

Topic I.

Psychology as a science. Personality and a disease.

1. Introduction to medical psychology

Medical psychology is section of general psychology studying the psyche of sick people man, interrelations between medical staff and patients. The task is the studying of sick people (study of perception, memory, emotions, thoughts, personalities, mechanisms of work of physical activity). The subject study of medical psychology is the personality of the sick man. Medical psychology consists of two blocks. They are; medical-diagnostics and medical-rehabilitation.

The medical-diagnostics block includes:

- 1) Pathophysiological diagnostics- study of structure of violations of cognitive processes and properties of personality, conformities to the law of their disintegration by comparison to a norm.
- 2) Neurophysiological diagnostics- study of cerebral mechanisms of violation of higher physical functions at the dysfunction of cerebrum.
- 3) Psychological diagnostics.
- 4) Social-psychological diagnostics - studies influence of social-economic factors on psychological disadaptation of personality.
- 5) Professional orientation- is based on psychodiagnostics for the most rational choice of profession.

Medical rehabilitation measures are directed on complete rehabilitation of personal and social and social status of patients most rapid returning to active life, labour, improvement of quality of life of patients.

Pathopsychology is a section of medical psychology which studies disintegration of physical activities and properties in comparison to peculiarities of physical processes in a norm.

Tasks:

- 1) Receiving the data for diagnostics (early exposure of symptoms of physical violations and establishment of their originality). Gives considerable help for correct diagnostics of illness by a psychiatrist.
- 2) Research of dynamics of physical violations in the process of medical treatment (efficiency estimation of the conducted medical treatment).

- 3) Participation in expert work- military, judicial, labour, medical expertise.
Clarification of depth of disorders is conducted - oligofrenia (mental backwardness), psychopathies; questions of possibility of teaching at general and specialized school; the measure of lowering the ability to work of patients.
- 4) Participation in rehabilitation work (psychotherapy, psychocorrection psychopreventive work conducted by a psychologist).
- 5) Participation in psychotherapy.

There are distinctions between notions **pathopsychology and psychopathology** – is a reaction of psychiatry, studying the signs of physical disorders in a dynamics. Operates by clearly medical notions (etiology, pathogenesis, syndrome, symptom). The main method of psychopathology is clinical descriptive method.

For rapprochement of mutual understanding psychiatrist and medical psychologist, pathopsychological syndromes are selected (Kudryavtsev I.A. 1982r.): schizophrenicall, organic, oligophrenical psychopathicall and complex of symptoms, physical disorders characteristic for quick psychoses. Organic complex of symptoms is in a clinic the organic disorders of cerebral atherosclerosis, consequences of cranial-cerebral traumas, drug addiction.

Research methods in medical psychology:

1. Supervision.
2. Conversation (questioning-writing, oral).
3. Experimental-psychological method (methods of classification of objects, exception of objects, formation of analog, extraction of substantial features).
4. Psychodiagnostical method (usage of tests).

Mental health (by WHO) – is the condition when a person can implement his own potential, cope with stresses, work hard and fruitful and contribute to society life.

World-wide health organization singles out the following **criteria of psychic health:**

- awareness and feeling of continuity, constancy, physical and psychic ego-identity.

- feeling constancy and experience identity at the same situations.
- own criticism to own psychic product(activity) and its results.
- correspondence of psychic reactions(adequacy) to the force and frequency of environmental influence, to social circumstances and situations.
- self-government ability of behavior in accordance with social norms, rules, laws.
- ability to plan own life activity and realize these plans.
- ability to change the way of behavior according to live situations and circumstances change.

Psychic adaptation – is the process of optimal establishment of identity and environment in the course of implementation activity of a person, which allows individual to satisfy actual wants and realize meaningful goals(saving psychic and physical health), providing psychic activity of a person correspondence at the same time, his norms behavior.

Control questions:

1. Definition of medical psychology
2. Enumerate the sections of medical psychology
3. Name the methods of research in medical psychology
4. Name an object and tasks of medical psychology
5. What is the difference between notions of pathopsychology and psychopathology
6. What does the medical-diagnostic work of medical psychologist consist of?
7. Enumerate the task of medical rehabilitation measures
8. What pathopsychological syndromes do you know?
9. What is pathopsychology? What does it study?
10. Enumerate the basic tasks of pathopsychology.

2. Personality

There are different concepts of a "person" and a "personality". A person is a generic notion, first of all biological being, but a personality is only a mental manifestation. A personality is manifested in life style and in behavior - in his or her ideological content, purposefulness, moral breedin, activity and originality. If a significant purpose and its implementation possibility are realized, they say about **prospect** of the personality; when insuperable obstacles arise, there is **frustration**

condition which is manifested in roughness, apathy, depression. Depending on what purposes a personality puts for him or her (difficult or easy) there are different levels of personality claims: **high, low, adequate.**

Personality structure

A problem of personality psychological features is very important in medical psychology. **Personality is a separately taken concrete person - a product of social development of the certain historical epoch with inherent individual properties and qualities of mentality, both biologically and socially stipulated.** Personality is a person as a carrier of consciousness.

Personality orientation is a set of views, ideas and beliefs of the person leading his or "her activity which is directed to achievement of his or her comparatively distant, vital purposes. It is a steadily dominating system of motives, the meaning of life.

Need is a necessity in something manifested in the form of motives.

- 1) Congenital (hunger, sex, parental, labor need).
- 2) Acquired amoral, spiritual, public).

Motives are something which induces to activity: interests, ideals, outlooks, beliefs.

Personality orientation can be public, business, personal one.

Ideal is the highest purpose of conscious active aspirations of the personality. Ideal causes delight, admiration, ardent desire to work.

Outlook is a system of views on surrounding objective reality. Personality outlook is determined by social being.

Code of morals is a public reflection of moral phenomena in consciousness (individual, social). It is a regulator of personality behavior.

Morally ill-mannered person is a person who doesn't know the standards of behavior.

Amoral person is a person who includes wrong standards of behavior in his or her outlook.

Immoral person is a person who counts no moral standards for him or for others.

Temperament

Temperament is an element of personality substructure. **Temperament is the features of the person describing him or her according to dynamics of mental processes. Physiological bases of these processes are force and rate of nervous processes.**

The following parameters testify the strength of nervous system:

- high capacity for work;

- persistence in achievement of an object in view;
- presence of initiative and independence;
- ability to bear a strain in especially complex vital situations;
- patience at a pain;
- absence of failures in behavior;
- ability to find easily a way out in difficult situations.

Opposite personality properties prove the delicacy of nervous system. Aspiration to cause associates' sympathy, to avoid difficult situations also relate to them.

Mobility which is a speed in decision-making, mastering of new habits, change of moods, change of attachments and new interests also relates to personality properties.

A type of temperament is determined by:

- sensitivity - a reaction to the least force of external influence;
- reactivity - a force of emotional reaction to external and internal irritants;
- activity - a degree of activity in case of influence on associates;
- reactivity and activity ratio;
- rate of reactions (tempo of speech, speed of movements, resource);
- plasticity and rigidity (speed of adaptation to the changed conditions);
- speed of attention concentration.

There are following temperaments:

Choleric - people are inclined to fast change of mood, rapid emotional experiences, unbalanced.

Sanguine persons are mobile; their speech is accompanied by rich gesticulation. They are emotionally sympathetic. They bear life failures easily.

Phlegmatic persons are sluggish, quiet and inert. Their external displays of experiences are rather poor.

Melancholic persons are characterized by the lowered activity, fast fatigability, external calmness; they are shy and timid, irresolute and easily vulnerable.

Character is a combination of the steadiest features, essential properties of the person shown in behavior and in his or her certain attitude to the environment and to himself or herself.

Character finds external reflection in individual activity. Character traits make system of attitudes and forms of display. This is a person's attitude to other people and society; an attitude to work; an attitude to himself or herself; a display of strong-willed qualities (independence, purposefulness, endurance). Externally character can be shown in the form of acts. It can be manifested in external appearance, poses, facial expression and gesture. A sharpening of any character

traits is called **accentuation**. There are emotional-labile type, asthenic type, hyperthymic type, hysterical one and torpid type of character accentuation. Psychopathies are pathological characters, which are formed under the influence of various adverse (congenital and acquired) factors on the basis of the pathology of supreme nervous activity.

Erethitic psychopathic persons suffer from the deficiency of active inhibition that is shown in fieriness, rapid emotional reactions in reply to an insignificant irritant, they often put damages to themselves, bang their head against a floor and tear clothes.

People with psychopathy of asthenic type (dependent personality frustration) are characterized by shyness, timidity, cowardice; they are inclined to seclusion and avoid society.

People with paranoiac psychopathy are characterized by extreme distrustfulness, suspiciousness, isolation, they have difficulties with communication, they are honest and struggle for the truth.

People with psychasthenic psychopathy are characterized by disturbing-hypochondriac character traits. They are often inclined to the formation of obsessional ideas and imaginations, they are also inclined to doubts.

Egoism, overestimated opinion of personality are characteristic for hysterical psychopathy. Such people try to be the focus of attention, they are brightly made up. They wear bizarre clothes, often laugh loudly, they are playful and coquettish. Such persons cry, they are too emotional, they want to achieve any benefit by their behavior, are inclined to lie and imagination.

Research of the personality is done by means of observation, natural experiment, personal questionnaires, studying of people's products of activity (diaries, letters).

QUESTIONS:

1. Personality as a concept.
2. Orientation of the personality.
3. What is temperament?
4. What is character?
5. What temperaments do you know?
6. How do you understand the term "character accentuation"?
7. What psychopathies do you know?
8. What traits of personality are characteristic of persons with hysterical psychopathy?

9. What traits of personality are characteristic of persons with erethitic psychopathy?
10. What traits of personality are characteristic of persons with paranoiac psychopathy?
11. What traits of personality are characteristic of persons with psychasthenic psychopathy?
12. Enumerate the main methods of personality research.