

Psychological characteristics of students with signs of obsessive-compulsive disorder

Ulzharkyn Abdigapbarova, Olga Tapalova* and Nadezhda Zhiyenbayeva

Abai Kazakh National Pedagogical University, Kazakhstan

Abstract

Nowadays, obsessive-compulsive disorder is affecting an increasing number of young people. Many educational researchers attribute this deterioration of students' mental health to rapid climate change, ecology, scientific and technological progress, the reassessment of life values and globalization. International epidemiological studies show that the prevalence of obsessive-compulsive disorders ranges from 1.9% to 3.3% of the population. Psychologists believe that obsessive-compulsive disorder, as a rule, develops at a young and adolescent age which significantly complicates the further social adaptation of the person. Obsessive-compulsive disorder affects not only the person suffering from this disorder but also affects the people around him. This emphasizes the social significance of research on obsessive-compulsive disorder. As a psychological problem, the question about the predictors of obsessive-compulsive disorder (OCD) development becomes particularly relevant. It is necessary to solve the problem, as it has been revealed that OCD negatively reduces working ability, learning adaptation, academic performance and quality of students' life. The purpose of the present paper is to provide experimental results on revealing the relationship between the manifestation of the signs of obsessive-compulsive disorder and the personality characteristics of psychology students of the 1st-3th years. The experimental study used methods and techniques at the junction of such sciences as general, social and clinical psychology. Research methods: observation, experiment, testing, survey. Research methods: Symptomatic questionnaire SCL-90-R, Personality questionnaire "Big Five", "Self-evaluation diagnostic technique of C.D. Spielberg, statistical methods. The obtained experimental results demonstrated the interrelation of obsessive-compulsive traits manifestation with personal factors of students. It was revealed that predictors of obsessive-compulsive disorder development are individual-personal characteristics acquired genetically; and as a result of family upbringing; high level of anxiety and self-control; anxiety and decreased mood. We drew up a psychological portrait of a student with predisposition to obsessive-compulsive disorder. Practical recommendations were presented for overcoming the occurrence of obsessive thoughts, doubts and actions.

Keywords: anxiety, conscientiousness, extraversion, benevolence, openness.