

Annotation

The topic of the graduation thesis: The Electroencephalographic Monitoring of the Anxiety Level of the Students at the Different Stages of the Professional Socialization

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The urgency of the investigation: The problem of the anxiety level occupies a special place in the science. The psychologists pay a particular attention to this problem because of the abrupt changes in the society life, the rising degree of uncertainty and unpredictability of the future life, which causes the feeling of the emotional tension, uneasiness and anxiety. Nowadays the anxiety is studied in our country in within narrow bounds of the special applied problems. The study of the neurophysiological bases of the anxiety is considered to be a serious fundamental problem. At the same time there is no answer to the question concerning neuroneurophysiological mechanisms and electroencephalography features that are connected with the anxiety.

The attitude to the anxiety phenomenon in the Russian psychology has changed greatly, so the views concerning this particular subject became ambiguous and less categorical. Every person has its own optimal level of the anxiety, a so-called healthy anxiety which is the most necessary condition of the personality development.

In modern psychological studies the anxiety is considered as the basic feature of the individual differences. Besides it cannot be considered either an individual one of the personal feature of the personality.

Anxiety is a widespread psychological phenomenon. It is a common symptom of neurosis and more serious psychoses and can be a symptom of other

illnesses as well. Moreover, the disorder of the emotional sphere of the personality can be triggered by the anxiety. The importance of the anxiety as a socially-induced factor was mentioned on a symposium held by the American Psychological Association in Toronto in 2009.

That was the reason for the choice of the subject of the investigation.

The purpose of the investigation: to conduct an electroencephalographic monitoring of the anxiety level of the students at the different stages of the professional socialization.

The objectives of the investigation:

- to study the opportunity of the assessment of the personal and situational anxiety of the students including the standard EEG measures in the laboratory;
- to identify the factors and artefacts that influence the diagnostic accuracy;
- to deliver a reducing anxiety level workshop;
- to establish the correlation dependence of the standard EEG measures and anxiety levels of the students.

The theoretical and practical relevance of the work:

The theoretical significance of the work: the paper contains the information concerning the interrelation of the anxiety and electrobiological brain activity and can serve as a knowledge basis on the subject of cerebration.

The practical relevance of the work is determined by the mental health delivery problem at the different stages of the student socialization. In recent years there is a substantial increase of the student anxiety, that proves the negative influence on the psychological and mental well-being of the youth and prevents further complete development of the personality.

The result of the investigation: The reliable statistic differences of the situational anxiety level of the students at the different stages of the professional socialization were identified.

The test hypothesis that the EEG monitoring is possible on the basis of the

simple EEG measure analysis (reducing the beta-activity, the increasing the alpha-activity after delivering a psychological workshop) was not confirmed as a common regularity.

The integral individuality of a person does not allow the scientists to find the right, available and universal EEG criteria of the personal and situational anxiety evolution before and after providing the psychological help.

Recommendations: the results and the factual information of the investigation should be reasonably used for the purpose of the work with anxious students at the different stages of the professional socialization.