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ESTIMATION OF TEMPERAMENT TYPES OF PREGNANT WOMEN AND THEIR CONNECTION WITH ANXIETY

Certain level of anxiety is required for effective adaptation to reality. State of the pregnant woman can have significant influence on features of the prenatal psychological functions which are being formed and therefore it can considerably determine his life scenario [2]. According to the scale “neuroticism – emotional stability” anxiety is one of the measuring parameters of the person which reflect individual reaction on stress [8]. During short-term presentation subclinical anxiety levels work as adaptive factors due to psychogenic and general-activating effect which realizes in result of associated symptomatic adrenal activation. Prolongation of the period subclinical anxiety state results into fixation and exhaustion of normative modus of psycho-vegetative activation and its change for pathologic one. Analysis of anxiety under the scale “neuroticism – emotional stability” permits to determine individual retention of subclinical anxiety levels in case of routine stress. Estimation of these parameters is possible due to EPQ questionnaire of H.J. Eysenck. It permits to estimate such psychic properties as neuropsychic lability, extraversion and psychoticism. Also it is possible to derive available personal features such as emotional-conative stability and belonging to classical types of temperaments [3, 4, 6].

Object of research: estimate temperament types of pregnant women and their connection with trait and state anxiety.

Examined group and methods of research.

392 Pregnant women were examined in II and III trimesters. Individual and psychological features of pregnant women and their psychoemotional state were studied using the complex of psychodiagnostic methods: Personality Questionnaire of Bekhterev University, Spielberger-Hanin scale, questionnaire Eysenck EPQ [1, 4, 5, 6, 7]. Variation and statistical processing of results was performed with STATISTICA 6.0 analysis programs.

Results of researches and their discussion.

According to Eysenck Circle, among the main temperament types, conformity to sanguine type was found more frequently and was determined in 139 examined pregnant women: it made 35.46 %. Choleric temperament was determined in 94 (23.98 %), melancholic – in 88 (22.45 %) pregnant women and phlegmatic type was determined in 71 (18.11 %) pregnant women (Fig. 1).

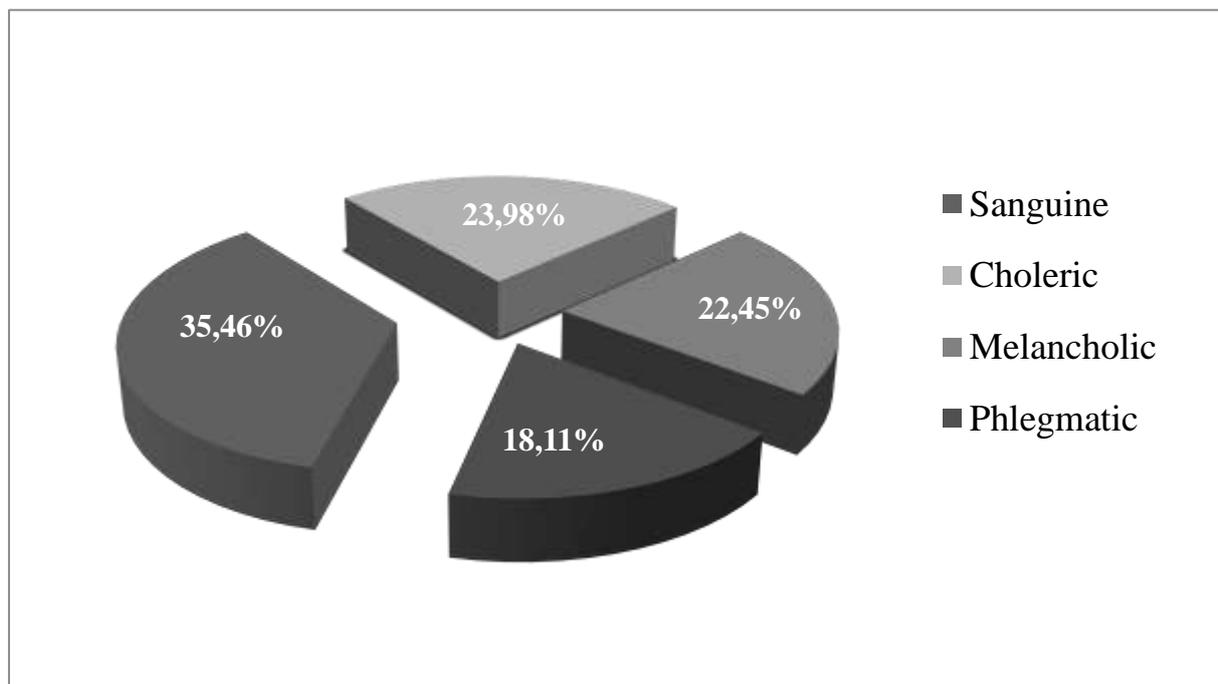


Fig. 1. Temperament types of pregnant.

During estimation of questioning results by means of Eysenck EPQ, taking into account anxiety level, there was found that index of neuroticism increased statistically and reliably ($p < 0.05$) to the level of both trait anxiety (TA) and state anxiety (SA). Above mentioned results are confirmed by available positive correlation of neuroticism with SA level ($r = +0.347$, $p < 0.05$) and more significant correlation with TA level ($r = +0.666$, $p < 0.05$).

Conclusions.

According to results of performed research the statistically reliable ($p > 0.05$) difference was determined both under the TA level and SA level among pregnant women which temperament type corresponded to sanguine comparing to choleric and melancholic types; and also which corresponded to phlegmatic type comparing to choleric and melancholic. Comparing sanguine persons to phlegmatic ones and choleric persons to melancholic ones there was found statistically reliable ($p > 0.05$) difference only under TA level.

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