

## CAUSES PSYCHOSOMATIC DISORDERS IN POLICE OFFICERS

*Article is devoted to determining the causes of psychosomatic disorders among police officers. Illuminated views of scientists from different eras. The features of the impact of early family relationships on the formation of psychosomatic disorders. The main varieties of psychosomatic disorders. Characterized specificity of psychosomatic status of law enforcement officers in modern conditions.*

**Key words:** *psychosomatic disorders; causes; varieties; psychosomatic status.*

As known, the most ancient thinkers went out, foremost, from religious ideas about a man and his features. Accordingly, got the «scientific life» of psychosomatic as science about intercommunication of the soul and body (from ψυχή – psyche, σῶμα – body) [3–4]. First such mentions are on IV of century to n. e. and belong to the ancient Greek philosopher to Aristotle (384 to n. e. – 322 to n. e.).

Aristotle considered that the soul was an integral structure which will organize life of body: regulates functioning of organism, him objective and subjective experiencing, behavior. In this connection he pronounced the phenomenon of «*entellehia*» – internal force which contains an aim and final result (for example, force which from the seed of trees the forest grows due to potentially) [1, p. 123]. Entellehia of person and his body Aristotle counted the soul. It, to our opinion, it follows to consider a maiden attempt to define psychosomatic status of personality: the soul is that force through which a body will realize the viability [1, p. 317].

During great while thinkers and scientists of the past considered that the state of the soul laid on the imprints on a body and life of person, as the soul is the source of feed of body. Accordingly, the «healthy» soul passes to the body the healthy, so to say, «plan of existence». And the soul which is encumbered with negative offenses or speaking out the language of old times, is

«under power of devil» or suffers from «cardiac wounds», influences a body to function on a sickly line-up.

Will notice at once, that the modern analogues of these determinations consist in co-ordination of leading scientists of present time in relation to an undesirability facial to be in a stress state, caused: by fear, panic, despair; by an aggressiveness, irritability; various undesirable *гештальтами*ад

As well as in the past, close 80% of all illnesses in our time attribute to psychosomatic [5–6]. General conception here consists in an idea, that in an order to rid of illness, it is needed to revise the attitude toward the world, people and itself. Id est, the plot of a story of *психосоматики* can be meant as a theory that healing of the soul (psyches) of person has the consequence of healing of her body. Such healing is based on cleaning from the mental and emotional undesirable experiencing (indignation, offense, jealousies, fear, anger and т. other).

Scientists consent [2; 11], that quite often propensity to the psychosomatic diseases is formed from babyhood. For example, too critical relation of parents, tightness in the air in family, other unfavorable factors psychologically «press» on a child, accordingly, mentally injure her and cause the sickly state of her psyche. Not displacing attention on it or as a result of the deformed ideas about a norm (considering stress the necessary constituent of life), a person can constantly suffer, not giving to itself herein a report. In another case, not understanding reasons of suffering, a person counts them exceptionally by medical problems, related to the state of the physical health.

Generalizing positions of scientists in the noted plane, offer next working determination: *psychosomatic – are the somatic suffering of person, reasons of which are unfavorable psychical processes.*

Psychosomatic status of personality depends on psychogenic factors which determine essence and motion of somatic symptoms and diseases. the study of this problem allows to lay down the list of psychosomatic diseases and give explanation in relation to psychical nature of their origin.

Circle of disorders, which belong to psychosomatic, determine as follows [3; 5; 6] (see a table. 1):

Table 1

### Varieties of psychosomatic disorders

Class	Somatic disorders	Pathological psychogenic reactions are on somatic diseases	Psychical disorders which will complicate often thicken by somatic pathology	Highly emotional anxious and adynamic states
Examples	Pseudo-rheumatism; hyperpiesis	depressions and memorys disorders	nervous anorexia, bulimia, alcoholism	psychoses, hallucinosis

The empiric research conducted by us allowed to distinguish such principal reasons of psychosomatic disorders for the policemen:

1. *Frustration* (lat. *frustratio* – «*deception*», «*failure*», «*vain expectation*», «*disorder of intentions*»). The phenomenon of frustration consists in that it is the state, which arises up as a result of experiencing concerning impossibility of achievement of the set aims and satisfaction of necessities, crash of plans and hopes [7, p. 877]. Id est, a man which experiences such emotions is in sharp stress which can last sufficiently long. Protracted negative experiencing victimized person, and she acquires propensity to the increased vulnerability in relation to the further experiencing and suffering [16, p. 47]. Accordingly, such protracted suffering from an especially emotional sphere easily pass to physical.

Offered this idea the first in general sense Z. Freud, which specified that frustration is a mental condition, capable to result in the origin of neurosis. He considered that the forced abandonment of person from desirable or prohibition on attempts to attain it – correlated with impossibility of satisfaction of necessity of love [11–12]:

- the first type of frustration is presented mentally by healthy persons which can satisfy with a requirement in love the real object and become neurotic, if delivered this object, not finding replacement to him;

- other type is related to that a person falls ill not as a result of external circumstances, but through internal insuperable obstacles in relation to a receipt desirable.

Z. Freud marked possibility of «catastrophe during success» – neurotic diseases can arise up not only as a result of abandonment from meeting wishes but also in the moment of their realization, when:

- expectations of itself did not justify;
- internal dissatisfaction comes since external dissatisfaction yields to a place implementation of desire.

A scientist proved that frustration caused hostility and is the source of instinctive tension, becomes reason of neurotic alarms. It is exactly those factors, which influence on the feel of man and, accordingly, represented by physical simptoms.

The American psycho-analyst E. Fromm (1900–1982) considered in this connection, that existed [13, p. 112]:

- natural inclination to frustration, id est there are persons which experiencing of this state does not threaten;
- different intensity of reacting on frustration and different probability of transition of this state are in chronic.

Austrian psychotherapist V. Francel (1905–1997) created conception of «*existential frustration*», in which, unlike predecessors, complemented determinations of the frustration states, which before explained the unrealized subconscious sexual appetences, aspiring of man to sense of life [10, p. 97]. He considered that existential frustration is related to the moral conflicts and spiritual problems of human existence.

In case of policemen, as follows from the certificates of the persons polled by us, frustration is often caused by unachievement of expectations of level of solicitations in relation to official position, quarry increase or level of independence on held a position.

2. *Deprivation* – psychological determination of the phenomenon of deprivation specifies on that it is a mental condition, caused by privation of the most necessary vital necessities (such as sleep, meal, accommodation, intercourse and others) or privation of other usual for a deprivation person blessing [2, p. 147].

Scientists mark, that ardent sorrow or aggression (depending on as temperament of person) becomes the display of deprivation. These emotions can be outwardly-directed (on other people) or on

itself (self-aggression). Accordingly, it results in psychosomatic displays [14; 16]:

- suicide;
- self-harm without the aim of suicide;
- hidden forms of self-aggression (alcoholism, drug addiction, smoking).

To our opinion, in society, where an enormous amount of limitations is in relation to the displays of emotions (for example, in anger it is impossible to kill an offender), deprivation almost no options results in psychosomatic diseases. An alternative can be the special psychological help or presence for the deprivation person of the special psychological knowledge in relation to exits from heavy situations.

Psychologists and physicians consent, that psychosomatic disorders demonstrate often by alike symptoms: the increased conflict, irritability, insomnia, subdepression, cardiophyshoneurosis, violation of regular hormonal excretions for women and others like that. Then, at deepening of problem, there is high blood pressure, asthma, heart attack or stroke and other [3; 14].

In case of policemen, deprivation is often caused by the excessive loading and unrationed worker sometimes, whatever a person pours out from, does not have time in time to accept a meal and others like that.

3. *Cognitive dissonance* – psychological determination of the phenomenon of cognitive dissonance specifies on that it is a mental condition, which is characterized by a collision in consciousness of individual of contradictory knowledge, persuasions, behavioral options in relation to some object or phenomenon [9, p. 27].

The American psychologist L. Festinger marks that a person in the behavior and perception of the world follows the system of cognitive elements (beliefs, ideas, values, intentions and others). When opposite options interfere in this system, a person felt negative emotions often unendurable choice – which one knowledge to consider faithful. Accordingly, such feeling is unpleasant and require from a person to get rid them. A few variants of reacting are here possible:

- to change one of elements of dissonance knowledge;
- to suffer from a dissonance.

L. Festinger suggested to remove contradiction through perfection of knowledge or due to the change of social options in [9, p. 119]:

- complex of knowledge about objects and people (depending on an amount and variety of the knowledge included to him);
- to the cognitive system of perception itself and the outer world;
- various perceptions of different degree of complication, co-ordination and interrelate.

In case of policemen, as reason of cognitive dissonance often the conflict of official tasks or legislative binding overs comes forward with their subjective estimation by a dissonance person.

4. *Ego-dystonia*. Psychological determination of the phenomenon of ego-dystonia specifies on that it is a mental condition, which is characterized by that a person felt bad (deep dissatisfaction or, even, grief) quarter of a hour in connection with a presence for her of certain offtype individual property [7–8] but aims to get rid from these features.

In case of policemen, as reason of ego-dystonia the conflict of presence of inclinations which mix effectively to execute official tasks comes forward often, that forces a person to feel the nonentity in relation to colleagues (for example, the developed thought mixes uncritical to perceive and execute the orders of guidance).

On the basis of the stated, consider that modern psychosomatic status of certain part of policemen is characterized by an anxiety, presence of the depressed disorders and hypochondria displays, decline of quality of life. these displays it is possible, to our opinion, to mean as symptoms of general psychical maladjustment which, in turn:

- worsens possibilities of high-quality implementation such persons of the professional duties;
- influences on job of internal affairs performances on the whole;
- results in violation of social life of respondents.

Will notice that psychosomatic confusions negatively influence other people – surroundings of maladjustment person. trauma, that more chronically, the psyche of individual does not allow to build healthy mutual relations with near people and colleagues. id est, involuntary, a person with psychosomatic

disorders influences on other the character, which must result in similar самовідчуття in those, who she socializes with.

This look is confirmed by psychological researches in relation to the natural aspiring of man to accordance itself and the surrounding world [10; 11; 13]. Thus, it is possible to interpret this rule and vice versa: to see aspiration of person to «influence» the outer world in accordance with own health.

Thus, can establish the following:

- psychosomatics is science about intercommunication of mental condition (souls) and body, according to which origin close 80% of all somatopathies depend on negative emotional processes;

- by a maiden attempt to define influence of psyche on a body introduction of category of «entellehia» (forces of the soul, which manage people) became Aristotle;

- questioning of practical workers certifies a presence for them: psychogenic reactions on somatopathies, and also the highly emotional anxious and adynamic states;

- causes of psychosomatic disorders for the policemen is: frustration, deprivation, cognitive dissonance, ego-dystonia;

- Psychosomatic status of far of respondents is related to the anxiety, depressed disorders, hypochondria and decline of quality of life.

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