



Харківський національний
педагогічний університет
імені Г.С. Сковороди

СУЧАСНІ ТЕНДЕНЦІЇ В ДОСЛІДЖЕННЯХ МОЛОДИХ НАУКОВЦІВ

МАТЕРІАЛИ

міжвузівської науково-практичної конференції студентів

ХНПУ ім. Г. С. Сковороди

(16 травня 2017 р., м. Харків)

кафедра англійської мови

Харків 2017

wonderful way to exercise while having fun.

Besides, it has a lot of health benefits:

- it increases your muscle tone,
- lowers blood pressure,
- relieves stress and releases endorphins .
- it helps us burn calories and lose weight.

Dance for yourself, your body, mind, emotions. Dance is a language that we have. It's a breath of fresh air, freedom and the end of wild drive that will fill your body and soul.

LITERATURE

1. http://dance.lovetoknow.com/History_of_Ballet
2. http://www.dancelovers.com/waltz_history.html
3. <http://www.be-dance.net/history-of-tango>
4. <http://www.verytangostore.com/tango-history.html>
5. <http://lifestyle.iloveindia.com/lounge/history-of-tango-dance-6309.html>
6. <https://www.britannica.com/art/break-dance>
7. https://en.wikipedia.org/wiki/Dance_and_health
8. <http://www.dancetime.com>

Stetsenko Nataliia, 53 PM, KhNPU

VIEW OF A PSYCHOLOGIST ON DIABETES

Scientific adviser – Razumenko T.O.

Psychosomatics (dr.-Greek ψυχή – soul and σῶμα – body) – a direction in alternative medicine (psychosomatic medicine) and psychology, studying the influence of psychological factors on the onset and progress of somatic diseases. Psychosomatic diseases are illnesses, the causes of which are to a greater extent the mental processes of the patient than directly any physiological causes. If a medical examination can't detect a physical or organic cause of the disease, or if the disease is the result of emotional states such as anger, anxiety, depression, feelings of guilt, than the disease can be classified as psychosomatic.

Even in Greek philosophy and medicine, the idea of the influence of the soul and spirit on the body was widespread.

Sigmund Freud investigated psychosomatic diseases, which formed his theories about the unconscious mind and repression. Many known diseases were previously classified as "hysterical" or "psychosomatic", for example, bronchial asthma, allergies, imaginary pregnancy and migraines. Psychosomatic illness can result from problems in relationships, stress or other non-physiological causes, often caused by external factors or people.

There are five emotions on which psychosomatic theory is based: sorrow, anger, interest, fear, joy. Let's now talk about causes of psychosomatic reactions.

According to the classification of psychologist Leslie Lecron, the causes of psychosomatic reactions can be:

Conflict - the formation of a psychosomatic symptom can lead to internal conflict between different parts of the individual.

Language of the body - in some situations the body physically reflects the state that could be expressed by one of the figurative phrases of the series: "this is a single headache", "I don't digest it," "because of this my heart is out of place", "My hands are tied". Then a certain organ hurts, it is difficult to breathe, migraines occur, the work of the gastrointestinal tract is disrupted, and so on.

Motivation or conditional benefit, experience of the past, identification - a physical symptom can be formed due to identification with a person who has a similar symptom or disease. As a rule, this happens with a strong emotional attachment to this person.

Self-punishment – in some cases, the psychosomatic symptom performs the role of unconscious self-punishment. This punishment is associated with real, and often imaginary, guilt that tortures a person.

Let's now turn to Diabetes.

Even 1,500 years before the ancient Egyptians in their medical treatise "Papyrus Ebers" described diabetes as an independent disease. The great doctors of Ancient Greece and Rome tirelessly meditated on this mysterious disease.

The physician Aretaius came up with the name "diabetes" – in Greek, "flow, I pass through." The scientist Celsus argued that the indigestion of the stomach was to blame for the onset of diabetes, and the great Hippocrates diagnosed it by trying the patient's urine for taste. By the way, the ancient Chinese also knew that with diabetes, urine becomes sweet. They came up with an original method of diagnosis with the help of flies (and wasps). If the flies sit on the saucer with urine, then the urine is sweet, and the patient is sick.

Diabetes mellitus is a chronic disease that develops as a result of absolute or relative insufficiency of the pancreas hormone insulin. It is necessary to bring glucose to the cells of the body, which enters the bloodstream from food and provides tissue with energy. With a lack of insulin or insensitivity to body tissues, the level of glucose in the blood rises - this condition is called hyperglycemia. It is dangerous for almost all body systems.

Diabetes mellitus type 1 is a condition in which, for some reason, beta cells of the pancreas die. It's these cells that produce insulin, so that their death leads to an absolute deficiency of this hormone. Such diabetes is more often found in childhood or adolescence.

According to modern ideas, the development of the disease is associated with a viral infection, inadequate functioning of the immune system and hereditary causes. But it doesn't inherit diabetes itself, but only predisposition to it.

Diabetes mellitus type 2, as a rule, develops after 30-40 years in people who are overweight. In this case, the pancreas produces insulin, but the body cells cannot respond to it correctly, their sensitivity to insulin is reduced. Because of this, glucose can't penetrate into tissues and accumulates in the blood.

Psychosomatic explanation of diabetes

A person, who has diabetes, for a long time, feels unhappy, thinking that no

one likes him. At the same time, there may well be people who sincerely love him, but a person doesn't want to notice it. He trapped in loneliness, raises food in the cult, provoking more weight and everything that accompanies him.

Sometimes the thought: "Nobody loves me" arises from the fact that a person without the demand of relatives plans their life, trying to do well to everyone and not realizing that it is impossible. The desires to realize their good plans, show how much a person craves care and love, and the reality in which ideas fail, causes disappointment and guilt.

Diabetes also occurs against a background of deep sorrow, anguish, when life loses its colours and taste - in order to return them, a person begins to eat sweet. But the food doesn't dull the sense of loss and doesn't make life more pleasant, because the patient needs feelings. The subconscious believes that the easiest way to get them is to get sick, since in childhood it is during this period that the child is given the most attention.

By the way, diabetes in a child appears precisely because he lacks parental care in everyday life. If questions, pranks are not able to attract the attention of parents, it makes a serious illness.

Emotional blocking.

The pancreas is located in one of the energy centers of the human body - the solar plexus. Any violation of the functions of this gland is a sign of problems in the emotional sphere. The energy center, in which the pancreas is located, controls emotions, desires and intellect. A diabetic patient is usually very impressionable, he has many desires. As a rule, he wants something not only for himself, but for all his loved ones. He wants everyone to get his piece of cake. He is a very devoted person, but his expectations are unreal.

He tries to take care of everyone who gets in his field of vision, and blames himself if other people's lives go wrong, as he conceived. Diabetic patients are characterized by intense mental activity, as he constantly thinks about how to implement their plans. But behind all these plans and desires lies deep sadness, caused by an unfulfilled thirst for tenderness and love. The child has diabetes, when he doesn't feel enough understanding and attention from the parents. Sadness creates an emptiness in his soul, and nature doesn't tolerate emptiness. In order to attract attention, he falls ill.

Mental blocking.

Diabetes tells you that it's time to relax and stop trying to control absolutely everything. Let everything be done in a natural way. You no longer have to believe that your mission is to make everyone around happy. You show dedication and perseverance, but it may be that the people you are trying for want something different and do not need your good deeds. Feel the sweetness of the present, instead of thinking about your future desires. Until today, you preferred to believe that everything you want is not just for you, but for others.

Realize that these desires are primarily yours, and admit all that you have been able to achieve. Think also about the fact that even if in the past you didn't realize some great desire, it doesn't stop you from evaluating the smaller desires

that are manifested in the present. A child with diabetes should stop believing that his family rejects him, and try to take his place on his own.

Physiological symptoms of "sweet" disease: thirst (patients can drink 3-5 liters and more fluid per day); frequent urination (both during the day and at night); dry mouth; general and muscle weakness; increased appetite; itching of the skin (especially in the genital area of women); drowsiness; increased fatigue; poorly healing wounds; sharp weight loss in patients with type 1 diabetes mellitus; obesity in patients with type 2 diabetes mellitus.

Positive note of warning!

Prevention of diabetes should begin as early as possible. An adult should independently monitor the conditions of the life and nutrition. Children should be under the strict supervision of their parents in this regard.

Healthy diet. Physical activity. Avoid stress. Such a measure will be an excellent prevention of all diseases, not just diabetes. Avoid contact with negative people. If this is unavoidable, control yourself and remain calm. This can be helped by auto-training or by trainings and consultations with specialists. Topical advice from the same area - no cigarettes. They only create the illusion of comfort, but in reality it isn't. In this case, nerve cells and the hormonal background still suffer, and nicotine enters the body, contributing to the development of diabetes and its subsequent complications, and this is **VERY DANGEROUS!**

Be carefully! Check blood glucose level once in half a year.

With all the severity of the disease, I really want to believe that diabetes can be overcome if you find its source and work with it. Now we come to the final phase of.

Recommendations for those who are sick or familiar with diabetes:

1. Learn to relax and leave attempts to control your loved ones. They will be happy if they have the opportunity to plan their own lives independently. It's important to enjoy the present moment, to feel the emotional sweetness of life, and not the physical sweetness of eating. Having begun to take care of himself first of all, a person will feel how much easier he has become.

2. Understand that there are loving people around. Perhaps they don't express their feelings as clearly as you want, but these feelings are there.

3. If you don't have enough emotions, manifest them yourself: don't be afraid to hug and kiss a loved one, say: "I love you, I miss you." Sincere emotions will find a response.

4. Make a dream come true. Life seems gray, because you don't allow yourself to realize an old desire – no matter whether large or small. Correct it to feel the taste of life.

5. Tell the child that he is loved, start paying more attention to him, more often saying that you love, show it. No! No! No! Tell the diabetes goodbye!

LITERATURE

1. <http://www.mirsomatiki.ru/page/diabet-psihsomatika>
2. <http://www.psihsomatika.com/Bolezni-Saharnyi%20diabed.htm>

3. Khomulenko Psychosomatics: cultural and historical pidhid: Navch.-method. Posib. / T. B. Khomulenko, I.I. O.Filenko, K.I. Fomenko, O. S. Shukalova,
4. M. V. Kovalenko. - Kharkov: Publisher of the "Disa Plus", 2015. - 264 p.
5. PezeshkianNossrat. It is clear to me how to cope with diabetes. Moscow, 2003, 131 p.
6. Popova N.M. What makes you sick? Causes of psychosomatic reactions.
7. Skumin V. A. Borderline mental disorders in chronic diseases of the digestive system in children and adolescents. Zhurnalnevropatologiiipsikhiatriiimeni SS Korsakova, Moscow Russia 1952 (1991), Issue:8, Pages:81-84

Hudayeva Alyona, 12 Law, KhNPU

THE PROBLEMS AND PECULIARITIES OF CRIMINALS' BEHAVIOUR AS AN ASPECT OF LEGAL PSYCHOLOGY

Scientific adviser – Orlova O.O.

Legal psychology is a section of psychology the subject of which is psychological features of activity which are related to law. For example, the realization of justice (the participant's behaviour in a criminal process), the lawful and unlawful behaviour (the formation of the criminal's personality and the features of criminal's behaviour), also the officers work and other legal services.

Currently, legal psychology is a diversified discipline and it includes:

- forensic psychology
- criminal psychology
- investigational and operational psychology
- correctional psychology
- psychology of victims

Forensic psychology is the section which studies the psychological aspects of the trial, for example, the psychological impact of the prosecutor's speech, the judge's speech, the lawyer's speech, the witness's behaviour and testimony in court.

The next branch is criminal psychology, a section which studies the psychological characteristics of the criminal's personality, the typical psychological portraits of criminals, the motivation for criminal's behavior in general and other types of crime (for example violent crime, self-serving crime, group crime and so on.).

Investigative and operational psychology is a section which studies the psychological aspects of investigation and disclosure of crimes: tactics of examining the place of an incident, interrogation, an investigate experiment, giving testimony at the scene and identification.

Correctional psychology is the section which deals with the problems of psychological effectiveness of various types of criminal punishment, the psychology of convicts and the development of the psychological basis for re-education.

Psychology of victims is a section which is dedicated to the victim's