

PW01-125 - PSYCHOLOGICAL ASPECTS OF SOCIAL ADAPTATION OF PERSONS IN EXTREME CONDITIONS OF LABOUR ACTIVITY

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Object of research is to reveal of posttraumatic stress disorders (PTSD) of the working in extreme conditions; to reveal psychological pressure, asthenic and depressive displays and emotional features of survey.

Objective: 166 persons have been surveyed which professional functioning is connected with extreme conditions of labour activity and the average work experience has made 18,5 years.

Methods: A scale for self-estimation PTSD - «the Missisipy scale», technique of colour elections Lusher, the questionnaire of psychological pressure, a scale of asthenic conditions, Bakcs questionnaire of depression, integrative test of the uneasiness. The most often surveyed is to state complaints as on somatic, and mental health: physical and emotional overfatigue, feeling of alarm, pessimism. They carry to risk factors: a constant concentration of attention, a psychoemotional pressure, unevenness in production, adverse ecological conditions of industrial premises.

Results: Infringements of emotional sphere is not revealed at 107 people (64,5%). Separate signs PTSD are fixed at 44 people (26.5%). It is diagnosed PTSD at 15 people (9 %) surveyed ($p < 0,05$).

Conclusions: 59 people have low level of adaptive possibilities and the adverse forecast of adaptation in extreme conditions of activity is diagnosed: 21 people (35,6%) - depressive symptoms; 18 people (30,5 %) - affective infringements; 14 people (23,7%) - excessive psychological pressure;. 6 people (10,2 %) - high level of alarm. It is necessary to carry out psychocorrectional actions for the purpose the prevention of development a mental pathology.