

P02-390 - PSYCHOLOGICAL ASPECT OF SOCIAL ADAPTATION OF THE WOMAN

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Research objective: To reveal presence of psychological problems which influence quality of a life in women.

Objective: 210 persons of the female which age has made 18-50 years Have been surveyed. From them working 169 people (80,4%), idle - 41 people (19,5%).

Methods: Clinical questionnaire for revealing of neurotic conditions, method of colour elections Lusher; statistical method of research.

More often others such complaints, as dream infringement, the irritability, the raised uneasiness, sensitivity, feeling of injustice are marked. Disputed interpersonal situations became most often psychoinjuring factor for clients, situations of humiliated own advantage, experience of cruel treatment comes from the childhood.

Results: By the received results at 172 women (82%) various variants desadaptation have been revealed: clinically significant depression - 75% (129 people), the raised level of alarm - 56,3% (97 people), hysterical frustration - 20,3% (35 people), astenic - 58,7% (101 people), vegetative infringements - 89% (151 people), obsessiv-fobic frustration - 26,7% (46 people). On method of colour elections high level of uneasiness and an emotional pressure is diagnosed for 116 women (67,4%), working capacity decrease in 100 % of cases (172 women). The others 38 clients (18%) - is marked norm ($p \leq 0,01$).

Conclusions: We have come to conclusion about necessity of creation of the psychocorrectional program and the psychopreventive help which will consist in increase stress stability, frustration tolerances, responsibility for the health, development sanogenic thinking, -relaksation and the corporally-focused programs which will be given as a method trening exessize, and individual consultations for the female population.