

Social Stress Disorders as a Social Problem

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Abstract: *The institutional transformations that took place in Russia in the 1990s brought not only new patterns of behavior to different spheres of society but also a new system of value orientations. New values - the values of individualism, personal freedom, enrichment, moral relativism - are not characteristic of the Russian sociocultural tradition. Such an invasion of the value system led to a disruption in the social adaptation of a significant part of the population, which in turn provoked an increase in the number of social stress disorders, borderline states of the psyche of people between the norm and the disease (Professor Iu. A. Aleksandrovskii). Studies by Russian and foreign authors indicate the influence of affective reactions of a negative nature, depression on the development of not only addictive behavior (alcoholism, gambling, Internet addiction, etc.), but also somatic diseases (cardiovascular, diabetes, etc.). The analysis of statistical indicators revealed an increase in the deviate, addictive behavior, mortality rate in Russia, since the 1990s. The data of opinion polls show a high level of Russian depression, according to this indicator Russia ranks third among European countries. According to a number of researchers, psychopathology in the coming years will become the main cause of disability for people of active age. The scientific community considers the spread of social-stress disorders as a social problem; methods for the prevention and overcoming of stressful and depressive conditions are created and applied. The article provides an example of the Program for the Prevention of Social Stress Disorders of the candidate of psychological sciences S.M. Lady-Rus (Peunovoi), based on mastering the skills of self-regulation of the emotional state.*

Keywords: *social and stress disorders, depression, stress, prevention of social and stress disorders, social maladaptation, psychosomatic diseases.*

I. INTRODUCTION

In recent decades, Russian society has faced new social problems that need to be addressed immediately. Among them is the problem of overcoming the social and psychological consequences of massive social stress disorders, which cover a significant part of the population. Transformation of the 90s the twentieth century affected the most sensitive side of individual and social life - the value system. Values are the underlying motives of social behavior. The strength of their influence is due primarily to the fact that, unlike the norms, they are chosen by a person voluntarily. Throughout life, value priorities can change, but always the individual independently determines their choice. If a violent invasion of the value system occurs, a state of value anomie sets in, leading to serious consequences. Market institutional transformations are based on the values of individualism,

personal freedom, enrichment, and moral relativism. These values are not characteristic of the Russian sociocultural tradition. Their simultaneous introduction into Russian society caused value disorientation and massive violations of social adaptation. Most of the society went into stress, accompanied by appropriate emotional and behavioral reactions. For this phenomenon, Doctor of Medical Sciences, Academician Yu. A. Aleksandrovskii introduced a special term - socially-stress disorders.

The grave consequences of mass social stress disorders are much discussed in the scientific community. However, this scientific problem has not yet become the object of public and state attention. This article reveals the objective foundations of this problem, the ways to solve it to actualize in the public mind and introduce it into political discourse.

II. METHODOLOGY

This article uses the dialectical approach to the analysis of social problems. Following R. Fuller and R. Maiers, we interpret the social problem as a condition that is evaluated by a significant number of individuals as a deviation from generally accepted norms. It is supposed to identify the objective basis of the problem, as well as subjective assessments of social facts. The mere presence of a factual, objective side is not enough to problematize a social phenomenon. If a social group evaluates this fact as a deviation from the norm, then it takes on the nature of the problem, i.e. efforts are being directed at him to eliminate the emerging social pathology. [1, 2, 3, 4]

The identification of the problem under study was facilitated by the theory of socio-stress disorders by Professor Iu.A. Aleksandrovskogo. Social-stress disorders were called the massive changes that occurred with the psyche of the population of Russia in the 90s of the twentieth century. The psyche of people could not withstand radical transformations and entered the borderline state between health and illness, which is characterized by the presence of predominantly neurosis. In this condition, there are no psychotic disorders, dementia, schizophrenia, epilepsy, etc. The most important consequence of borderline disorder is adaptation disorder. The clinical manifestations of social stress disorders are autonomic dysfunctions, night sleep disturbances, asthenic disorders, hysterical disorders, panic disorders. [5]

The study also relies on the law of spiritual and moral determination, formulated by Professor I. A. Gundarovym, the essence of which boils down to the fact that the improvement / worsening of the spiritual state of society is accompanied by a decrease/increase in morbidity and mortality [6].

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III. RESULTS AND DISCUSSION

The post-Soviet period is characterized by massive disruptions in the course of social adaptation, as evidenced by the widespread occurrence of deviant, delinquent and addictive behavior. Since the beginning of the 90s. in Russia there is an increase in negative deviations (mortality, suicide, crime, abandoned motherhood, mental illness, accidents, drug use, and distribution, etc.). Despite the prevalence of these phenomena, society considers them to be negative and believes that they need to resist. [7]

The scale of delinquent behavior speaks of social maladaptation, including crime. At the end of Soviet times, crime was steadily declining, reaching its minimum in 1987. However, with the radicalization of market reforms, it begins to grow steadily. The number of such crimes as drug trafficking, robbery and robbery has especially increased. [8] Disadaptation is manifested in the weakening of mental activity, incl. addictive behavior. With the institutionalization of market reforms in the country, the number of people with various forms of dependent behavior is increasing. To "habitual" addictions (alcoholism, smoking) addiction, substance abuse, workaholic, pathological addiction to gambling (gambling), Internet addiction, addictive sexual and eating behavior, etc. As psychologists note, this behavior is formed at the subconscious level, it is difficult to consciously overcome. It takes the psyche away from interaction with reality, immerses it in a world of strong emotional experiences, creating a world of illusions.

The borderline state of the psyche, as a result of socio-stressful disorders, manifests itself in psychosomatic, affective and behavioral reactions. The leading role is played by affective reactions of a negative nature (anxiety, anger, fear, anxiety, apathy, pessimism, etc.). Their mass manifestations create an atmosphere of depression in society. According to the international project The European Social Survey, Russia ranks 26 out of 28 among European countries in terms of depression. [9]

Researchers note that depression and the resulting neuroendocrine regulation disorders lead to the development of somatic diseases: cardiovascular [10], obesity [11], metabolic syndrome [12], type 2 diabetes mellitus [13] and many others.

Another risk of disease is associated with a sense of hostility towards other people, which is associated with certain cognitive attitudes and negative emotions. Studies show that a sense of hostility contributes to the development of the cardiovascular disease. [14]

Changes and transformation of the social system led to the fact that moral and ethical standards lose their regulatory function. Our statement is based on indicators of the Moral Anomaly Index of a society, calculated according to statistics. [15]

Social stress disorders are accompanied by a decrease in vital and social activity, the spread of social apathy, i.e. indifference and indifference not only to what is happening in public life in the country and in the world but also in one's own life. A feature of apathetic behavior is passivity in a variety of manifestations - from little noticeable to very pronounced. V. B. Nabok, sharing the point of view of postmodernists, considers social apathy as a way to adapt to constantly changing life circumstances and as a form of protest against reality. [16] For socially apathetic behavior is

characterized by a desire for a private lifestyle, avoiding active participation in public life. However, "personal privacy" does not help strengthen family relationships, which are becoming more primitive. Lack of spiritual unity reduces responsibility in the family, does not contribute to childbearing. [17]

Objective grounds for the problem of socially stressful disorders also include indicators of general mortality. Since the beginning of the 90s. and to date, they are higher than in the years after the Second World War. [18] Also, the atmosphere of recent decades has contributed to suicidal behavior, especially in regions with low living standards and lack of jobs. [19]

A significant part of the Russian scientific community understands the social danger of changes in the socio-psychological state of the population. It is spoken about at numerous scientific conferences by scientists of various profiles: sociologists, physicians, psychologists. According to doctors, in the near future, psychopathology will become the main cause of disability for people of active age. [20]

However, the appeals of scientists to government agencies, as a rule, do not find active support. Nevertheless, in a number of medical institutions, psychosomatics departments are created, psychotherapists work. Positive experience exists in the Republic of Bashkortostan, where in recent years a system of psychotherapeutic assistance to the population has been created, due to which the number of suicides and psychosomatic diseases has significantly decreased. [21-27]

Overcoming the consequences of social-stress disorders is possible without such large financial investments that were made in Bashkortostan. There are adapted to mass use methods of stress management. These include the Program for the Prevention of Social Stress Disorders of the candidate of psychological sciences S.M. Lady-Rus (Peunovoi), within the framework of which a holistic approach is used to change the psychological relations of the individual and master the skills of self-regulation of the emotional state. A method for implementing this approach in individual psychotherapy is rational-emotional therapy (RET), adapted for mass use in the form of a psycho-educational program. Categorically, psychotechnics that turn off consciousness (hypnosis and suggestion) are not used.

The restoration of the adaptive abilities of a person is carried out by developing the ability of self-regulation of the emotional state and social behavior. This task is achieved through self-awareness of the character traits that led to stress. Sincerely realizing these features in himself, a person consciously neutralizes a negative feeling with a positive one, developing a new reaction to an old problem. A positive change in character increases the stability of the psyche in stressful situations, leads to the correct and calm way out of conflict situations, improves health, quality of life and reduces the risk of diseases and life problems in the future. Such psychological work on oneself is accompanied by the adjustment of value orientations from individualistic and egoistic to altruistic and collectivist. People who are familiar with this program become optimistic, socially active, their social well-being improves. [22-26]

Numerous studies of psychologists have shown that vigorous activity aimed at overcoming life's difficulties is a condition for overcoming stress, and, conversely, a passive position is a manifestation of a violation of mental adaptation. [23-24-25].

IV. SUMMARY

Social stress disorders are recognized by the scientific community as a social problem. Researchers of various scientific fields emphasize the seriousness of the consequences of mass depressions, mental disorders that affect physical health. The violations in question are often described as a national problem that threatens the stable functioning of the whole society, as a complex problem requiring immediate resolution. And the scientific community offers individual solutions to this problem.

Analysis of statistical data revealed an increase in the number of deviant and addictive behavior, different types of diseases, starting in the 1990s. In many respects, researchers attribute the growth of such behavior and conditions to maladaptation caused by changed living conditions, market transformations and the introduction of a new value system [28].

V. CONCLUSION

The growth of social stress disorders and their consequences by the scientific community is already considered a serious social problem. Scientists in their conclusions rely not only on the analysis of statistical data but also on their research, suggesting ways to solve this problem. The next step, in our opinion, should be the understanding of this situation as an acute social problem by the whole society and power structures, in particular, as well as the adoption of comprehensive measures to prevent and manage the effects of social stress disorders.

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