

Supplement № 3 (133) 2022

ISSN 2786-6661 eISSN 2786-667X

UDC: 378.6:61:001.891](477.411)(050)

Міністерство охорони здоров'я України
Національний медичний університет
імені О. О. Богомольця

НАУКОВО-ПРАКТИЧНЕ ВИДАННЯ

УКРАЇНСЬКИЙ НАУКОВО-МЕДИЧНИЙ МОЛОДІЖНИЙ ЖУРНАЛ

Видання індексується
в Crossref, DOAJ, Ulrichs, Index Copernicus,
WorldCat, Google Scholar

ISSN 2786-6661 eISSN 2786-667X

Ministry of Health of Ukraine
Bogomolets National Medical University

THEORETICAL AND PRACTICAL
EDITION

UKRAINIAN SCIENTIFIC MEDICAL YOUTH JOURNAL

Journal's indexing:
Crossref, DOAJ, Ulrichs, Index Copernicus,
WorldCat, Google Scholar

Засновник – Національний медичний університет
імені О.О.Богомольця МОЗ України
Періодичність виходу 4 рази на рік.

Журнал внесено до переліку фахових видань.

Галузі наук: медичні, фармацевтичні.
(наказ МОН України 09.03.2016 № 241)

Реєстраційне свідоцтво KB № 17028-5798ПР.

Рекомендовано Вченою Радою НМУ імені
О.О.Богомольця (протокол №2 від 30.08.2022 р.)

Усі права стосовно опублікованих статей
залишено за редакцією.

Відповідальність за добір та викладення фактів
у статтях несуть автори, а за зміст рекламних
матеріалів – рекламодавці.

Передрук можливий за згоди редакції
та з посиланням на джерело.

До друку приймаються наукові матеріали,
які відповідають вимогам до публікації в даному
виданні

Founder – Bogomolets National Medical University
Ministry of Health of Ukraine

Publication frequency – 4 times a year.

**The Journal is included in the list of professional
publications in Medical and pharmaceutical
Sciences** (order MES Ukraine 09.03.2016 № 241)
Registration Certificate KB № 17028-5798ПР.

Recommended by the Academic Council of the
Bogomolets National Medical University, Kyiv
(protocol №2 of 30.08.2022)

All rights concerning published articles are reserved
to the editorial board.

Responsibility for selection and presentation of the
facts in the articles is held by authors, and of the
content of advertising material – by advertisers.

Reprint is possible with consent of the editorial
board and reference. Research materials accepted for
publishing must meet the publication requirements of
this edition.

THE IMPACT OF THE COVID-19 PANDEMIC ON THE PSYCHOLOGICAL STATE OF A PERSON

Oganesyan T.G.

Scientific Supervisor: Ph.D., assos. prof. Lytvynova L.V.

Department of general and medical psychology

Head of the department: DMSc., Honored Doctor of Ukraine, Prof. Matyash M.M.

National Medical University named after O.O. Bogomolets

Kyiv, Ukraine

Introduction: The COVID-19 pandemic has brought changes to the daily life of modern people and affected the mental state of people not only at the physiological level, but also psychologically. During the quarantine measures, the psychological condition of people significantly worsened. Despite the easing of restrictions, many people feel stressed and anxious due to the need to return to their workplaces, fear of traveling in public transport. Most people have encountered maladaptation - this is a violation of the ability to adapt to the conditions of existence, loss of landmarks and plans for the future. Due to the daily threats caused by the pandemic, a person receives acute psychological trauma. More broadly, it is a kind of conflict between the existing form of livelihood and the external environment.

The restrictions imposed by the COVID-19 pandemic have affected contacts, movement and psychological states of people. During the pandemic, people were forced to stop traditional communication with friends and relatives, usual work and educational activities, which had a psychological impact on young and socially active population groups. As a result of the COVID-19 pandemic, not only restrictions were imposed, but also new requirements, such as the wearing and frequent replacement of protective masks, disinfection of hands and objects, social distancing, the consequences of which caused an increase in cases of health and social anxiety.

Today, the study of how the pandemic and quarantine affects human life psychologically and will affect it in the future is extremely relevant, which determined the purpose of the study.

Materials and methods: Based on the purpose of the research, during September 2021, we conducted a survey on "Study of the impact of the COVID-19 pandemic on the psychological state of people" and investigated the impact of the COVID-19 pandemic on the psychological state of people. The research was conducted in Kyiv by means of an open questionnaire. 19 people participated in the study. The majority of respondents are young people from 14 to 30, older people from 45 to 82. The survey was conducted among schoolchildren, students, working population and pensioners.

Taking into account the specifics of the research and the set goals, we developed a questionnaire to study the impact of the pandemic and conducted a questionnaire to find out how the COVID-19 pandemic and quarantine affect the psychological state of people.

The list of questionnaire questions is given below.

| | Анкета. Вплив пандемії COVID-19 на психологічний стан суспільства | Вік _____ |
|----|--|-----------|
| 1 | • страх і стурбованість про власне здоров'я та здоров'я близьких; | |
| 2 | • постійна стурбованість щодо фінансових втрат; | |
| 3 | • зміни в режимі сну або їжі; | |
| 4 | • зменшення концентрації та роздратування; | |
| 5 | • побоювання та фактичне погіршення хронічних проблем зі здоров'ям; | |
| 6 | • посилення вживання алкоголю, тютюну чи інших психо-активних речовин. | |
| 7 | • тривалість карантину провокує: нервовий стан, значно вищий ризик розвитку симптоматики посттравматичного стресу; | |
| 8 | • побоювання зараження; | |
| 9 | • побоювання вакцинації; | |
| 10 | • розчарування, нудьга та відчуття ізоляції від решти світу; | |
| 11 | • недостатня кількість інформації, відсутність чітких вказівок. | |
| 12 | • Втрата орієнтирів і планів на майбутнє | |

Results:

Based on the results of the survey, we identified the main factors of the impact of COVID-19 on the subjects. Among the most influential (50-65%) were named:

Decreased concentration and increased irritability - 12 people.

Disappointment, boredom and a feeling of isolation from the rest of the world - 11 people.

Fear of infection - 10 people.

Fear of vaccination - 10 people.

Constant concern about financial losses - 10 people.

Fear and concern about one's own health and the health of loved ones - 9 people.

Changes in the mode of sleep or food - 9 people.

Average intensity (35-45%) was recognized as:

1. The length of the quarantine provokes: a nervous state, a significantly higher risk of developing post-traumatic stress symptoms - 8 people.

Loss of landmarks and plans for the future - 7 people.

Insufficient amount of information, lack of clear instructions - 7 people.

Fear and actual worsening of chronic health problems - 7 people.

Increased use of alcohol, tobacco or other psychoactive substances - 6 people.

It should be noted that during the survey people are most concerned about the following social threats:

1. Threat of loss of life and health (fear and concern about one's own health and the health of loved ones, fear and actual worsening of chronic health problems, fear of infection, fear of vaccination).

2. Change in lifestyle (changes in sleeping or eating patterns, decrease in concentration and increase in irritability).

3. Socio-economic losses (constant concern about financial losses, disappointment, boredom and a feeling of isolation from the rest of the world, insufficient information, lack of clear directions, loss of orientation and plans for the future). The people we interviewed noted a sufficient amount of information about the fight against and prevention of COVID-19 in ZMK and the Internet.

Conclusions: Analyzing the results of the study, it can be noted that, in general, most people experience a state of uncertainty, when a person recognizes that his future is not defined, and this causes him anxiety. Among all respondents, it was found that concern about one's own health and the health of loved ones is the most disturbing. Also, concern about financial losses, fear of isolation from the rest of the world, infection and vaccination.

The impact of the course of the disease on the human psyche is determined. So, during an epidemic, people are most likely to experience the following fears, namely: fear of getting sick, fear of dying, fear of vaccination, fear of visiting health care facilities, concern about not being able to work during isolation, fear of being in quarantine, fear of losing loved ones or separation with loved ones, fear of repeating the experience already experienced during the epidemic. A person feels helplessness, boredom, loneliness and depression due to isolation for a long time.

The factors influencing the psychological safety of the individual are characterized. Threats to the psychological safety of the individual, in particular socio-economic, characterize the conditions of the pandemic COVID-19. All spheres of human life are affected by the threats caused by the pandemic.

A psychological analysis of the peculiarities of the course of mental states during the COVID-19 pandemic was carried out. In the course of the study, the following mental features were identified, which are characteristic during the period of experiencing the COVID-19 pandemic: experiencing a situation of uncertainty and a stressful state, which negatively affect the mental health of society.

Key words: pandemic, COVID-19, psychological safety of the individual, psycho-emotional states, stress, anxiety, uncertainty, isolation, irritation, concern.