

Psychosocial Features of Persons of Extreme Professions, Contributing to Alcohol Abuse

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Abstract: In order to identify psychosocial characteristics of persons of extreme profile of professional activity with frequent alcohol consumption, 60 people were examined, divided according to the criterion of presence/absence of the fact of increased frequency of alcohol consumption into two groups. Psychosocial features contributing to the frequent use of alcohol in persons in conditions of extreme service were revealed. These include personal characteristics that impede successful social adaptation and professional communication, participation in hostilities, the tendency to accumulate affect with the need to relieve internal tension and anxiety. The necessity of strengthening the barrier function of professional selection, improvement of organizational approaches to medical and psychological support of persons of extreme professions with the development of personality-oriented programs of psychotherapy, psychological correction and rehabilitation is substantiated.

Keywords: persons of extreme profile of professional activity, psychosocial features, excessive alcohol consumption.

1. INTRODUCTION

An important principle of medical and psychological support of personnel of extreme profile of professional activity is the study of psycho-traumatic effects of extreme situations [2]. As one of the risk factors for weight loss. Among persons of extreme professions is addictive behavior in which mental and physical dependence is absent, and the fact of abuse of alcohol or other psychoactive substances takes place [4, 5].

The problem of alcohol consumption of persons in the conditions of service in extreme conditions is not actively covered in the literature. Statistical data indicating the number of offenses and other socio-adverse consequences associated with excessive consumption of alcoholic beverages, only in recent years have become relatively open [1, 6].

Chemical addictions in representatives of extreme professions often go unnoticed by managers, departmental psychologists and

psychiatrists and become the cause of antisocial behavior [8]. Such persons are not only a risk group for the formation of addictions, but also tend to commit impulsive actions, including suicidal.

The aim of the study is to identify psychosocial characteristics of persons of extreme professions that contribute to an increased frequency of alcohol consumption.

2. MATERIALS AND METHODS

The continuous analysis of 1000 protocols of psychophysiological examination of persons of extreme profile of professional activity, including their stay in zones of local armed conflicts is carried out. Based on the anamnesis data on the criterion of presence/absence of increased frequency of alcohol consumption - 60 ml of absolute alcohol once a week or more during the last year, two groups were identified: Group I - 30 people who had the fact of increased frequency of alcohol consumption, average age is 36.5+4.3 y.o., Group II - 30

patients without signs of increased frequency of alcohol abuse, average age is 35.1+7.2 y.o. The protocols of psychophysiological examination of employees when entering the service, including data of experimental psychological methods: standardized multifactorial method of personality research (MMRI) in M.Sobchik's modification [7], 16-factor Kettell's personal questionnaire [3] are analyzed.

Statistical processing of the results of the study was carried out using the program SPSS 22.0. The Student's criterion was used for unrelated samples, the data are presented in the form of

median (Me) and quartiles of the first and third (Q1-Q3), reliable at $p < 0.05$.

3. RESULT

Anamnesis analysis showed that Group I respondents were significantly more likely to have: burdened heredity due to addict logical diseases, upbringing in low-income families with frequent conflicts, type of overprotection, divorce of parents, there were facts of ill-treatment; among them there were significantly more employees involved in hostilities (Fig.1).

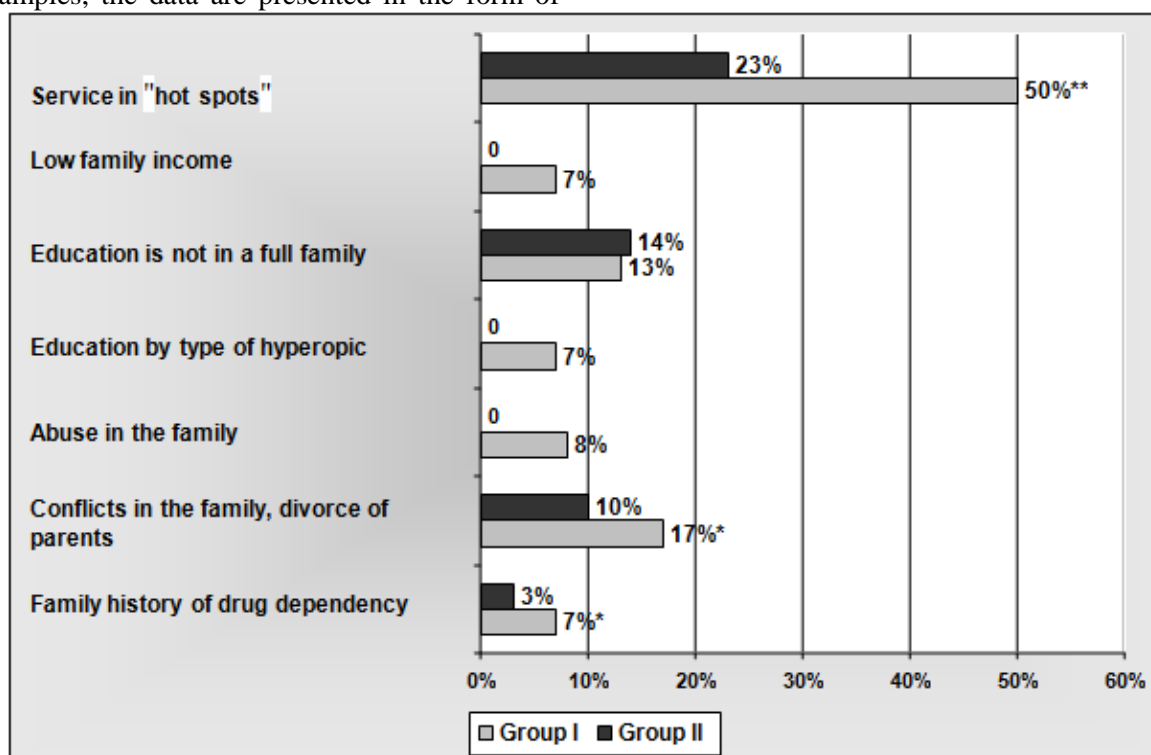


Fig.1. Frequency of occurrence of psychosocial features of anamnesis of persons of extreme professions, %.

Note: intergroup differences are significant at * - $p < 0.05$.

After returning from the zones of local armed conflicts, the examined persons showed a tendency to form post-stress, social stress, psychosomatic disorders and burnout syndrome. Given the fact that they do not tend to turn to psychologists and psychiatrists due to the presence of signs of psychological and mental destabilization, the only way to alleviate the condition is often the use of alcohol, which further contributes to excessive alcohol abuse. Subsequently, often there is a transfer of alcoholic style of response to any social stress situations and the development of dependence on psychoactive substances. Therefore, timely diagnosis of states of psycho-emotional maladaptation in persons after participation in hostilities is a preventive measure of the formation of alcohol dependences.

Analysis of the personality profile on the basic scales MMRI showed that the scale of lies and correction L and K in Group I were lower ($p < 0.05$), i.e. they were more frank, self-critical and did not try to hide negative information when answering questions (Tab. 1). They also had significantly higher indicators on the scales of "anxiety" and "individualism" ($p < 0.05$), which indicates self-doubt, low self-esteem, subordination to environmental influences, the tendency to avoid failure, reaction with increased guilt and self-flagellation to the slightest failures and mistakes, reflects the originality and subjectivism in the perception of problems, difficulties in communication with others, low adaptation to everyday, everyday difficulties; to strengthening signs of maladjustment.

Indicators on the scale of "optimism" in Group I was significantly higher, indicating the prevalence of carelessness, infantilism and denial of problems, up to a decrease in criticality. At the same time, the traits of emotional liability were less pronounced ($p < 0.05$), which emphasizes the presence of difficulties of socialization, low communicative

abilities, reduced need for emotional involvement, a tendency to accumulate affect, limited in the free external expression of emotional reactions. There were no significant differences between the groups on the scales "pessimism", "impulsivity", "masculinity", "rigidity" and "social introversion" (Table 1).

Table1. Profile SMIL of extreme professions persons at admission on service, T-points, Me (Q1-Q3)

MMPI scales	Groups, Me (Q1-Q3)	
	Group I, n= 30	Group II, n= 30
L	43,5 (32,0-67,0)*	47,5 (36,0-63,0)
F	52,0 (33,0-75,0)	51,0 (40,0-59,0)
K	57,0 (37,0-72,0)**	61,0 (46,0-72,0)
Neurotic overcontrol	47,0 (39,0-57,0)*	49,0 (40,0-70,0)
Pessimismus	52,5 (36,0-75,0)	53,0 (36,0-80,0)
Emotionalities	47,0 (36,0-58,0)*	50,0 (38,0-58,0)
Impetuosity	53,0 (41,0-75,0)	54,5 (45,0-70,0)
Masculinity	49,0 (25,0-65,0)	50,0 (34,0-75,0)
Rigidity	44,0 (21,0-75,0)	44,0 (32,0-59,0)
Anxiety	55,0 (44,0-71,0)**	51,0 (39,0-66,0)
Individualism	58,0 (42,0-90,0)*	55,5 (35,0-78,0)
Bullishness	60,0 (35,0-86,0)**	55,0 (40,0-72,0)
Social introversion	48,5 (27,0-67,0)	48,0 (30,0-63,0)

Note: the differences are significant: at * - $p < 0.05$, ** - $p < 0.001$.

Analysis of Kettelle's test results showed that individuals in Group I was significantly lower in the following scales: "C" - emotional stability, "E" - dominance, F - exuberant, "G" conscientiousness, "H" - courage, "M" dreaminess, "N" diplomacy, "F2" - extroversion ($p < 0.05$), and significantly higher indicators on the scale of "Q4" tension, "F1" - anxiety

($p < 0.05$). This indicates the predominance among them of personality's dependent, passive, cautious, shirking responsibility, prone to complicate everything, with low tolerance for adverse social impacts, with low self-esteem, mundane aspirations, inconsistent with generally accepted moral norms and standards, self-indulgent (Fig.2).

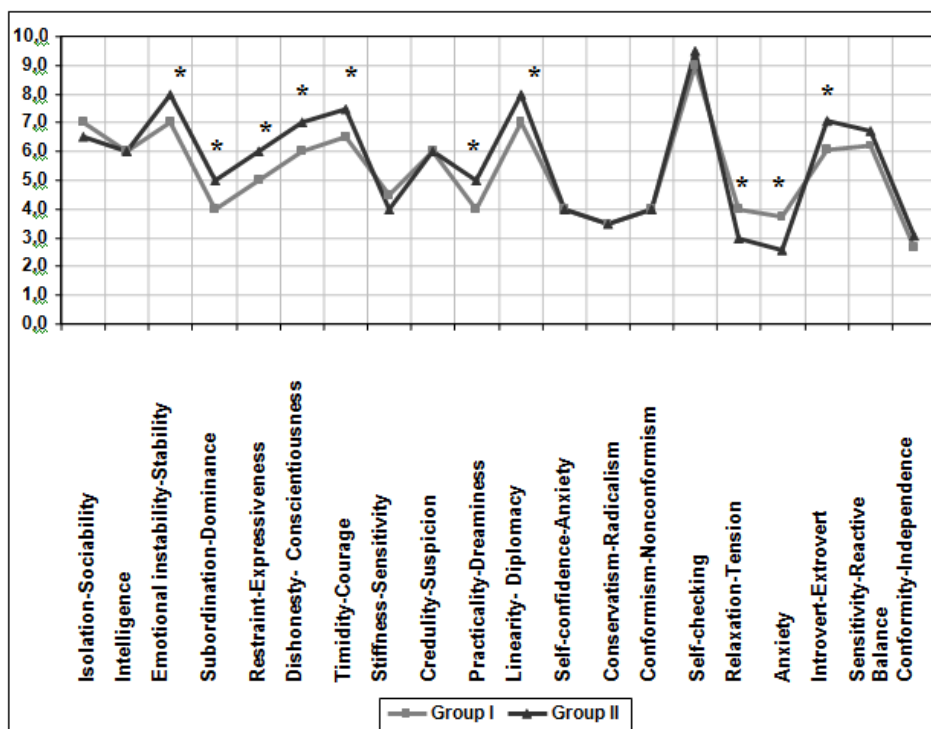


Fig2. Personality traits on the Kettell's test in persons of extreme professions, T-scores.

Note: *intergroup differences are significant at * $p < 0.05$.*

Thus, the results of our study show that psychosocial features that contribute to the increased frequency of alcohol consumption by persons of extreme profile of professional activity are: hereditary burden of addictological diseases, education in families with low income, with frequent conflicts, the type of overprotection, as well as the facts of abuse, personal characteristics that impede successful social adaptation and professional communication, participation in hostilities, which creates conditions for the accumulation of negative emotions with the need to relieve internal tension and anxiety.

Taking into account the revealed psychosocial features, it is necessary to strengthen the barrier function of professional selection, improve organizational approaches to medical and psychological support of persons of extreme professions with the development of personality-oriented programs of psychotherapy, correction and rehabilitation.

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