreed to participate in a research have signed the informed consent.

The first group (the 1st group) of health state consisted of students in number of 96 people who were not diagnosed with chronic noninfectious disease, have no risk factors of such diseases development or there are specified factors at low or average total cardiovascular risk and who don't need dispensary observation concerning other diseasep.

110 students whose chronic noninfectious diseases were diagnosed have been carried to the second group (the 2nd group) of health state, the risk factors of such disease's development are high or very high concerning total cardiovascular risk and who don't need dispensary observation concerning other diseasep.

The third group (the 3rd group) of health state consisted of students having the diseases demanding establishment of dispensary observation or rendering specialized, including hi-tech, medical care, and also with signs of these diseases' existence, needing additional diagnostic.

Students have been divided into groups for health reasons on the basis of the order No. 1006n of 03.12.2012 “About the statement of an order of carrying out medical examination of certain groups of adult population”.

Age of 18 – 25 years, compliance of diagnosis data to the commonly accepted criteria on International Statistical Classification of Diseases and Related Health Problems-10, lack of aggravations for research, absence of the heavy accompanying pathology in the anamnesis (mental diseases, cranial brain trauma, brain tumors, epilepsy), signing of the informed consent were criteria of inclusion in the research. The conclusion about the state of health was drawn proceeding from the analysis of medical records of the outpatient (form 025/y in Russian system of medical records) and the record book of dispensary accounting.

For assessment of psychological wellbeing the questionnaire by American researcher C. Ryff [Ryff, Keyes, 1995] adapted on Russian-language was used [Shevelenkova, Fesenko, 2005].

The description of the quantitative parameters was made by means of median line count and by 25 and 75 percentilep. The description of qualitative parameters was made by means of percent. The significance of distinctions between groups for qualitative characters was measured by chi-square criterion in case of $p < 0,05$. The significance of distinctions between groups for the quantitative signs was also measured by means of nonparametric criterion of Mann Whitney U-test with Bonferroni's correction ($p < 0,017$). Statistical analysis was carried out in an application program package of IBM SPSS Statistics v.19.

The psychological wellbeing study was applied with use of special diagnostic tools, the “Scale of

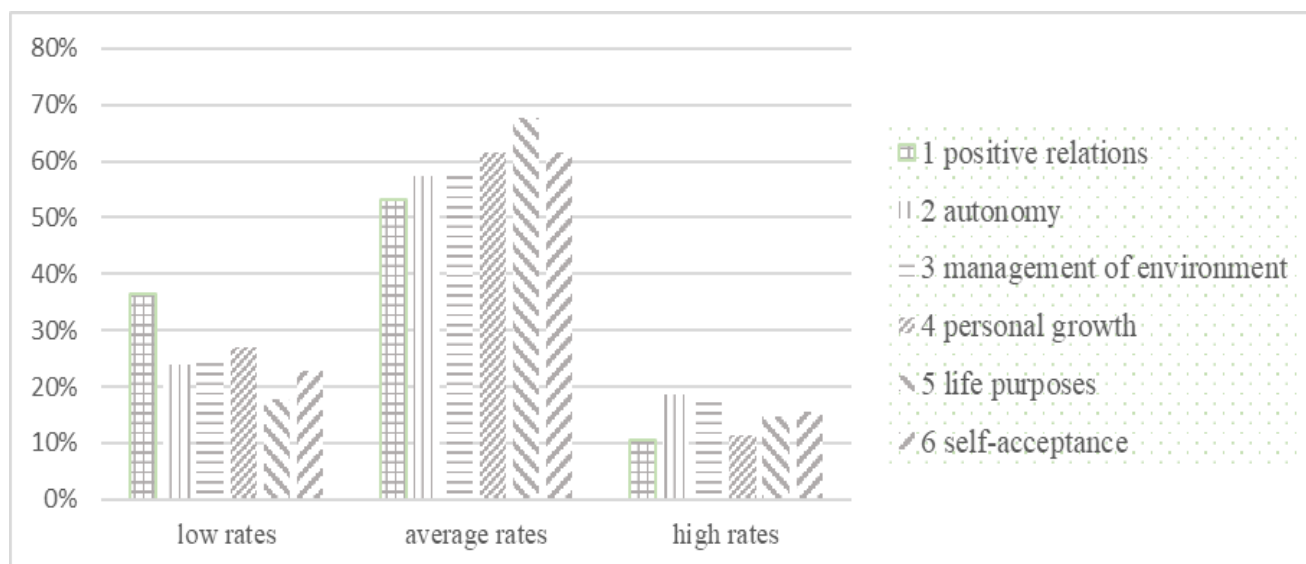
Psychological Wellbeing” (SPW).

Results and discussion

The median of the studied persons’ age was 19 (18; 19) yearp.

The analysis of testing data has allowed determining degree of psychological wellbeing components expressiveness of the personality among the students belonging to various groups of the dispensary account by “Scale of psychological wellbeing” technique.

So, Picture 1 presents the percentage ratio of psychological wellbeing indicators among representatives of the 1st group of the dispensary account.



Picture 1 - A percentage ratio of psychological wellbeing indicators among representatives of the 1st group of the dispensary account

On “Positive relations” scale at 63, 5% investigated students belonging to the 1st group of the dispensary account (healthy) high and average rates are revealed (Picture 1). These results demonstrate that existence of the close, confidential relations with people around is characteristic of this category of examineep. At the same time 36, 5% of respondents of this group have low rates on this scale that demonstrates that they feel isolation and frustration. These data correlate with the study of psychological well-being of modern young people in the period of self-determination [Eidelman, Sergienko, 2015].

On “Autonomy” scale in these group high and average rates are received at 76% of examinees that evidences signs of their independence and ability to resist to social pressure, they are capable to regulate own behavior and to estimate themselves being guided by own beliefs and standardp. 24% of respondents of the same group according to this scale reveal low rates which demonstrate that in the situation of decision making they are focused on opinion of others and aren't capable to resist to external pressure, are anxious with expectations and estimates of otherp.

High and average rates on “Management of environment” at 75% of respondents demonstrate that these examinees are capable to use various life circumstances effectively. 25% of examinees have low rates on this scale. They feel impossibility of change or improvement of conditions of own life.

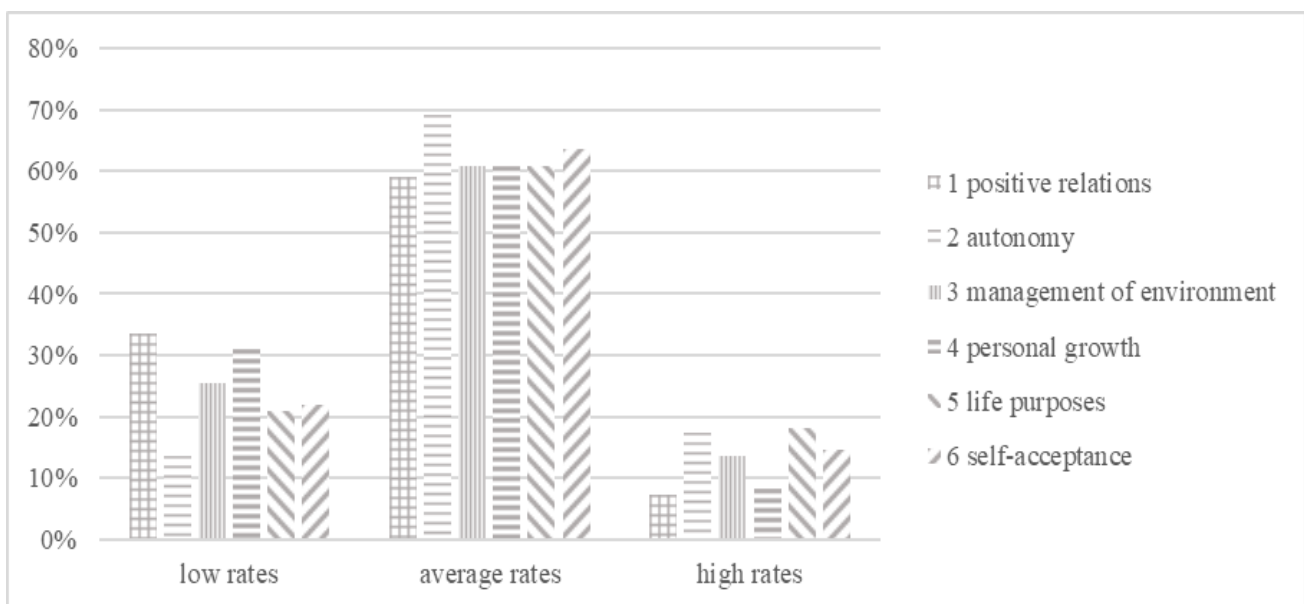
The received results on “Personal growth” scale evidence the high and average level of

psychological wellbeing at 73% of examineep. This category of students realizes own potential monitoring personal growth and being enhanced eventually. 27% of examinees on this scale have no sense of personal progresp.

On “Life purpose” scale high and average values are found in 82, 3% of studentp. It means that existence of the purposes in life and feeling of mindfulness is inherent in the vast majority of the students belonging to the 1st group of the dispensary account. But 17,7% of respondents have low rates, they lack for the purposes, they have no life reference pointp.

On “Self-acceptance” scale high and average rates 77, 1% of respondents of the studied group have. They recognize all variety of their personal featurep. 22, 9% of examinees of this group have low rates on this scale. This category of students feels discontent and desire to be different personality.

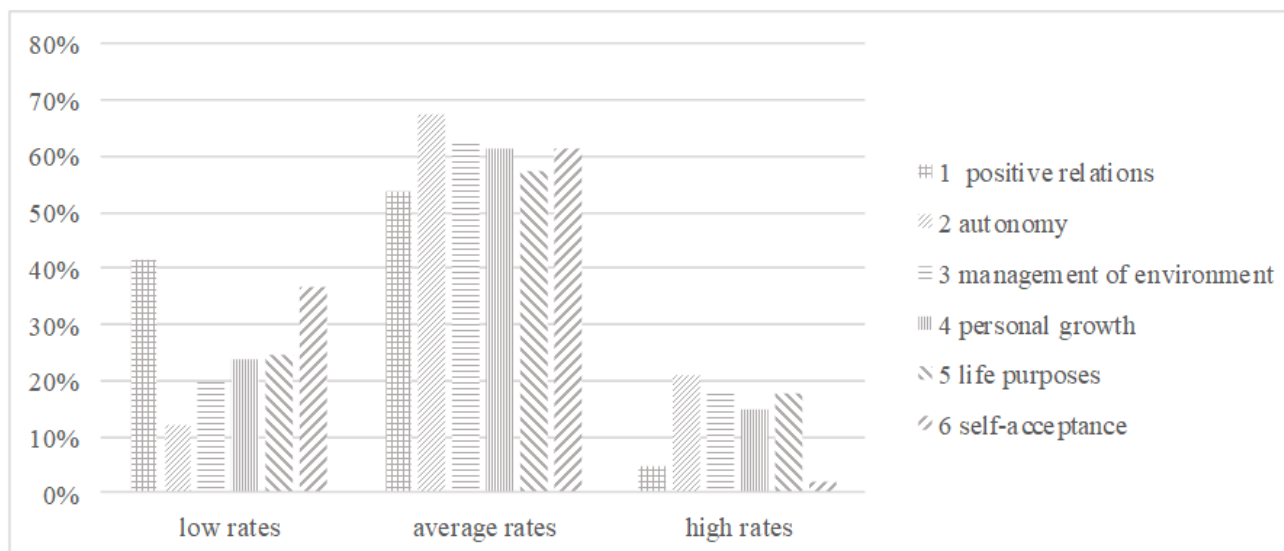
The results of psychological wellbeing research at representatives of the second group of the dispensary account are presented in Picture 2.



Picture 2 - Indicators of psychological wellbeing in the 2nd group of the dispensary account

The analysis of results in research of psychological wellbeing in the 2nd group on scales evidences that the data is almost the same as in the 1st group of respondentp. So, on a scale “Positive relations” the high and average level of psychological wellbeing is noted in the majority of respondents - 66, 4%; and 33, 6% of examinees of this group have low ratep. On “Autonomy” scale 86, 4% of respondents have the high and average level of psychological wellbeing and respectively low level is a characteristic of 13,6% of examineep. The obtained data on a scale “Management of environment” specify that 74, 5% of students have the high and average level of psychological wellbeing and 25, 5 % are constituted by examinees with low indicatorp. Also, on “Personal growth” scale 69, 1% of examinees have high and average rates; and respectively the other 30, 9% have low ratep. According to “Life purpose” scale 79, 1% of respondents demonstrate standard rates; and 20, 9% - low ratep. On “Self-acceptance” scale presence of high and average rates among 78, 2% of respondents and among 21, 8% - low values is noted.

The data received in the study of the 3rd group of dispensary account are visually provided in Picture 3.



Picture 3 - Indicators of psychological wellbeing in the 3rd group of dispensary account

So, for the 3rd group high and average rates of psychological wellbeing on “Positive relations” scale constituted 58, 5% and low – 41, 6%. On “Autonomy” scale average rates are 89, 1% and low – 11, 9%. On “Management of environment” scale average rates are 80, 2%, low rates are 19, 8%. On “Personal growth” scale average rates – 76, 2% and low rates are 23, 8%. On “Life purpose” scale standard average values made 75, 2% and 24, 8% are low. On “Self-acceptance” scale average rates are – 63, 4% and low rates are 36, 6%.

The special attention in our research is drawn by indicators of scales of psychological wellbeing which have low value. Low level of psychological wellbeing in these spheres is caused by prevalence of negative affect (the general feeling of own misfortune, dissatisfaction with own life).

Though statistically significant distinctions between groups aren't revealed and at the same time the tendency to decrease in psychological wellbeing from the first to the third group is revealed as the psychological wellbeing low level has made in the first group 25%, in the second - 28, 2% and more in the third 33, 7%. Also, this research shows that irrespective of somatic disease presence in the group of objectively (by results of medical examination) healthy students the low level of psychological wellbeing is also observed, as well as in the group of the students having a chronic somatic disease in the anamnesis the average and high level of psychological wellbeing is noted. This fact contradicts traditional idea that the state of health of the person is considered as the factor defining his psychological wellbeing.

Therefore, the subjective perception of state of health influences psychological wellbeing much more than objective state of health.

Conclusions

Results of the conducted research allow us to draw the following conclusion. Irrespective of somatic disease existence the further research of the relations between psychological wellbeing, an internal picture of health and emergence of somatic and psychosomatic frustration is necessary. The obtained data on a technique of "Scale of psychological wellbeing" can be considered as a multiple-

factor indicator of health that will allow developing predictive criteria for the students belonging to various groups of the dispensary account.

The research allowed to reveal category of the students (being risk group of psychosomatic diseases emergence) needing psychological maintenance irrespective of belonging to group of dispensary accounting. Implementation of psychological maintenance on initial stage of a disease is the most urgent as during this period patients especially sharply test the intrapersonal conflict.

Thus, the obtained data not only allow to draw a conclusion, that when performing regular medical examinations, it is necessary to carry out the psychological diagnostics of the personality directed to studying of psychological wellbeing of the personality, quality of life and integrity of an internal picture of health but also sharpens need in further research.

Studying the influence of low level of psychological wellbeing as risk factor, and studying the dynamics of psychological wellbeing as one of components of health define further prospects of our research.

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Психологическое благополучие студентов медицинского университета как объект исследования в призме статуса диспансерного наблюдения

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Аннотация

В статье обсуждается проблема феномена психологического благополучия у студентов медицинского вуза, относящихся к трем группам диспансерного наблюдения по данным регулярного медицинского осмотра, и приводятся результаты эмпирического исследования по данной проблеме. Выводы исследования основаны на диагностических данных, полученных в группе испытуемых, состоящей из 307 респондентов. Уровень психологического благополучия определялся с помощью методики «Шкалы психологического благополучия». В результате проведенного исследования выявлен низкий уровень психологического благополучия по отдельным шкалам среди студентов, принадлежащих к первой, второй и третьей группам диспансерного наблюдения. Установлено, что наличие низкого уровня психологического благополучия личности у представителей второй и третьей группы (имеющих в анамнезе хроническое заболевание), может определяться как один из факторов риска для здоровья и служить критерием для разработки целевых программ профилактики заболеваний, сохранения и укрепления здоровья. Исследование позволило также выявить категорию студентов (являющихся группой риска возникновения психосоматических заболеваний), нуждающихся в

психологическом сопровождении, независимо от принадлежности к группе диспансерного учета. Осуществление психологического сопровождения на начальной стадии заболевания представляется наиболее актуальным.

Для цитирования в научных исследованиях

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Ключевые слова

Группы диспансерного наблюдения, психологическое благополучие личности, здоровье, соматические и психосоматические заболевания, психологическая профилактика заболеваний.

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