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COMPLEX ASSESSMENT OF ANXIETY, ASTHENIC AND DEPRESSIVE MANIFESTATIONS OF STUDENTS WHO ACQUIRE DENTAL SPECIALTIES IN HIGHER MEDICAL INSTITUTIONS: HYGIENIC ASPECTS

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One of the crucial components fully adequate to meet modern demands a complex hygienic assessment of personality of students is to study the leading characteristics of anxiety, asthenia and depressive manifestations that determine the patterns of the formation features of emotional state and behavioral manifestations of young women and young men [1, 2, 3, 4, 5, 6].

The aim of the scientific work was to examine the hygienic aspects of the complex assessment of anxiety, asthenic and depressive manifestations of students who acquire dental specialties in higher medical educational institutions.

The study was conducted among students of Dental Faculty of National Pirogov Memorial Medical University at different stages in higher medical education, particularly of the studied groups were classified first-year courses students, third-year courses students and fifth-year courses students. To assessment the characteristics of situational and trait anxiety used Spielberger personality questionnaire, to determine the level of expression of asthenic and depressive manifestations – Malkova personal questionnaire and Zung psychometric scales of self-assessment depression. Statistical analysis of the results was performed using the application package of multivariate statistical analysis “Statistica 6.1 for Windows” (license № AXX910A374605FA).

While research aimed at determining the characteristics of state anxiety, realized in human life as a complex emotional reactions of the individual in the form of anxiety, concern and nervousness at some particular point, and, above all, as a response to stressors living conditions, it was found that the level of criterion of performance among first-year young women and young men is 46.50 ± 1.35 points and 42.10 ± 2.02 points, among third-year young women and young men – 44.06 ± 1.43 points ($p(t)_{1-3} > 0.05$) and 36.50 ± 2.04 points ($p(t)_{1-3} > 0.05$), among fifth-year young women and young men – 43.60 ± 1.35 points ($p(t)_{3-5} > 0.05$; $p(t)_{1-5} > 0.05$) and 46.06 ± 1.17 points ($p(t)_{3-5} > 0.05$; $p(t)_{1-5} < 0.001$).

The degree of expression of indicators of trait anxiety among first-year students young women and young men is 44.76 ± 1.09 points and 41.20 ± 1.76 points among third-year students young women and young men – 45.83 ± 1.59 points ($p(t)_{1-3} > 0.05$) and 42.40 ± 1.82 points ($p(t)_{1-3} > 0.05$), among fifth-year students young women and young men – 46.60 ± 1.09 points ($p(t)_{3-5} > 0.05$; $p(t)_{1-5} > 0.05$) and 45.36 ± 1.41 points ($p(t)_{3-5} > 0.05$, $p(t)_{1-5} > 0.05$).

The level of expression of asthenic manifestations among first-year young women and young men is 51.23 ± 2.72 points and 47.73 ± 1.80 points, among third-year young women and young men grew to 53.43 ± 2.84 points ($p(t)_{1-3} > 0.05$) in first and up to 48.20 ± 2.18 points ($p(t)_{1-3} > 0.05$) in others, decreasing in the future among fifth-year students to 49.70 ± 2.32 points ($p(t)_{3-5} > 0.05$; $p(t)_{1-5} > 0.05$) in young women and increasing to 49.80 ± 2.66 points ($p(t)_{3-5} > 0.05$; $p(t)_{1-5} > 0.05$) in young men.

The degree of expression of depressive manifestations among first-year students young women and young men is 41.13 ± 1.29 points and 40.83 ± 1.52 points, among third-year students young women and young men grew to 41.40 ± 1.18 points ($p(t)_{1-3} > 0.05$) in first and up to 41.33 ± 1.56 points ($p(t)_{1-3} > 0.05$) among others, decreasing in the future among fifth-year students to 40.36 ± 1.09 points ($p(t)_{3-5} > 0.05$; $p(t)_{1-5} > 0.05$) in young women and increasing to 41.40 ± 1.30 points ($p(t)_{3-5} > 0.05$; $p(t)_{1-5} > 0.05$) in young men.

Established that among young women the level of situational anxiety during the stay in higher medical educational institution is gradually reduced, among young men – at first reduced to the lowest level in the course of research third-year students in significantly increasing the final stage of being in higher medical education. However indicators of trait anxiety marked the gradual growth of its performance among young women and young men.

The level of expression of asthenic manifestations among young women during in higher medical educational institutions characterized by paraboloid picture changes with the highest level of development in the mid-time study at an institution of higher education, among young men – slowly, but steadily, increasing, the degree of expression of major depressive manifestations among young women characterized by paraboloid picture changes with the highest level of development in the mid-time study at an institution of higher education, among young men – slowly, but steadily increasing.

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