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**THE ROLE OF SOCIAL MEDIA THERAPY IN THE CORRECTION OF
PSYCHO-EMOTIONAL STATE IN YOUNG PEOPLE WITH CEPHALGIA
OF TENSION**

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Abstract: In this article the analysis of the method of sociomedia therapy in correction of psycho-emotional state in young people with cephalgia of tension is performed. The expediency of using social media therapy sessions in youth with episodic and chronic tension headache is substantiated. The use of social media material significantly reduces the level of reactive and personal anxiety, depression, in young people with chronic forms of cephalgia.

Keywords: social media therapy, tension cephalgia, anxiety, depression, Spielberg test, Beck test.

The prevalence of headache in children increases markedly with age and in the adolescent period is approximately 70% [1]. Headaches are difficult for teenagers,

affecting their moods, behaviors, performance, training and further professional orientation. Anxious thoughts "around" your own pain and its foci increase pain perception. The use of properly selected social media material allows for effective correction of emotional and other psychological disorders, however, at present there is no data on the effectiveness and feasibility of using social media psychotherapy in young people with cephalgia, therefore, further research in this direction is of considerable scientific novelty and practical importance of this method. Goal of the study: a comprehensive assessment of the effectiveness of the use of socio-psychotherapy techniques for the correction of psycho-emotional state in young people with cephalgia.

Objectives of the study:

1. To investigate indicators of psycho-emotional state (anxiety, level of depression) in young people with cephalgia of tension.
2. To study the influence of sociomedical therapy techniques on indicators of psycho-emotional state.

The object of the study is social media therapy as one of the means of non-drug correction of psycho-emotional state in youth with tension headache.

The subject of the study is the level of anxiety, depression in youth with tension headache and their changes after the course of sessions of social media psychotherapy.

Section 1. Current concepts of tension cephalgia in young people and their non-drug correction (literature review)

1.1. Tension headache in youth: prevalence, developmental factors, diagnosis and psychotherapeutic correction.

According to modern ideas, the headache of tension in youth is a psychosomatic discomfort in the formation of which many factors are involved. The prevalence of this disease is quite controversial. Thus, according to the study of Frankenberg (1991), cephalgia tensions in young people are found in 49.7% of cases [2], according to Vage (1996), Luka Krausgrill (1997) and Krasnik (1999) - respectively

72.8%, 52.0% and 28.7% [3,4]. The prevalence of tension headache gradually increases with age and reaches its maximum in puberty. An episodic variant predominates in the structure of cephalgia, but chronicity is possible with age.

Etiology and pathogenesis of tension headache. Factors associated with learning are an important factor in the development of cephalgia. The main contribution to the development of tension headache is not the child, but her parents. Tension headache is more common in adolescents with certain types of personality [5] - cyclothymic, hypertensive, emotional, and exalted types of personality accentuations with high levels of personal anxiety and a tendency to hypochondria. Today, it is known that the factors of formation of tension headache cause functional disorders of the limbicoreticular complex, which leads to a change in equilibrium in nociceptive and antinociceptive systems, the development of anxiety syndrome with changes in the system of the trigeminal nerve. As a result, there is an increase in the tone of pericranial and mimic muscles, which is expressed by the clinical manifestation of tension headache.

Diagnosis of tension headache.

Diagnosis of different variants of headache is based on the diagnostic criteria adopted by the International Headache Society in 1988. [6]. There are episodic and chronic variants of the disease.

Diagnosis of chronic tension headache and episodic variant is the same, however, the average incidence of headache episodes is much higher: more than 15 "painful" days per month (or more than 180 days per year) with a disease duration of at least 6 months.

Non-drug treatment for tension headache. In the treatment of tension headache in youth, the following principles should be observed: 1) individuality; 2) validity; 3) comprehensiveness. Along with medication, quite effective in the treatment and prevention of tension headache are psychotherapeutic methods. In the conditions of cephalgia, it is advisable to conduct psychotherapy explanatory sessions. Further in-depth studies of the psycho-emotional state of young people with cephalgia and

stress, as well as the creation of new therapeutic approaches, will prevent the progression of the disease and improve the level of youth adaptation.

1.2. The role of social media therapy in the correction of young people's emotional state.

Social Media Therapy is a social side of psychotherapy care, addressing patients' individual problems through the vast amount of social media material available on the Internet. The material is presented in the form of video, audio, blogs of other people. It can be motivating, distracting, reassuring. The main thing is that it is interesting to patients and evokes the necessary positive emotions.

Therefore, social media therapy is an important tool for influencing the psycho-emotional state of people. The expediency of using the method of sociomedia therapy to correct the psycho-emotional state of young people with cephalgia of tension remains unknown, which became the subject of our study.

Section 2. Materials and methods of research.

2.1. Study design

The study involved 50 people aged 14 to 20 years, which were divided into three groups: group 1: control - 20 healthy people who did not have headache stress; Group 2: youth with episodic tension headache (1-10 "painful" days per month); Group 3: youth with chronic tension headache (16-20 "painful" days per month). The study was divided into two stages: Phase 1 - we conducted an assessment of psycho-emotional state in healthy individuals, and with episodic and chronic tension headache. In stage 2, for 2 months (3 times a week), we conducted sessions of group social media therapy (5 people each), after which we re-evaluated changes in psycho-emotional state.

2.2. Methods of social media therapy

In order to identify the interests of young people in various social media materials, we asked to answer the questionnaire. To evaluate the impact of social media therapy sessions on psycho-emotional state of young people with cephalgia of tension we used video materials: "beauty of Ukrainian steppes", "mountain rivers", "fairy-tale

clippings", "active youth rest". Sessions of social media therapy were carried out in groups (5 patients) 3 times a week for 2 months on the basis of school №1 I-III grades Vinnitsa

2.3. Methods for assessing anxiety, depression, and quality of life

Anxiety assessment. The only technique that allows differentiated assessment of anxiety as a personal property, and as a condition is the technique proposed by Spielberger. Assessment of depression. Conducted according to Beck's method.

2.4. Statistical methods of research The processing of the obtained results was performed according to the methods of variational statistics. Probability was estimated using Student's t test, probable differences at $p < 0.05$. The calculations were performed on a personal computer in the package "STATISTIKA 5.5"

Chapter 3. Psycho-emotional state in young people with cephalgia of tension and their changes after course of social media therapy.

3.1. Studies of anxiety, depression levels in young people with cephalgia tension

It was found that in youth with tension cephalgia tension according to Spielberg's test recorded a moderate level of personal and reactive anxiety (Table 1). Thus, in individuals with episodic and chronic headache, there is a significant increase in reactive (by 48.3 and 42.2%) and personal anxiety (by 46.1 and 38.9%, respectively) relative to control.

Table 1

Assessment of reactive and personality anxiety in young people with tension cephalgia (M±m)

№	characteristic of groups	n	Reactive anxiety, marks	Personal anxiety, marks
1	Control	20	22,8 ±0,53	23,9 ±0,46
2	Episodic tension headaches	15	33,4 ±0,59*	34,3 ±0,57*
3	Chronic tension headaches	15	32,3 ±0,49*	32,9 ±0,50

Note: 1. * - $p < 0,05$ relative to the control group; 2. # - $p < 0,05$ relative to a group of individuals with episodic headache.

We then estimated the level of depression in the Beck test in the youth of the study groups. It is established that in persons with cephalgia only signs of depression are found. Under the conditions of episodic form of headache, tension shows an increase in the number of points by 47.1%, while in the chronic form of the disease - by 71.8%, relative to control.

3.2. Influence of social media therapy on indicators of psycho-emotional state in young people with cephalgia of tension.

First, we assessed the impact of social media therapy sessions on reactive and personal anxiety in individuals with episodic and chronic tension headache (Table 2).

Table 2

The impact of sociomedia psychotherapy on reactive and personal anxiety in young people with episodic (ETH) and chronic tension headache (CTH) (M±m)

No	characteristic of groups		Reactive anxiety, marks	Personal anxiety, marks
1	ETH	before treatment	33,4 ±0,59	34,3 ±0,57
		after treatment	25,9 ±0,54*	28,1 ±0,49*
2	CTH	before treatment.	32,3 ±0,49	32,9 ±0,50
		after treatment	25,1 ±0,58*	25,4 ±0,50*

Note: * - $p < 0,05$ relative to the appropriate group before treatment

It turned out that the proposed treatment showed a significant decrease in reactive anxiety (by 22.6 and 23.9%, respectively) and personal anxiety (by 20.1 and 21.9%, respectively), relative to such indicators before treatment. Next, we assessed the impact of social media therapy on the level of depression in the study groups. It was found that the use of social media materials for the treatment of youth with episodic and chronic headache causes a statistically significant decrease in the total score on the Beck test by 29.0 and 27.1%, respectively, compared with those in the respective treatment groups.

Thus, the use of the method of social therapy in young people with cephalgia stress significantly reduces the level of reactive and personal anxiety, signs of depression, improves the physical and psychological components of health.

Conclusions. In the scientific work on the basis of the study of psycho-emotional state, the feasibility of using sessions of social therapy in youth with episodic and chronic headache of tension is substantiated.

1. The study of psycho-emotional state showed that in individuals with episodic and chronic headache of tension moderate level of reactive and personal anxiety, depression is registered. 2. The use of sessions of social media therapy significantly reduces the level of reactive and personal anxiety, depression, in young people with chronic forms of tension cephalgia.

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