

COMPLICATED SELF-REALIZATION OF PERSONS WITH CLINICAL DIAGNOSIS “STRESS-RELATED ADJUSTMENT DISORDER”

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Investigation supposed study of complicated self-realization of persons with clinical diagnosis “neurotic disorders, stress-related” and problem of adaptive behavior (F10, ICD-10). Investigation included 128 persons at the age from 20 to 52 years old among which there are males - 40, females - 88.

Methods used: Quality of Life Index (R. S. Eliot), Depressiveness Questionnaire (A. Beck), Meaning of Life Orientations (D. A. Leontyev), Tomsk Rigidity Questionnaire (G. V. Zalevsky), Coping-Strategies Rating (E. Heim), Thought Constructiveness Questionnaire (S. Epstein); Non-Complete Sentences Method by J. Nuttin; Statements' Content Analysis Method, Methods of statistical analysis.

Results: Complicated self-realization in respondents is manifested as: uncertain life values and principles, experiences of non-achievement of their aims and perception of themselves as losers, anxious thoughts about their future. Inability of planning and organizing their time, feeling of its constant lack; complicated self-control and their decision making; closeness in self-expression; thought and behavior activity rigidity are typical for them. Their emotional state is characterized by tension of personal experiences, conflicts and crises for recent time that is accompanied by feelings of guilt, shame and anger. Indices of physical state testify to bad sleep, decreased physical activity. Professional self-realization of respondents has been represented by variants: uncertainty of professional self-identification, character of self-realization has been represented by reproductive type, associated with deficient values; presence of strives to professional self-development in absence of idea of their realization. Stress tension as a “blockade” of self-realization is conditioned by unity of image of world and image of life of respondents.