Formation of sanogenic thinking as the way of avoiding obsessive thoughts

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Relevance of research

The probability of occurrence obsessive thoughts in the human consciousness is usually characteristic for pathogenic thinking that multiplies the suffering of human. This is the case when a person, through his or her thinking, reproduces in his imagination and thoughts a stressful situation many times that is a consequence of the possible emergence of a state of chronic stress \[2, 3, 4\]. Obsessive thoughts create a heavy feeling, and as the result, a person is forced to have constantly recurring thoughts which lead to intrusive behavior. One of the main reasons for the emergence and development of any forms of obsessive states is the habit of an internal conversation with oneself, especially, a nonconstructive, constant unconscious discussion of old and new issues (what has already happened or may take place once). Defying sanogenic thinking, a person stops useless automatic work of keeping intrusive thoughts in his mind.

Methods of research

Methods of research were theoretical and empirical: the research methods of sanogenic (pathogenic) thinking of higher educational institutions students by L. Rubtsova, estimation of the level of satisfaction with quality of life by N. Vodopianova, methods of volitional self-regulation studies A. Zverkova and E. Eidman, social adaptation scale T. Holmes and R. Gisen questionnaire for psychosomatic complaints, technique "List of critical life events" (A. Beck) based on the interview method.

Research results

Sanogenic thinking as a mental process of reality reflection is characterized by a high level of metacognition and monitoring and manifested itself in the understanding of traumatic emotionogenic factors, the awareness of nonconstructive behavior programs provides for their correction and the acquisition of skills of adequate methods of response in stress situations \[4\].

During the study, it was diagnosed that 78% of students are predominated by pathogenic thinking. The students' negative cognition was investigated, among which 48% were consensual judgments, 34% were condemned judgments and 18% were horrific judgments, which mostly have obsessive content. We also found a low level of perseverance (50.9% of students) and self-control (49.1% of students); 41.2% of the students noted a high probability of neuropsychiatric disruption, 63.4% of students had a threshold of resistance to stress; students have typical psychosomatic complaints on the scale: "exhaustion" (14%), "pain in different parts of the body" (14%), "gastric complaints" (11%) and "heart complaints" (11%) \[4\]. The obtained data from the empirical research indicate that the sanogenic thinking is not formed and manifestations of obsessive thoughts in the student's
youth that destroy consciousness.

We offer the following exercises for the formation of sanogenic thinking: the role game "Inadequate interpretations", the exercise "Non-adaptive cognition" and the exercise "Work with pathogenic thoughts", physical exercise "Voltage and relaxation" [1, 4, 5]. The exercises aim is to reduce the nervous tension in the body resulting from the prolonged experience of anger, insults, to identify typical pathogenic automatic thoughts for typical stress situations, to strengthen the ability to find adaptive thought and methods of constructive response in stressful situations.

Conclusion

The formation of sanogenic thinking involves a long process of working on itself. It helps to find adequate ways of responding to stress itself, stress situations and to avoid obsessive thoughts that may occur in the mind of a young person.

References