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BIOSOCIAL AND SPIRITUAL DETERMINANTS OF MENTAL HEALTH

Introduction.

Mental, somatic and social well beings are the important units of everyday life for every person. They are in their turn closely interconnected. Mental disorders make five from ten reasons of disability in the world. The WHO experts note that in the future the number of such category patients will grow sufficiently.

The **objective** of the paper is to maintain the regional peculiarities of peoples' mental diseases in Zhytomyr district.

The main data sources of the research are statistical data and authentic questionnaire that was proposed to 206 respondents. In the basis of the questionnaire lay the PARI method (parental attitude research instrument) of E. Sheffer and R. Bell.

Results and discussion.

Europe today faces big problem connected with the increasing number of patients suffering from mental disorders. In its turn it leads to considerable growth of suicide rate – from 2 to 44 on 100 thousands of population. In Ukraine 1,2 million people require psychiatric help. Upward 1991 the number of mental disorders grew in 1,2 which makes from 22,2 to 26,6 cases to 10 thousands of population. In 2014 69,0% from all registered cases were patients with mental disorders of active working age, 23,0% - children. Attempted suicides in 2014 made 22,5 cases to 100 thousands of population (18,8 in urban territories and 30,5 in rural ones).

Among the determinants of mental health we can distinguish the number of biosocial factors, such as: heredity, sex, poverty, unemployment, social and home conflicts, wars, natural disasters, somatic illnesses that are accompanied by stigmatization and discrimination (HIV/AIDS, Kaposi's sarcoma, tuberculosis), somatic and psychical traumas' consequences especially at military men. 90% from them can be hereditary. Emotionally stressful satiations in the majority of cases family conflicts initiate transference into active and then chronic illness form.

Especially important as the stressors are family conflicts. Nowadays family conflicts are equivocal. They are considered to be the compulsory component of family life not as the negative factor including happy unions - 80–85% families have conflicts but conflicts differ in their essence. It concerns happy and unhappy unions. In the first ones they are not numerous, long and usually help to solve the problem. For the unhappy ones conflicts are typical and lead to divorce. Divorce is the destructive way of solving the family conflict that cannot be compared with suicide, murder of the family member. Family conflicts are preliminary to divorces: frustration with family relations (half men and one third of women), excessive finicky for the partner (one third of women), addiction for conflicts (one third of men and women), exaggeration of own authority and partner's

undervaluation, striving for domination in the family instead of equality in relations, destructive behavioral models (two thirds of men and over half of women).

General prevalence of mental diseases is common both for men and women. But generalized anxiety disorders and neurotic depressions are widely spread at women while disorders connected with abuse of antidepressants and antisocial personal disorders are mostly peculiar to men.

Social factors also play an important role in gender diversity and anxiety disorders. The traditional role of the women as the domestic goddess involves them into considerable stress and gives less possibility for elimination of stress determining atmosphere. Another reason of sex connected differences in frequency of mental disorders is wide extension of sexual transactions and family abuse that commonly concern women. Every fifth woman is raped or attempted to rape but men frequently commit suicides that deal with family conflicts.

Conclusion.

Nowadays the population of Zhytomyr district has the variety of diseases among which mental disorders have considerable significance. Family heritage, stressful situations initiate family conflicts that afterwards result divorces and suicide.