



## **PREVENTION OF NEUROPSYCHIC STRESS IN FUTURE GENERAL PRACTITIONERS USING TRAINING SESSIONS**

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### **Abstract**

The article discusses the prevention of neuropsychic stress in future general practitioners using training sessions. It was established that, as a result, the manifestation of neuropsychic tension in future general practitioners decreased, and their stress resistance also increased significantly.

**Keywords:** general practitioner, neuropsychic stress, training programs.

### **Introduction**

To date, the term occupational stress is actively used to explain a wide range of conditions of the individual, which, as a rule, arise as a result of the negative effects of external and internal factors. The complexity and specificity of professional tasks that general practitioners solve today in the field, as well as constant socio-economic changes, cause a significant intensification of their professional activities. All this leads to an increased risk of occupational stress in this category of specialists, corresponding to negative processes, which makes stress-preventive measures very relevant. As practice shows, among the most effective ways to prevent occupational stress is the prevention of its occurrence in the process of professional training of future specialists [1,2,3,4,6].

### **The Purpose of the Study**

To determine the effectiveness of the training program for the prevention of occupational stress in future general practitioners.

### **Methods**

In order to study the effectiveness of the prepared training program, an empirical study was organized and conducted, in which 195 future general practitioners of the third, fourth and fifth years of study, both female and male, took part. For comparability of the data obtained, the entire sample of the empirical study was divided into comparison groups, i.e. on: the experimental group (n=98), the





respondents of which directly took part in the implementation of the prepared program of training sessions; the control group (n=97), whose respondents did not participate in the implementation of the prepared training program.

The program of training sessions was held twice a week for half a month. Before and after the training sessions, the respondents of both the experimental and control groups were examined using the following psychodiagnostic tools: T.A. Nemchina [5]. The choice of the above psychodiagnostic tools is due to the content basis of the prepared model of professional stress for general practitioners, which in its essence reveals the structure of the goal of the developed training program for the prevention of the phenomenon under study in future specialists.

In addition, in order to enhance the psychodiagnostic results, we also used the Stress Test Questionnaire by S. Cohen and G. Willianson.

## **Results and Discussion**

The analysis of the results of the first psychodiagnostic survey showed that the respondents of both the experimental (n=98) and control (n=97) groups, before the training program, practically did not differ in the main diagnostic indicators, which indicates the proper conditions for conducting further comparative analysis.

The analysis of the results of the first and second psychodiagnostic examinations showed that, following the results of the training program, the future general practitioners of the experimental group (n=98) significantly improved the severity of the previously identified complex of individual psychological characteristics interpreted as a group of personal determinants of professional stress. Thus, the number of respondents with a high level of manifestation of neuropsychic stress (diagnosed using the Questionnaire for determining neuropsychic stress by T.A. Nemchin) decreased from 50% (49 people - before the training program) to 8.2% (8 people - after the program of training sessions). Accordingly, future general practitioners with an average and low level of manifestation of neuropsychic stress increased from 50% (49 people-before the training program) to 91.8% (90 people - after the training program) (Fig. 1).



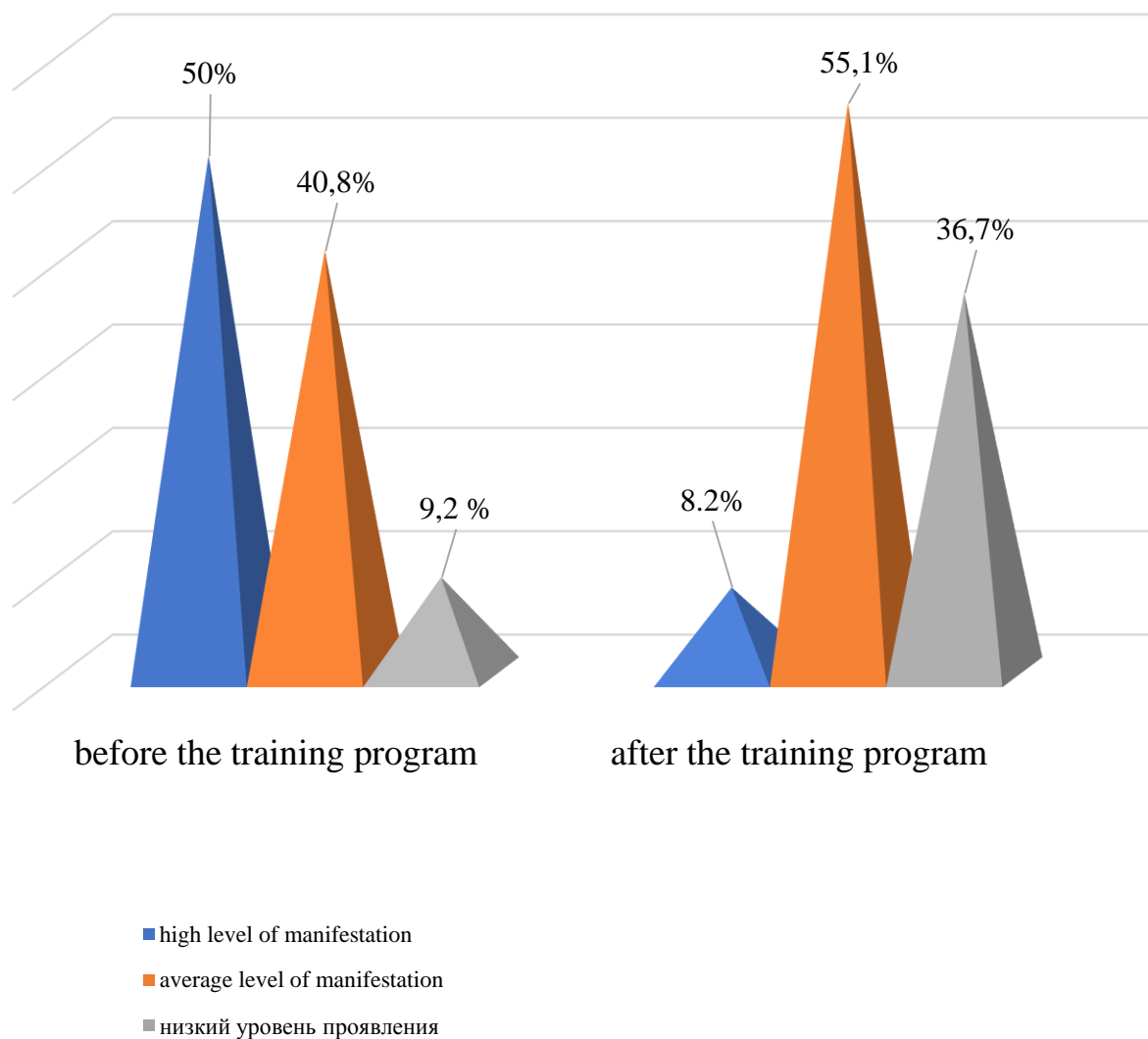


Fig. 1. Dynamics of the level of manifestation of neuropsychic tension in future general practitioners of the experimental group before and after the training program (n=98)

At the same time, such positive dynamics was not observed among future general practitioners who were not involved in the prepared training program. So, in the respondents of the control group (n=97), the level of manifestation of neuropsychic stress (diagnosed using the Questionnaire for determining neuropsychic stress by T.A. Nemchin) remained practically without significant changes (Fig. 2).

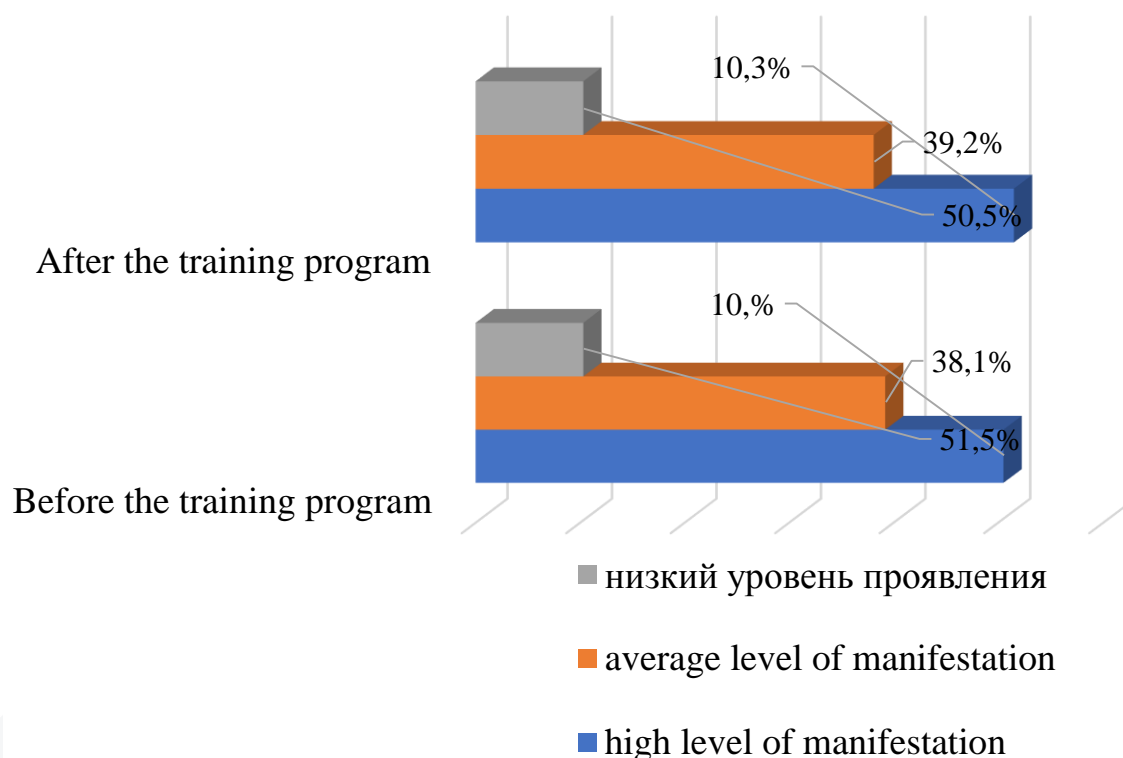


Fig. 2. Dynamics of the level of manifestation of neuropsychic tension in future general practitioners of the control group before and after the training program (n=97).

Low level of neuropsychic stress: before the training program - 10.3% (10 people), after the training program - 10.3% (10 people); average level of neuropsychic stress: before the training program - 39.2% (38 people), after the training program - 38.1% (37 people); high level of neuropsychic stress: before the training program - 50.5% (49 people), after the training program - 51.5% (50 people).

In the control group (n=97), no such changes were observed. The number of future general practitioners (Stress resistance test questionnaire by S. Cohen and G. Willianson): with a low level of stress resistance remained practically without significant changes (before the training program - 14.4%, 14 people, after the training program - 13.4%, 13 people); with a lower average level of stress resistance remained unchanged (before the training program - 19.6%, 19 people, after the training program - 19.6%, 19 people); with an average level of stress resistance remained without significant changes (before the training program - 52.6%, 51 people, after the training program - 51.5%, 50 people); with an above average level of stress resistance, there were no significant changes (before the training program - 7.2%, 7 people, after the training program - 8.2%, 8 people); with a high level of stress resistance remained



without significant changes (before the training program - 6.2%, 6 people, after the training program - 7.2%, 7 people).

All of the above comparative psychodiagnostic data before and after the training program is confirmed and statistically according to the results of the analysis of the equality of the average values in the experimental and control groups according to Student's t-test (see table).

Table The results of the analysis of the equality of the mean values in the experimental and control groups before the training program according to the statistical Student's t-test (n=195)

Group 1 vs. Group 2	T-test for Independent Samples (Spreadsheet1) Note: Variables weretreate dasindependent samples									
	Mean Group 1	MeanGroup 2	t-value	p	Valid N Group	Valid N Group	Std.Dev. Group 1	Std.Dev.	F-ratio	Variances p
The results of the examination of the experimental group according to the Questionnaire for determining neuropsychic stress T.A. Nemchinado conducting a program of training sessions / Results of a survey of the control group according to the Questionnaire for determining neuropsychic stress T.A. Nemchina before conducting a training program	68,153061	68,237113	-0,0684793	0,945475	98	97	8,5402045	8,5996284	1,0139647	0,9455535

### Conclusions

Thus, based on the foregoing, it is reasonable to conclude that the organized and conducted empirical study (n=195) made it possible to confirm the proper effectiveness and practical acceptability of the prepared program of training sessions "Psychoprophylaxis of occupational stress". Thus, the analysis of the equality of the average values of the complex psychodiagnostic examination according to Student's t-test showed statistically significant, positive changes in the respondents of the experimental group (n=98), who directly took part in the training work. As a result, the level of manifestation of neuropsychic stress decreased among future general practitioners, and their resistance to stress increased significantly.





At the same time, among the respondents of the control group (n=97), who were not involved in the implementation of the prepared training program, no such changes were observed. In this category, the diagnosed complex of individual psychological characteristics, as well as the level of manifestation of stress resistance, remained without statistically significant changes.

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