
PREFERENCE OF ESSENTIAL OIL AS AN INDICATOR OF INDIVIDUAL PSYCHOLOGICAL CHARACTERISTICS

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It is known that physiological characteristics of an individual are correlated with the formation of a person's emotional background when perceiving external sensory stimuli, as indicated by the close relationship between olfactory and emotogenic brain structures. Individual ranking of pleasant and unpleasant odors can be described in terms of typological and personality traits, and is associated with persistent psychological characteristics. We aimed to determine the relationship between preference of essential oil and psychological individual characteristics. 110 healthy volunteers (women and men) - students aged 18 to 23 years with no documented manifestations of rhinal pathologies participated in this study. We used the following tests: 'Personality differential', 'Personality and typological inventory' by L.N. Sobchik, WAM (Wellbeing, Activity, Mood), and State Anxiety Inventory by C. Spielberger, Y. Hanin. We selected essential oils of mint, lavender, lemon, rose, common wormwood, pine, ylang-ylang, and sandalwood. Rejection of certain essential oils may be caused by ostensibly real negative personal characteristics, which s/he seeks to get rid of. Among those with normal level of anxiety the description of the most pleasant odor was similar to the description of the real ego. Among those with an anxious accentuation and anxious psychopathy the description of the most pleasant odor and the dynamic ego were similar. Thus, a person consciously hands over a choice of odor to the personal characteristics s/he believes can enhance or rouse positive feelings: subjectively pleasant odors reduced the level of State Anxiety, improved Wellbeing and Mood, and increased activity.