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AGGRESSION, DEPRESSIVE STATES, ANXIETY CAUSED BY EARLY ADULTHOOD

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Aggression, depression, dependence on computer games are actual problems in modern society. However, their relationship with suicidal behavior has not yet been revealed. This fact could not but attract the attention of psychologists. A fairly large percentage (10–14% according to various sources) are seriously interested in them, devoting a lot of time to this activity, often to the detriment of work, study, etc. [1]. Interest in the problem is caused by a strong increase in the number of people who show aggression in everyday normal life and many of them seem to be playing computer games. Studies in all countries of the world show that depression, like cardiovascular diseases, is becoming the most common ailment of our time [2]. Scientific research, long-term experience of scientists aims to show that computer games require comprehensive study. Unfortunately, some researchers are trying to award all the troubles and problems of modern society to computer games [3]. Thus, despite the large number of scientific developments, articles on this topic, the problem of diagnosing manifestations of aggression, depressive states and anxiety within the age period from 20 to 35 years remains urgent.

The purpose of this work is to identify aggression, depression, dependence on computer games as indicators of suicidal risk.

Material and methods. Theoretical (review and analytical analysis) and empirical (comparative and systematic analysis of the obtained research data) methods were used.

Findings and their discussion. Suicidal behavior has been studied by Belarusian and foreign researchers, such as A.G. Ambrumova, M.V. Zotov, B.S. Polozhiy, E.A. Panchenko, E.N. Krivulin. In modern Russian scientific and practical psychology, suicide is considered as a connection of social, biological and psychological factors. The founder of the sociological concept E. Durkheim believed that the basis of suicidal behavior was the decline and instability of social integration [5]. From the point of view of A.G. Ambrumova, suicidal behavior is a consequence of socio-psychological

maladaptation of a person experienced the condition of a microsocial conflict [6]. Suicidal behavior is called any internal and external forms of mental acts, guided by ideas about depriving oneself of life. Internal forms of suicidal behavior include: thoughts, ideas, experiences, suicidal thoughts and intentions. The emergence of suicide is preceded by anti-vital experiences in which there is a denial of life: "You do not live, but you exist." The external forms of suicidal behavior include: suicidal attempt and completed suicide. A.G. Ambrumova and V.A. Tikhonenko call two types of suicidal attempts: true and demonstrative blackmail. The latter may be indicated by the choice of low-risk methods of suicide, an attempt to commit suicide in front of others [7]. The probability of committing suicidal actions is influenced by a variety of factors: individual psychological characteristics of a person and national customs, age and marital status, cultural values and the level of psychoactive substances consumption. Ambrumova, classifying the motives and causes of suicidal acts, identifies personal and family conflicts; mental health conditions; physical health conditions; conflicts related to the antisocial behavior of a suicidal person; conflicts in the professional or educational sphere; material and everyday difficulties [6]. In addition to factors, there are indicators of suicidal risk. Behavioral indicators include alcohol abuse, substance abuse; leaving home; a strong decrease in daily activity; self-isolation from other people and life; changing habits (for example, non-compliance with the rules of appearance care); choosing topics of conversation and reading related to suicide and death. The study of the circumstances of suicidal cases shows that most of the people who have taken their own lives are practically healthy people who have fallen into acute traumatic situations. According to a number of experts in developmental psychology and age psychology, adolescent age crises and midlife crises are the most severe and painful for the human soul in psychosocial terms. Thus, when studying the causes of suicides, it is necessary to keep in mind not only the motives of these acts, but also the circumstances characterizing the social environment and personality, as well as deviations from a normal lifestyle.

The study used the following methods is "Assessment of aggressiveness in relationships (A. Assinger)", it allows to study a person's aggressiveness towards others; "Abbreviated Mini-Cartoon/ RESIN test", "Diagnosis of depressive states (Zhmurov)", which is designed to diagnose the level of severity (depth, severity) of a person's depressive state, mainly dreary or melancholic depression, at the time of examination; "Integrative anxiety test (A.P. Bizyuk, L.I. Wasserman, B.V. Iovlev). The ITT technique is of indisputable importance in solving the problem of primary psychoprophylaxis of the occurrence of mental maladaptation in persons whose professional activity takes place under conditions of emotional stress and the impact of complex social factors. The study participants were middle-aged people (from 21 to 33 years old, professionally working: programmers, graphic designers and others). Purposeful and consistent empirical research was conducted. The study involved 20 people with various computer game experiences, 10 of them were female and there was the same number of males. According to the results of the study presented by the test "Assessment of aggressiveness in relationships (A. Assinger)", the following conclusions are made: non-playing men are more aggressive than playing men and women. And only one out of ten women surveyed is the most aggressive. Non-playing men (the total score of 20,2 is 34,2%) are the most aggressive. According to the results of the study of the test "Diagnosis of

depressive states (Zhmurov)", the following conclusions were made: according to the strength of the propensity in depressive states, men who do not play computer games can be put in the first place. As a result of the study of depressive states by the method of "Abbreviated Mini-Cartoon / RESIN test", a kind of confirmation was revealed that men and women playing computer games in early adulthood were less susceptible to depressive states than those who were not playing. Based on the results of the study of anxiety states by the method of "Integrative anxiety test" (A.P. Bizyuk, L.I. Wasserman, B.V. Iovlev) the following conclusion is made: according to the strength of the propensity to anxiety states, women who do not play computer games can be put in the first place (19,7%).

Conclusion. Therefore, the final conclusion was made: the analysis of the literature helped to determine the further direction of the study of the problem and made it one of the most pressing problems of the modern world, an important theoretical and practical task.

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STRUCTURE OF PERFECTIONISM IN STUDENTS OF VARIOUS SPECIALTIES

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Perfectionism (from Latin *perfectio* – perfection) is a multidimensional psychological construct characterized by excessive demands on oneself and others in relation to any activity, behavior, personal qualities [1]. Perfectionism leads people to strive to achieve unattainable ideals or unrealistic goals, which often lead to many forms of adjustment problems such as depression, anxiety, OCD, OCDD, and low self-esteem. The relevance of the study of perfectionism is that it can affect other psychological, physical, social aspects of the life of children, adolescents and adults, is associated with