

The psychodiagnostic approach to psychosomatic students health safety

O. V. Korniyenko

Kyiv Taras Shevchenko University, Kyiv, Ukraine
*Corresponding author. E-mail:ovkdefender@gmail.com

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Abstracts. Based on results of decades (2006-2009/2010-2015 years) empirical research presented individual-psychological and factors analysis of psychosomatic student's health of Kyiv National Taras Shevchenko University. Conducted a differentiated analysis of the sample of girl-students (n = 375), boys-students (n = 311). There was conducted the summery analysis of annual students examinations in University Clinic 2005-2010 years. Published the above-mentioned results in VAK journals (Higher Attestation Commission) Ukraine and on the web sites of International conference. Completed all stages of complex study: general statistical, correlative, factor analysis taking into account the complex dynamics of total 45 indicators of four blocks psychodiagnostics methods. The results confirmed our assumption of a leading role and effects of two-factor H.Eysenk theory of personality (introversion / extraversion, emotional stability / instability) on psychosomatic health of the studied girls/boys students.

Keywords: safety, individual-psychological diagnostics, student's psychosomatic health promotion.

Introduction. The author from 2006-2009/2010-2015 years investigated the problem of complex safety research psychosomatic health of the student youth by the example of Kyiv National Taras Shevchenko University. It is also important, the analysis of research professionals in close scientific fields. Attention is drawn by the publication of Russian specialist T. I. Kolesnikova [6, pp.5] "*The psychological world of the individual and his security*" with emphasis on raising the question of health as a factor of national security. The Ukrainian researcher examines the issue from the other side A. I. Kuzminskyi "*The role of higher education in the preservation and strengthening of health of students*". Promising conclusion of author's article is that task of psychological services is preventive work, which should be applied basic (individual counseling, group training sessions, and active social psychological studies). Some special work should be given on passive (meeting with the students-mates on adaptation to training, thematic discussions, curatorial hours, psychological debates etc.) methods of psychological help to ensure the readiness of the higher nervous system as the bearer of psychic phenomena to significant loads while studying at the university [12]

Analysis of the Latest Researchers on the Issue.

Moreover, we continue to develop and search for new forms of psychological prevention, psycho-correction in the structure of the educational process taking into account the received psychodiagnostics data. It is advisable in our opinion to discuss a general characteristic of published papers in the field of psychosomatic boundary disorders among representatives of different age group in some countries. Prevalence of depression is 12% of the total disease burden of fatal and affects 5-10% of the population (T. Ustun at al., [15,pp. 386-392], N. Singleton at al., [14]. About 90% of patients with this mental disorder is treated in the primary United Kingdom care system by D. Goldberg and P. Huxley [6]. Among young people the prevalence of depression in the 12 months estimated 1-3% A. Angold and E. Costello [2, pp.143-148]. However, 2-10% of children at least once complained of headache, abdominal pain, limbs and much less – for fatigue or weakness without physical pathology. Most of them suffer from depression. In connection with the foregoing, prevent violations of personal development and preservation of mental health and optimal level of

functioning and priorities relating to medical and psychological support of the educational process T. G. Gadelshuna [3,pp. 22], A. A. Ivanova [5,pp. 23].

The theoretical and methodological basis of this article serves a brief analysis of these specialists. Today among national and foreign specialists in medical psychology, clinical psychology, psychotherapy on an ongoing discussion regarding the purpose, tasks of clinical psychology and applied psychodiagnostics by V. V. Krystal et al. [13,pp. 3-6], M. Alricsson et al. [1, pp. 501-512].

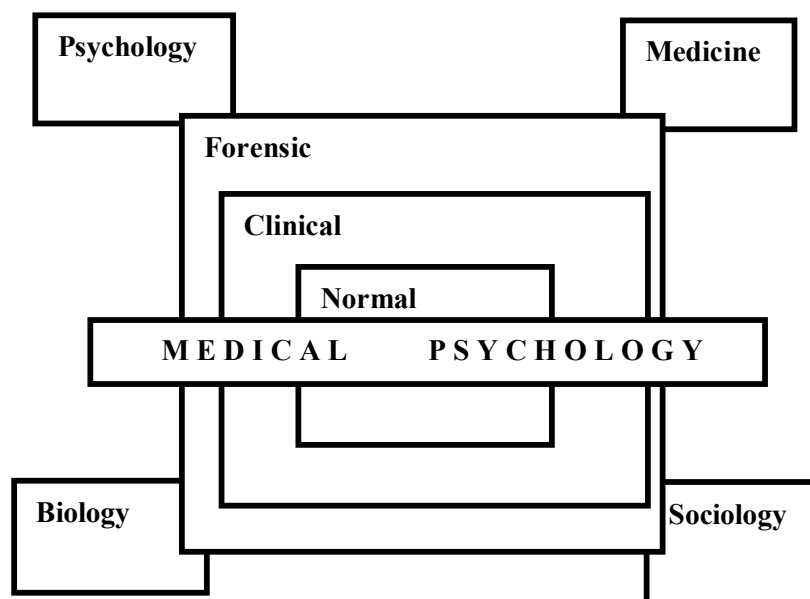
The team of national experts in clinical psychology, psychiatry offers the following four-component structure of medical psychology. Problems of medical psychology developed by different specialists, doctors and psychologists and should be viewed as a positive development, but it is necessary to determine the theoretical basis of common principles and approaches to the study of mental / psychological health based on adequate specialists understanding of the two concepts (the problem of norm / pathology). Different approaches have led to a lack of unification, medical and psychological terminology, to a certain separation notions, especially to the ambiguous wording of even basic ones such as medical psychology and clinical psychology and psychopathology and pathopsychology, social pathopsychology. Not resolved the question of who should be a medical psychologist - a doctor or a psychologist.

Meanwhile, a clear separation of these concepts, the selection of parts and sections of clinical psychology is a prerequisite for the successful solution not only theoretical but also of important practical problems of implementation – improving psychodiagnostics, psychotherapeutic, psycho hygienic, prevention, rehabilitation, psychological examination. We see also our ultimately – task of maintaining mental health and harmonious personality development a high level of adaptation in society.

We present four basic parts of medical psychology developed by the group of authors (V. Krystal et al. [11,pp. 3-6], as Fig. 1.

The authors of this scheme focus attention goals and objectives of the first part of the clinical psychology as underdeveloped area.

Normal Psychology: studying human mental functions; biorhythms of mental activity, psychological and



psychosexual development; personality and health; conscious and unconscious normal; mental health; psychology of sex differences; developmental psychology; interpersonal relationships (micro and macro groups); family and its functioning (family health, adaptation, mental hygiene).

The Formulation of the Goals and Objectives of the Article. Based on the foregoing, the author presents his own theoretical and methodological principles on which he performed research during 2006-2009 years. The **object** of comprehensive psychodiagnostic research is health of normal healthy students (boundary state between health and illness). The **subject** of study is psychological diagnostics, correction, psychological prevention of psychosomatic student's health violations in education.

One of the main achievements of author's present article are some publications: a teaching book "Maintenance of psychosomatic health healthy people" O. V. Kornienko [7, 126 p.], as Fig. 1 and the monograph "Safety and maintenance of psychosomatic health of young people" O. V. Kornienko [8, 264 p.], and materials of theoretical and applied studies in conference abstracts and articles.

Given the above **goals** of this paper is to compare the integrated statistical research students data of four faculties student-girls n=375 and students-boy n=311 from Kyiv National Taras Shevchenko University, psychology, sociology, and radiophysics during the 2006-2009 years.

We formulated the following theoretical **objectives** and empirical research:

1. Formation control (n=301) and experimental group (n=74) students girls from total sample based on indicators expressed the differential diagnosis of depression and method for rapid diagnosis of neurosis.

2. Formation control (n=295) and experimental group (n=16) young students boys from the total sample based on indicators expressed the differential diagnosis of depression and methods for rapid diagnosis of neurosis.

3. Comparative factor analysis of two groups of student -girls n=375 and student-boys n=311 in order to identify early attributes of infringement of psychosomatic health of students D. Raigorodsky [13, 672 p.].

4. Conducting research in the student clinic Kyiv National Taras Shevchenko University, through analysis of annual clinical examination students in 2005-2010 academic years.

Materials and Methodology of Research. We were allocated four blocks psychodiagnostics methods, detailed their study, testing in the dissertation author's works and other professionals, textbooks, monographs presented in the sources. We publish detailed summary of above-mentioned methods in author's previous publication O. V. Kornienko [10, pp. 87-90].

The first level: individual psychological and psychophysiological methods (EPI introversion, ambiversion, extraversion, emotional stability / instability). **Second level:** personality-oriented methods (accentuation of character, temperament, scale of self-esteem, personal and situational anxiety). **Third level:** psychosomatic-oriented methods (differential depression diagnosis, method for rapid neurosis diagnosis). **Fourth level:** interpersonal-oriented methods (interpersonal behavior circle).

Results and discussion. The answer and detailed discussions to the first three objectives of this article are published in two following author's work. Nationally it is may be identified as VAK journals (Higher Attestation Commissions Ukraine) O. V. Kornienko [9, pp. 270-276] and on the Web-site of international conference "Urgent problems of Pedagogy and Psychology" – 2015 held in Budapest (Hungary).

In the content of this article, we focused more attention on comparative statistical research data student's university clinic 2005-2010 years.

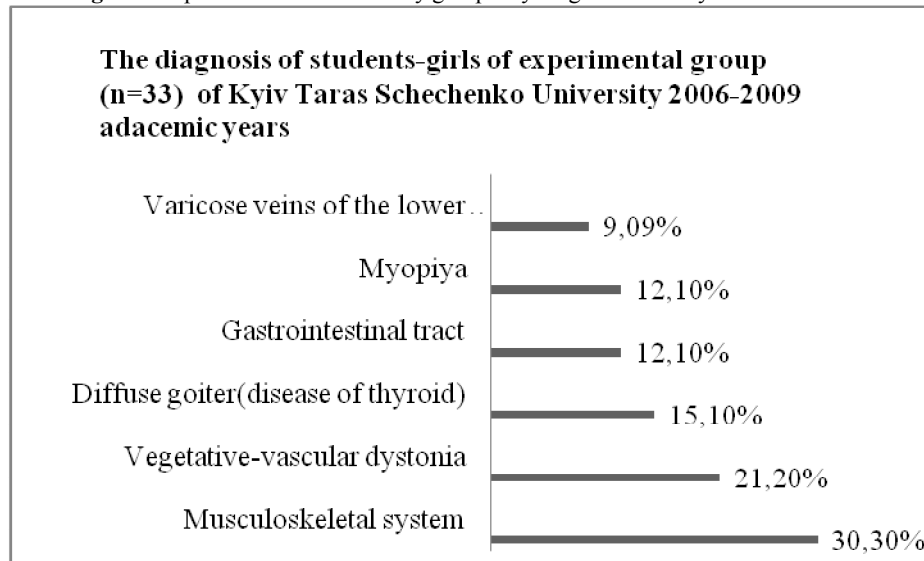
The data obtained psychodiagnostics studies were compared with analysis of annual medical screening conducted at university student's clinic for 2005-2010 academic years. A total number of analyzed individual outpatient student's card accounted for 163 persons, among them: girls – 86, boys – 77. We recommend to pay attention to the following table № 1.

For greater visibility, we are represent Fig. 2 to clarify the specific diagnosed by doctors.

Tab. 1. The doctors list diagnosis the student-girls clinic experimental group of Kiev National University for 2006-2009 academic years (n = 33, depressive neurosis out of a total n = 74)

N/n	Age	Year of study	Specialty	Diagnosis
1.	17	1	Psychol., 2006	Chronic gastrodeudenitis
2.	18	1	Psychol., 2006	Kyphoscoliosis
3.	19	1	Psychol., 2006	Varicose veins of the lower extremities
4.	18	1	Psychol., 2006	Diffuse goiter (disease of thyroid)
5.	18	1	Psychol., 2006	Vegetative-vascular dystonia, myopia
6.	18	1	Psychol., 2006	Varicose veins of the lower extremities
7.	21	1	Sociol., 2006	Scoliosis
8.	21	1	Sociol., 2006	Myopia
9.	21	1	Sociol., 2006	Scoliosis, myopia
10.	21	1	Sociol., 2006	Neurocirculatory dystonia of mixed type
11.	20	1	Sociol., 2006	Kypfoscoliosis
12.	21	1	Sociol., 2006	Kypfoscoliosis
13.	19	1	Sociol., 2007	Neurocirculatory dystonia, mastopathy
14.	21	1	Social work, 2006-2009	Myopia
15.	20	1	Social work, 2006-2009	Myopia
16.	21	1	Social work, 2006-2009	Diffuse goiter (thyroid disease)
17.	18	1	Social work., 2009	Myopia
18.	18	1	Sociol., 2009	Scoliosis, mastopathy
19.	18	1	Sociol., 2009	Scoliosis, cervical erosion, cerebrovascular asthenic syndrome
20.	18	1	Sociol., 2009	Intestinal obstruction
21.	18	1	Sociol., 2009	Cervical erosion, flatfoot
22.	18	1	Sociol., 2009	Scoliosis
23.	18	1	Sociol., 2009	Flatfoot, scoliosis, cervical erosion,
24.	18	1	Sociol., 2009	Epilepsy
25.	21	1	Rad.-physics., 2006-2009	Scoliosis, flatfoot,
26.	22	4	Rad.-physics., 2006-2009	Vegetative-vascular dystonia, chronic adneksit (gynecological disease), cervical erosion
27.	23	4	Rad.-physics., 2006-2009	Chronic cholecystitis
28.	21	4	Rad.-physics., 2006-2009	Flatfoot, varicose vein of lower extremities, cervical erosion
29.	19	3	Psychol., 2009	Chronic cholecystitis
30.	20	3	Psychol., 2009	Diffuse goiter (thyroid disease), scoliosis,
31.	19	3	Psychol., 2009	Vegetative-vascular dystonia, cervical erosion
32.	20	3	Psychol., 2009	Vegetative-vascular dystonia, chronic holecystitis, myopia
33.	19	3	Psychol., 2009	Autoimmune thyroiditis (thyroid disease)

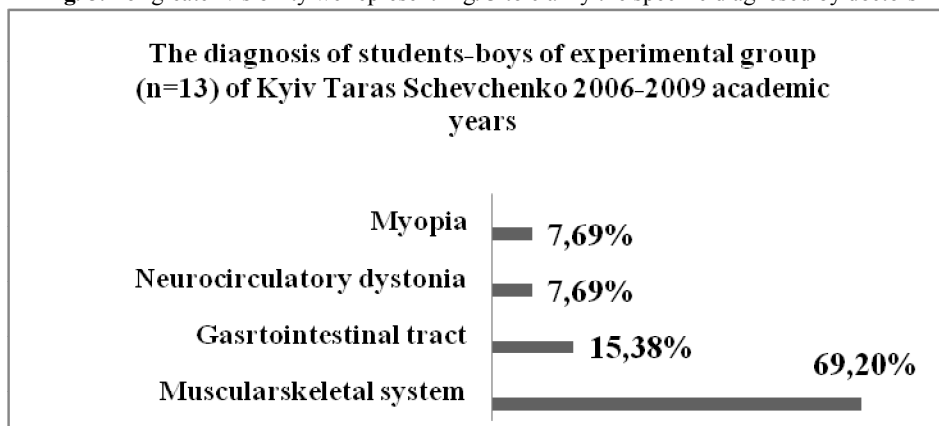
Fig. 2. We present data from a study group of young students-boys in the table №2



Tab. 2. The doctors list diagnosis the student-boys clinic experimental group of Kiev National University for 2006-2009 academic years (n = 13, depressive neurosis out of a total n = 77)

№ n/n	Age	Year of study	Specialty	Diagnosis
1.	21	1	Psychol., 2006	Kyphoscoliosis, allergic dermatitis
2.	23	4	Rad.-physics., 2007	Scoliosis
3.	22	4	Rad.-physics., 2007	Kyphoscoliosis, flatfoot, congenital deformity of the chest
4.	21	4	Rad.-physics., 2007	Flatfoot, congenital deformity of the chest
5.	23	4	Rad.- physics., 2007	Flatfoot
6.	22	4	Rad.-physics., 2007	Kyphoscoliosis, flatfoot, biliary dyskinesia
7.	23	4	Rad.-physics., 2008	Vegetative-vascular dystonia
8.	22	4	Rad.-physics., 2008	Scoliosis
9.	22	4	Rad.-psysics., 2007	Chronic cholecystitis , vegetative-vascular dystonia, mitral valve prolapse, nephropathy mixed origin, flatfoot
10.	18	4	Rad.-psysics., 2009	Flatfoot
11.	20	4	Rad.-psysics., 2009	Chronic gastroduodenitis, chronic cholecystitis, flatfoot.
12.	20	4	Rad.-physics., 2009	Myopia
13.	20	4	Rad.-Physics. 2009	Flatfoot, chronic gastritis

Fig. 3. For greater visibility we represent Fig. 3 to clarify the specific diagnosed by doctors



Conclusions:

1. The empirical data suggests the feasibility of comprehensive psychodiagnostics research in the structure of higher education institution.
2. Comparative analysis confirmed our assumption about the need to identify "boundary state between health

- and disease" the first signs of deterioration psychosomatic health of students, girls and boys.
3. Comparative analysis of psychodiagnostics studies of two samples: students-girls (375 persons) and students-boys (311 persons) and data center system of annual

student clinical examination of Kyiv National Taras Shevchenko (2005-2010 academic years) showed a significant difference in the manifestations of the first signs of deterioration psychosomatic health of studied individuals.

4. For students and young girls and boys in the first rank place were found complaints about the condition of the musculoskeletal system: girls – 30.3%, boys – 69.2%. Second place: girls – vegetative-vascular dystonia (21.2%) boys – gastro-intestinal tract (15.38%). Third place: girls – thyroid gland (15.1%) boys – neuro-circulatory asthenia (7.6%). In fourth place: girls – gastrointestinal tract (12.1%) boys – myopia (7.69%).

5. Principal difference between the manifestations of

the first signs of “*boundary state between health and disease*“ of two samples that the girls were found complaints on the fifth, sixth ranked locations (myopia – 12.1%), varicose veins of the lower extremities – 9.09%), and in boys these parameters were not found.

6. Preliminary analysis presented average data may indicate a more complex situation in “*boundary state between health and disease*“ in student’s girls as opposed to boys. To clarify this issue be included current values of correlation, factor analysis, and two samples separately, which will take into account the results of psychodiagnostics studies that identify specific manifestations of psychosomatic disorders.

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