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PSYCHOSOMATIC SENSATIONS OF REFLECTION CONSEQUENCES OF
ENVIRONMENTAL STRESS IN HUMANS

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The challenge of modern society is the man-made load on the natural environment in terms of scientific and technological progress and, accordingly, the increased human use of bioresources in the psychosomatic dimension. For such a problem, the formation of adequate environmental consciousness of the individual is too controversial and complex process. Among the many manifestations of this interaction is a certain distance between man and the environment, which is revealed in two dimensions: the impact of the environment on man and his health and the direct impact of man on nature (anthropogenic impact). Despite numerous modern scientific studies on these issues, there is still no holistic, systematic position of scientists on this issue both at the individual level and within the population. Modern environmental problems of today, to one degree or another, take into account the entire sphere of human social life. The importance of the ecological

problem is that its place in the whole system of social life is reflected in the differentiation of a number of scientific theories (G. Bateson, O. Vargo, M. Doronin, F. Kessida, Radei, E. Rubanova, etc.), as well as in formation of certain scientific concepts (E. Girusov, 1st International Conference on Key Tendencies in Academic Research Auckland, New Zealand - 19 - V. Pustovoitov, I. Safronov, V. Sitarov, I. Shirokova, etc.). One of the indicators of the destructive impact on the individual according to these theories and concepts is the prolonged feeling of pain, which is now quite common in pre-medical practice. It is the substantiation of the conceptual foundations of ecological consciousness on the subject of practical research and is the cognitive purpose of this article. The aim of the article is to substantiate the relationship between the state of psychosomatic health in people with pain in a situation of environmental stress. Note that among the environmental destructive factors affecting the state of mental health are stress and anxiety. Dominant in the structure of pathological changes characteristic of changes in mental health are mental disorders of pre-nosological content, based on a number of intermediate destructions between norm and pathology, qualitatively different in nature psychoneurological and psychopathological phenomena, characterized by signs of emotional exhaustion and adaptive failure compensatory mechanisms that cause various manifestations of socio-mental maladaptation of the individual (Візнюк, 2019). Prolonged pain is quite common and varies in duration within 3-6 months. and has a diffuse nature. The model of pain formation is multifactorial. Among the causes of pain there is an emotional component, when there is no tissue damage and the impact of direct pain stimuli. People with anxious traits are more likely to have back pain. For people with high anxiety is characterized by a decrease in the pain threshold. The patient's perception of pain is individual due to its inherent level of pain threshold and personal characteristics (Ордатій, Н. М. & Ордатій, А. В., 2020). The consequences of prolonged pain can be: distraction, fatigue, irritability, depressive disorders, secondary anxiety, reduced efficiency, sleep disorders and increased actual pain. Often these sensations lead to short-term insomnia, which lasts 2-3 weeks and significantly increases the exhaustion, asthenia of the victim. The presence of chronic pain forms a certain painful behavior: avoidance of physical exertion, suffering appearance, sometimes exaggeration of painful sensations for profit – avoidance of unpleasant deeds, blackmail, demanding of relatives, deteriorating family relationships, limited functioning. 1st International Conference on Key Tendencies in Academic Research Auckland, New Zealand - 20 - A kind of vicious circle is created from a combination of depression, sleep disorders and anxiety and pain, which potentiate each other. This is dangerous because of the risk of developing dependence on painkillers (the formation of specific behavior) and the deepening of psycho-emotional disorders. Thus, pain causes a person to be in a state of prolonged stress and reduced quality of life (Візнюк, 2019). Among the 40 examined persons, who were comprehensively examined by a psychologist, psychiatrist, neurologist, at the time of the study there were complaints of constant pain of various localizations. Psycho-emotional health disorders were observed in 23 people, which is 57.5%; no violations were detected in 17 people – respectively 42.5%; among psycho-emotional disorders in people with pain the following predominate: anxiety – in 17 people: 73.9%; low mood – in 12 people: 52.17%; sleep disorders – in 8 people: 34.8% and irritability – in 6 people: 26.1%; the most common combination of anxiety and low mood in 6 people - 26.1%, and the combination of anxiety and sleep disorders in 5 people – 21.7% (Ордатій, Н. М. & Ордатій, А. В., 2020). Psychological examination of the victims revealed an increase in anxiety – in 17 people, insomnia disorders – in 8 people, low mood – in 12 people and irritability - in 6 people. Among them, mostly, no somatic disorders were detected. Among 12 people with low mood there were disorders that reached the level of depression (2 people) and subdepression (2 people), the remaining 8 people had a slight decrease in mood, which did not reach the level of subdepression. There was a combination of psychological disorders in the form of a combination of: anxiety and sleep disorders - in 5 people; anxiety with irritability – in 3 people; anxiety with low mood – in 6

people; only 2 people had a combination of anxiety, low mood, irritability and sleep disturbances; among 7 people there was no combination of psychological disorders (only anxiety – 1 person, only sleep disorders – 1 person, only low mood – 5 people) (Ордатій, Н. М. & Ордатій, А. В., 2020). Thus, the relationship between the state of psychosomatic health in people with pain in a situation of environmental stress. 1st International Conference on Key Tendencies in Academic Research Auckland, New Zealand - 21 - References: [1] Візнюк І. М. (2019). Психосоматичні кореляти в аспекті розвитку іпохондричної поведінки особистості. Психологічний часопис, 8 (7), 174-188. <https://doi.org/10.31108/1.2019.5.8.11> [2] Ордатій, Н. М. & Ордатій, А. В. (2020). Кореляція болю та психологічних порушень. Pain Medicine (Медицина болю), 5 (3), 12-17.