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Mental health care problem is highly significant for people who suffer from a long-lasting emotional and informational stress, especially for medical students. The aim of research is to determine the relation between the anxiety level and the psychological defense mechanism of medical students. Used methods: Taylor's method of anxiety determination and R. Plutchik's method of life styles. 66 students of the 4th course of the medical and stomatological departments were examined, among them 52 women and 14 men aged between 20 and 23. It was discovered that the average level with a tendency to high (51,51%) and high level (43,94%) were the most frequently recorded level anxiety. Though, a low and a very high level of anxiety were not registered. It means that the cohort had mainly neurotic and partially the borderline level of personality organization. For women the overstandard rates were established by regression and projection, the displacement, compensation and intellectualization rates were very low. For men- the overstandard rates were established by projection and displacement; intellectualization, substitution and reaction formation rates were very low. With the increase of anxiety rates, the average rates of denial, displacement, regression and reaction formation also increased. Compensation and intellectualization had the opposite effect during the increase of anxiety level. Thus, the psycho-prophylactic and psycho-corrective methods for students should be based on their psychological peculiarities. In practical terms, this means determining real reasons of many conflicts, predicting your own behavior and the behavior of other people in emotionally meaningful situations.