

SECTION 3. HYGIENE AND OCCUPATIONAL PATHOLOGY

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3.1 Psychohygienic assessment of processes formation of the character accentuation pupils in modern secondary school

Considering the peculiarities of the prevalence of various combinations of characterological properties in the structure of a person's personality, special attention must be paid to the level of development of criterion indicators of the so-called character accentuations, i.e. "sharpened", dominant traits and manifestations of character, which are not distinguished by the presence of any pathologically defined personal manifestations, in the case of long-term, and sometimes short-term, influence of a complex of inherently unfavorable factors with a high degree of probability can develop in a negative direction, affecting pronounced influence on the characteristics of human adaptive reactions. In this context, it is necessary to emphasize that character accentuations represent an extreme strengthening of individual character traits, under conditions of which the interaction of the individual with the people around him significantly deteriorates, changes in behavioral reactions are recorded that do not go beyond the limits of normative behavior, but border on its pathological forms and, therefore, causing such changes in personality development as the formation of psychopathy [147, 148, 149, 150, 152, 153, 154].

The aim of the research is to conduct psychohygienic assessment of processes formation of the character accentuation of pupils in modern general secondary educational institution.

The research was carried out on the basis of general secondary educational school in the city of Vinnitsya, during which personal characteristics and, in particular, accentuated character traits of 256 pupils (128 girls and 128 boys) aged 14-17 years were determined. Psychohygienic assessment of the indicators of the processes of formation of character accentuations was carried out on the basis of the use of the Schmieschek Fragebogen personality questionnaire, which allows us to determine the presence of hyperthymic (hypertensive), stuck, pedantic, anxious, cyclothymic,

demonstrative, excitable, emotive and dysthymic types of accentuated characterological properties [154, 155, 156, 157, 158]. Statistical analysis of the obtained results was carried out using a standard package of application programs for multivariate statistical analysis “Statistica 6.1” (License No. AXX910A374605FA).

The results of an in-depth study of the accentuated character traits of schoolchildren indicated that in the dynamics of the research period, indicators of the degree of severity of characterological manifestations that are hypertensive (hyperthymic) in their content, the leading features of which should be considered a tendency to form manifestations of a significantly elevated mood, excessive contact and optimism, expressiveness of gestures and facial expressions and, At the same time, against this background, susceptibility to neurotic reactions, the formation of excessive independence and lack of a sense of distance in relationships with others, among 14-year-old girls were 18.37 ± 0.79 points, among 14-year-old boys – 16.93 ± 0.89 points, among 15-year-old girls and boys – 14.71 ± 1.00 points (20.0 %; $p < 0.01$) and 15.12 ± 0.94 points (10.7 %; $p > 0.05$), among 16-year-old girls and boys – 15.93 ± 1.08 points (13.3 %; $p > 0.05$) and 17.81 ± 0.77 points (5.1 %; $p < 0.05$), among 17-year-old girls and boys – 18.56 ± 0.87 points (1.0 %; $p > 0, 05$) and 15.28 ± 0.86 points (9.8 %; $p < 0.05$).

It should be noted that the highest, in accordance with the level of severity, development indicators of character accentuations of the hyperthymic type among girls were observed at the ages of 14 and 17 years, among boys – at the age of 16 years, the least pronounced indicators were recorded among 16-year-old young girls, as well as among 15-year-old and 17-year-old boys. The most significant rates of change in the studied indicators, characterized by positive content, were recorded among girls at the turn of 14-15 years of age, among boys – at the turn of 16-17 years of age.

At the same time, the indicators of character accentuation of the stuck type, the distinctive features of which are insufficient sociability, a tendency to lecture, tediousness, distrust, and also fixation on the events of bygone days, should be recognized as extremely stable, especially among girls. During the observation period, among 14-year-old girls the level of severity of the studied indicators was 13.00 ± 0.63

points, among 14-year-old boys – 13.34 ± 0.57 points, among 15-year-old girls and boys – 13.31 ± 0.53 points (2.3 %; $p > 0.05$) and 12.12 ± 0.60 points (9.2 %; $p > 0.05$), among 16-year-old girls and boys – 13.06 ± 0.56 points (0.4 %; $p > 0.05$) and 11.62 ± 0.51 points (12.9 %; $p > 0.05$), among 17-year-olds girls and boys – 13.56 ± 0.48 points (4.3 %; $p > 0.05$) and 13.00 ± 0.64 points (2.6 %; $p > 0.05$).

The highest, in accordance with the level of severity, and, thus, the worst from an adaptation-significant point of view, indicators of the development of this character accentuation among girls were observed at the age of 17 years, among boys – at the ages of 14 and 17 years. At the same time, the best indicators from an adaptation-significant point of view were recorded among 14-year-old girls and 16-year-old young boys. The most pronounced rates of positive changes in the studied indicators among both girls and boys were recorded at the turn of 15-16 years of age.

The results of assessing the characteristics of dynamic changes in terms of indicators of character accentuation according to the emotive type, the distinctive features of which are high emotional sensitivity, susceptibility to outside influence, pronounced impulsiveness of behavioral reactions, poor organization of relationships with others and lack of inclination to leadership, made it possible to identify two very interesting from the point of view changes in the trend: the first indicated a fairly stable nature of changes in the criterion values of the studied indicators both among girls and boys and, thus, the absence of age-related differences, the second indicated the presence of pronounced gender-related differences throughout the entire period observations – higher rates were typical for schoolgirls, with the most pronounced gender differences recorded among 14-year-old girls and boys ($p < 0.001$), slightly lower rates among 16-year-olds ($p < 0.01$) and 17-year-olds year-old ($p < 0.01$) girls and boys, while at the age of 15, differences of similar content were not recorded at all ($p > 0.05$). In general, among 14-year-old girls the level of determined indicators was 16.12 ± 0.79 points, among 14-year-old boys – 11.90 ± 0.75 points, among 15-year-old girls and boys – 14.25 ± 0.72 points (11.7 %; $p > 0.05$) and 11.65 ± 0.85 points (2.2 %; $p > 0.05$), among 16-year-old girls and boys – 15.09 ± 0.93 points (6.4 %; $p > 0.05$)

and 11.43 ± 0.71 points (4.0 %; $p > 0.05$), among 17-year-old girls and boys – 16.03 ± 0.72 points (0.6 %; $p > 0.05$) and 12.65 ± 0.94 points (6.3 %; $p > 0.05$).

The highest, in accordance with the level of expression, and, therefore, the worst, from an adaptation-significant point of view, indicators of the development of character accentuation of the emotive type among girls were observed at the ages of 14 and 17 years, among boys – at the age of 17 years. At the same time, the best indicators from an adaptation-significant point of view were recorded among 15-year-old girls, as well as among 15-year-old and 16-year-old boys. The most pronounced rates of changes in the studied indicators, positive in their content, both among girls and boys were observed at the turn of 14-15 years of age.

A fairly stable character, expressed to an even greater extent than in the two previous cases, was inherent in indicators reflecting the degree of severity of character accentuation according to the pedantic type, and, thus, indicating the presence of such personal manifestations as rigidity of mental reactions, long-term experience past traumatic situations, a tendency to doubt, excessive accuracy and extreme pedantry. Thus, among 14-year-old girls the level of their severity was 11.56 ± 0.82 points, among 14-year-old boys – 11.56 ± 0.82 points, among 15-year-old girls and boys – 11.56 ± 0.74 points (0 %; $p > 0.05$) and 11.81 ± 0.82 points (7.0 %; $p > 0.05$), among 16-year-old girls and boys – 11.62 ± 0.70 points (0.5 %; $p > 0.05$) and 10.31 ± 0.62 points (6.6 %; $p > 0.05$), among 17-year-old girls and boys – 11.37 ± 0.72 points (1.7 %; $p > 0.05$) and 11.00 ± 0.76 points (0.3 %; $p > 0.05$).

The highest, in accordance with the level of severity, and, thus, the worst from an adaptation-significant point of view, indicators of the development of character accentuation of the pedantic type among girls were observed at the age of 16 years, among boys – at the age of 15 years. At the same time, the best indicators from an adaptation-significant point of view were recorded among 17-year-old schoolgirls and 16-year-old schoolboy.

There were no age-related statistically significant changes in the dynamics of observations in terms of indicators of the severity of character accentuation of the anxious type, the leading manifestations of which are tendencies to experience feelings

of inferiority, shyness, low level of contact during communication, predominantly bad mood and lack of self-confidence, as well as expressed doubts about decisions made and actions taken. Thus, among 14-year-old girls, the level of expression of the studied indicators was 10.56 ± 0.82 points, among 14-year-old boys – 9.31 ± 0.95 points, among 15-year-old girls and boys – 10.87 ± 1.06 points (2.9 %; $p > 0.05$) and 9.93 ± 1.05 points (6.6 %; $p > 0.05$), among 16-year-old girls and boys – 12.46 ± 0.85 points (17.9 %; $p > 0.05$) and 8.62 ± 0.96 points (7.5 %; $p > 0.05$), among 17-year-old girls and boys – 10.50 ± 0.90 points (0.6 %; $p > 0.05$) and 9.46 ± 0.80 points (1.6 %; $p > 0.05$).

The highest, in accordance with the level of severity, and, therefore, the worst from an adaptation-significant point of view, indicators of the development of character accentuation of the anxious type among girls were observed at the age of 16 years, among boys – at the age of 15 years. At the same time, the best indicators from an adaptation-significant point of view were recorded among 17-year-old girls and 16-year-old boys. The most pronounced rates of positive changes in the studied indicators in girls were observed at the turn of 16-17 years of age, in boys – at the turn of 15-16 years of age.

In the course of studying changes in indicators reflecting the features of the development of character accentuation of the cyclothymic type, the defining features of which should be considered the presence of a complex of behavioral manifestations consisting of sharp changes depending on the external situation in mood from depressed to elevated, manifestations of anxious activity and rapid fatigue, it was revealed that among 14-year-old girls the level of expression of the studied indicators was 15.37 ± 1.02 points, among 14-year-old boys – 11.62 ± 0.84 points, among 15-year-old girls and boys – 14.53 ± 0.94 points (5.4 %; $p > 0.05$) and 13.21 ± 1.02 points (13.6 %; $p > 0.05$), among 16-year-old girls and boys – 16.03 ± 0.84 points (4.2 %; $p > 0.05$) and 12.93 ± 0.98 points (11.2 %; $p > 0.05$), among 17-year-old girls and boys – 16.40 ± 0.85 points (6.7 %; $p > 0.05$) and 12.93 ± 1.03 points (0 %; $p > 0.05$).

It should be noted that the highest, in accordance with the level of severity, and, thus, the worst from an adaptationally significant point of view, indicators of the

development of character accentuation of the cyclothymic type among girls were observed at the age of 17 years, among boys – at the age of 15 years. At the same time, the best indicators from an adaptation-significant point of view were recorded among 15-year-old girls, as well as among 15-year-old and 17-year-old boys. The most significant rates of change in the studied indicators, characterized by positive content, were recorded among girls at the turn of 14-15 years of age, among boys – at the turn of 15-16 years of age.

Considering the indicators of accentuated personality traits of the demonstrative type, reflecting the desire of the subjects to constantly be in the center of attention, preferring exclusively external effects, theatricality, adventurism and egocentrism, it was necessary to note that among 14-year-old girls their level of expression was 14.43 ± 0.58 points, among 14-year-old boys – 12.37 ± 0.68 points, among 15-year-old girls and boys – 13.50 ± 0.65 points (6.5 %; $p > 0.05$) and 12.18 ± 0.78 points (1.6 %; $p > 0.05$), among 16-year-old girls and boys – 13.68 ± 0.71 points (5.2 %; $p > 0.05$) and 14.31 ± 0.62 points (15.6 %; $p < 0.05$), among 17-year-old girls and boys – 15.06 ± 0.73 points (4.3 %; $p > 0.05$) and 12.87 ± 0.73 points (4.0 %; $p > 0.05$).

The highest, in accordance with the level of severity, and, therefore, the worst from an adaptation-significant point of view, indicators of the development of character accentuation according to the demonstrative type among girls were observed at the age of 17 years, among boys – at the age of 16 years. At the same time, the best indicators from an adaptation-significant point of view were recorded among 14-year-old girls, as well as among 14-year-old and 15-year-old boys. The most significant rates of change in the studied indicators, characterized by positive content, were observed among girls at the turn of 14-15 years of age, among boys – at the turn of 16-17 years of age.

The changes recorded during the determination of the characteristics of indicators of character accentuation according to the excitable type, the distinctive characteristics of which are increased impulsiveness of behavior and, as a result, conflict and intolerance to the opinions of others, insufficient controllability and weakening of internal control, indicated a gradual increase in the age context of their

values among girls and, at the same time, about the wave-like nature of the identified changes among boys. In general, the level of expression of indicators of accentuated personality traits for the excitable type among 14-year-old girls was 9.84 ± 1.16 points, among 14-year-old boys – 8.75 ± 0.88 points, among 15-year-old girls and boys – 11.62 ± 1.10 points (18.0 %; $p > 0.05$) and 10.78 ± 0.96 points (23.2 %; $p > 0.05$), among 16-year-olds girls and boys – 13.21 ± 0.74 points (34.2 %; $p > 0.05$) and 9.93 ± 0.73 points (13.4 %; $p > 0.05$), among 17-year-old girls and boys – 12.53 ± 1.10 points (27.3 %, $p > 0.05$) and 12.46 ± 0.83 points (42,4 %; $p < 0.01$).

It should be noted that the highest, in accordance with the level of severity, and, thus, the worst from an adaptationally significant point of view, indicators of the development of accentuation of the character of the excitable type among girls were observed at the age of 16 years, among boys – at the age of 17 years, at the same time the lowest are among 14-year-old girls and boys. No positive changes were recorded among girls during the observation period; however, the most pronounced rates of positive changes in the studied indicators among boys were observed at the turn of 15-16 years of age.

In assessing the degree of severity of indicators of character accentuations of the dysthymic type and, accordingly, such behavioral manifestations as taciturnity, pessimism, a pronounced tendency to mood disorders, isolation and passivity, it was necessary to note their fairly stable nature throughout the period of study in the senior classes of modern school. Thus, among 14-year-old girls, the values of the studied indicators were 7.59 ± 0.73 points, among 14-year-old boys – 8.06 ± 0.71 points, among 15-year-old girls and boys – 8.34 ± 0.80 points (9.8 %; $p > 0.05$) and 9.31 ± 0.88 points (15.5 %; $p > 0.05$), among 16-year-old girls and boys – 9.56 ± 1.04 points (25.9 %; $p > 0.05$) and 8.25 ± 0.75 points (2.3 %; $p > 0.05$), among 17-year-old girls and boys – 7.31 ± 0.64 points (3.7 %; $p > 0.05$) and 8.81 ± 0.81 points (9.3 %; $p > 0.05$).

It should be noted that the highest, in accordance with the level of severity, and, therefore, the worst, from an adaptation-significant point of view, indicators of the development of character accentuation of the dysthymic type among girls were

observed at the age of 16 years, among boys – at the age of 15 years. At the same time, the best indicators from an adaptation-significant point of view were observed among 17-year-old girls and 14-year-old boys. The most significant rates of change in the studied indicators among girls were recorded at the turn of 16-17 years of age, among boys – at the turn of 15-16 years of age.

Finally, in the course of determining the characteristics of indicators of character accentuation according to the exalted type, the defining features of which are considered to be a penchant for emotionally rich artistic manifestations, sociability, increased talkativeness, patheticism and a tendency to ill-considered actions, it is necessary to pay attention to the fact that during the observation period among 14-year-old girls, their level of severity was 16.84 ± 1.05 points, among 14-year-old boys – 13.62 ± 1.05 points, among 15-year-old girls and boys – 14.71 ± 0.92 points (12,7 %; $p > 0.05$) and 14.62 ± 1.10 points (7.3 %; $p > 0.05$), among 16-year-old girls and boys – 18.00 ± 1.00 points (6.8 %; $p < 0.05$) and 14.62 ± 1.20 points (0 %; $p > 0.05$), among 17-year-old girls and boys – 17.62 ± 1.00 points (4.3 %; $p > 0.05$) and 15.75 ± 1.10 points (15.6 %; $p > 0.05$).

The highest, in accordance with the level of severity, and, thus, the worst from an adaptation-significant point of view, indicators of the development of character accentuation of the exalted type among girls were observed at the age of 16 years, among boys – at the age of 17 years. At the same time, the best indicators from an adaptation-significant point of view were recorded among 15-year-old girls and among 14-year-old boys. The most pronounced rates of positive changes in the studied indicators among girls were observed at the turn of 14-15 years of age; among boys, such changes were not recorded at all.

The data from the conducted studies indicate that during the observation period, which coincided with the time of students' stay in the senior classes of modern high school, in the structure of accentuated personality traits among girls indicators of character accentuations prevailed: hyperthymic (1st place), exalted (2nd place), cyclothymic (3rd place), emotive (4th place) and demonstrative (5th place) types, among

boys – indicators of character accentuations for hyperthymic (1st place), exalted (2nd place), demonstrative (3rd place), cyclothymic (4th place) and stuck (5th place) types.

The results obtained reveal the presence in the structure of the characterological properties of high school students of combinations that are quite complex in their essence, prognostic and unfavorable from the standpoint of the formation of disturbances in the natural course of the processes of social and educational formation of high school students, accentuated personality traits and, above all, emotive-exalted-cyclothymic-demonstrative content among girls and exalted-cyclothymic-demonstrative-stuck content among boys, thereby determining the need for the development and implementation of comprehensive health-improving and preventive programs, in the structure of which the leading place is occupied by psychohygienic correction measures.