

Summary to the final qualifying work

Theme of qualifying work: Research of structures of integrated individuality of employees of medical institutions with different levels of resistance to stress

Author: Karakhanova Zinaida G.

Supervisor: PhD, Associate Professor, Department of General and Educational Psychology E.F. Kulbekov

Information about the contracting authority: Federal State Educational Institution of Higher Professional Education "Pyatigorsk State Linguistic University"

The relevance of the research topic: incredibly important to us to the issue of increasing the level of resistance to stress in health care workers, in whose hands is the life and health of the population. Therefore, the creation of the program of prevention of psychological stress in the institution's staff seems to us relevant and necessary from the standpoint of its practical use. Implement a comprehensive approach to this issue could have his study through the prism of the integral personality of employees of medical institution, which is devoted to this Final qualifying work.

Objective: To develop a program of psychological prevention of stress in the institution's staff

Objectives:

1. To consider the theoretical basis of the study of psychological resistance to stress.
2. To analyze the specifics of the study of structures of integrated individuality.
3. Choose a valid diagnostic equipment and conduct diagnostic testing of structures of integrated individuality of employees of medical institutions with different levels of resistance to stress.
4. Analyzed using the methods of mathematical statistics differences in the structures of integrated individuality of employees of medical institutions with different levels of resistance to stress.
5. According to the results of the study with the help of a program to develop a psychological prevention of stress in employees of medical institutions.

Theoretical and practical significance of the study is to:

- A consistent theoretical justification of the relevance of the study of structures of integrated individuality of employees of medical institutions;
- Experimental study of structures of integrated individuality of employees of medical institutions and the results of the development program of psychological prevention of stress in employees of medical institutions;
- The development of a practical program of psychological prevention of stress in employees' health facility using technologies of practical psychology; psychological service

Results of the study:

1. In order to develop an effective program of prevention of psychological stress among employees of medical institutions must be a comprehensive study of psychodynamic, personality and socio-psychological characteristics

of the relationship and interaction, it is possible within the concept of integrated individuality.

2. The results of the pilot study of structures of integrated individuality of employees of medical institutions have shown that, in general, respondents who participated in the study, characterized by high trait anxiety, the presence of both overestimated and underestimated figures increased level of self-esteem and social and psychological frustration, which is a factor complicating development employees of medical institutions stress.
3. Implementation of the program of prevention of psychological stress among employees of medical institutions is an effective method of medical support. This confirms the importance of statistical data obtained by computer mathematical processing using the T-test.
4. At the end of the program in the experimental group was observed increase in the number of indicators suggesting an adequate self-esteem, emotional well-being, and the subjective satisfaction of the respondents different areas of life, which is an indicator of positive dynamics in the development of stress the individual employees of medical institutions.

Recommendations:

According to the results of the study suggest the following recommendations:

- For employees of medical institutions:

1. With the help of a psychologist psychological service organizations choose hobbies that contribute to psychological relaxation, personal growth and improve the emotional background.
2. With the help of a psychologist psychological service organizations to choose the optimum for each of the employee's medical establishment strategy designed to combat stress and restoring inner picture of health.
3. Create your own library, film library and music collection to facilitate the restoration of internal emotional resources of the individual.

- Specialists of the psychological service of the organization:

1. It is recommended to carry out regular awareness-raising activities to illustrate the urgency of obtaining and practical application of psychological knowledge of health care workers.
2. Use the methods of complex diagnostics structures of integrated individuality of employees of medical institutions to determine the psychological characteristics of the individual, at different levels of integrated individuality, promote or hinder the development of psychological resistance to stress.
3. To organize as part of the psychological service organization of group personal-development activities on the development of personal reflection and development of the desire for personal growth.