KHARKIV NATIONAL MEDICAL UNIVERSITY

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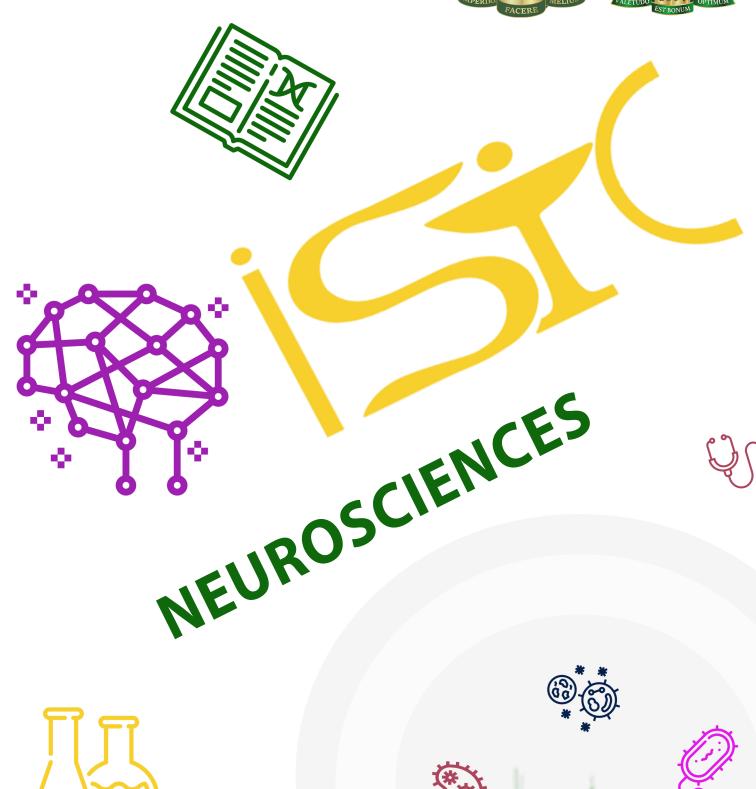




KHARKIV NATIONAL MEDICAL UNIVERSITY







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THE LEVEL OF ANXIETY AND THE PRESENCE OF STUDENT ADDICTIONS

Introduction. Nowadays one of the major issues in the work of the World Health Organization is the mental health of the population. The most pressing issue today is youth mental health. In recent years, the number of maladaptation conditions among young people has increased. Among the contingents we choose, anxiety and the presence of addictions come to the fore. Therefore, the study of these disorders among

students is quite topical.

Aim: to determine the degree of anxiety disorders associated with addiction among

students.

Materials and methods. We conducted a questionnaire among national students of 3-5 courses of Kharkiv National Medical University. 103 students aged 20 to 23 were interviewed. The questionnaire was conducted using the Zung Anxiety Rating Scale –

ZARS, the TOBACCO-UDIT and INTERNET-UDIT tests.

Results. We obtained the following results: according to the Zung scale, it was found that 19.04% of students (group 1) have 20 to 44 points behind it, which means that they do not have any anxiety in this group either. According to the INTERNET-UDIT and TOBACCO-UDIT tests among group 1, the indicators corresponding to "never used to stay on the Internet for a long time" and "never smoked or smoked 1-2 times". For group 2 (63.80%), we have scores from 45 to 59 on the Zung scale, but in this group there are 2 subgroups 2A and 2B. For subgroup 2A (28.57% of students) using the INTERNET-UDIT and TOBACCO-UDIT tests, the results indicate that these students occasionally use the Internet and smoke from time to time. Subgroup 2B (35.23% of students) is close to Internet and tobacco addiction. The last group is 3 (17.16% of students) with 60 to 74 points of Zung scale indicating internet and tobacco dependence. Conclusion. We have found that, despite our relatively young age, there is anxiety in the youth of our institution of higher education, and 17.16% have a dependence on tobacco and the Internet. It can also be noted that there is a direct proportional dependence of

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the likelihood of addiction on a higher level of anxiety. Therefore, it is advisable to conduct psychoprophylaxis and psycho-corrective work among students.

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THE EFFECT OF ANXIETY ON BRAIN ACTIVITY

Introduction: Today's life and activity of each person is relevant to the concept of anxiety. There is a wide variety of stimuli that can cause anxiety. Each person can deal with situation which may affect his mental and physiological health. For psychologists and other scientists involved in this problem is important to study the effect of anxiety on the mental and physiological state of a person and develop effective methods of prevention and struggle the negative effects of anxiety.

Aim: To research the features of EEG rhythms in people with different levels of personal anxiety.

Materials and methods: The research used such methods as the "Spielberger-Hanin Personal Anxiety Scale" and the "computer electroencephalogram method". The research involved 80 students 3-year study who completed the methodology: the Spielberger-Hanin Personal Anxiety Scale.

Results: 41 subjects had a high level of anxiety, 35 normal and 4 low. 2 groups with 20 people each were selected from the total sample with a high and normal level of anxiety. Each participant of the study underwent computer electroencephalography. As the result delta rhythm is dominant in subjects with a high level of personal anxiety and alpha rhythm is dominant in subjects with a normal level of personal anxiety.

Conclusion: Anxiety is associated with the electromagnetic activity of the cerebral cortex. A high level of personal anxiety can be associated with low-frequency potentials, or delta rhythm. This indicator has a negative effect on both mental and physiological functions according to the criteria of a general characteristic. The normal level of personal anxiety can be associated with indicators of alpha rhythm, which is an indicator of the norm.

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