

Medical And Social Aspects Of The Prevention Of Abnormal Behavior

Andrey Viryasov¹, Shamatava Nana Emzarovna², Demuria Lyubov Edvardovna³, Polonskaya Lusine Surenovna⁴

¹Candidate of Medical Sciences, Semashko National Research Institute of Public Health

²Candidate of Medical Sciences, Semashko Scientific Research Institute of Public Health

³Candidate of Medical Sciences, Semashko National Research Institute of Public Health

⁴Candidate of Medical Sciences, National Research Institute of Public Health named after N.A. Semashko

Annotation.Currently, the problem of the prevalence of mental illness is of relevance. Negative changes on the part of the same state policy, social tension and the wide availability of violent videos in the media, leave an imprint on the mental state of the population. This especially affects the younger generation.

Keywords: abnormalbehavior,depression,alcoholism,heredity.

In the modern world, when psychosocial stress is one of the leading risk factors for the development of abnormal behavior, the issues of studying aspects of the occurrence of deviant behavior and risk factors for its occurrence are the most important in the scientific community.

If we study statistics around the world, then, "according to the World Health Organization (WHO), every 10 children living in developed countries of the world is a carrier of some kind of deviation. According to WHO, mental illness accounted 12% of the global burden of disease in 2020. Recently, the urgency of the problem of mental illness has been justified by the problem of the global burden of disease [6]." The threatening increase in the number of people with aggressive, abnormal behavior, the explosion of the spread of mental disorders among children and youth, all this leads to the need to study this problem both from the side of personality psychology and from an organizational position.

According to the authors Ivanov A.M., Nimirovskaya Yu.K. (2021), "attention should be paid to the fact that in the coming years a sharp and disproportionate increase in mentally ill people among young people is expected, especially in developing countries. It is known that the most vulnerable in terms of exposure to mental disorders are the groups of the population that are in a difficult life situation and the least resourced. The estimated damage that mental disorders will cause to the world economy in the period from 2011 to 2030 is estimated by WHO experts at \$16.3 trillion [6]."

As the same authors rightly noted, "according to modern ideas, in social psychology, depression is a complex of mental disorders associated with the emotional sphere. This disorder is

characterized by a prolonged feeling of longing, guilt, anxiety, avoidance of communication and habitual entertainment. A person may experience anhedonia, i.e., loss of the ability to experience pleasure, or apathy - emotional detachment when positive and negative emotions are not felt. People with depression get tired quickly, it is difficult for them to perform everyday tasks, maintain concentration, they are haunted by gloomy thoughts about themselves and their own environment. There may also be physiological manifestations: sleep disorders, improper bowel function, problems in the sexual sphere, unpleasant sensations in the body.

It has been established that depression can manifest itself:

- at the physiological level: disorders in the metabolism of neurotransmitters, such as serotonin;
- at the psychological level: violation of self-esteem and self-esteem, problems in close relationships, abrupt changes in lifestyle.

Considering the current level of scientific knowledge, it is easier to understand that in the modern view, the process of depression is based on social causes: the cult of success and well-being is planted through the media and education. As a result, a person accepts criteria - often it is a certain list of achievements, compliance with which automatically makes him a "worthy member of society". If, comparing oneself with other people, a person discovers inconsistency with this image, this becomes a prerequisite for a depressive state, and therefore, there is a need to reconsider some fundamental ideas about the true cause of depression.

It should be said that the predisposition to the development of depressive disorders is determined by hereditary factors. So, in 2016, American researchers [5] managed to discover a gene responsible for the tendency to depression. The sample of the study was hundreds of thousands of people, and the main method of analysis was GWAS testing, i.e., polygenetic association search. As a result of these large-scale studies, scientists were able to identify 15 genomic regions that contain 17 independent single nucleotide substitutions (SNPs), probably directly related to depression. Some of these SNPs turned out to be located in (or near) genes involved in brain development. The work of a group of scientists from China and the UK, who discovered a new, no less important fact, had a noticeable impact on understanding the problem. It became known in which part of the brain depression "hides". To do this, almost a thousand people were examined using neuroimaging technology. As a result of high-precision MRI studies, it has turned out that during depression, the orbitofrontal cortex is affected – the area of the brain in the prefrontal cortex, which is responsible for notifying about expected rewards or punishments in certain situations. The medial, or median, part of the prefrontal cortex is responsible for reward, while the lateral, or lateral part, is responsible for non-reward [3, p. 6].

In people suffering from depression, the work of the "positive" medial region decreases somewhat, while the work of the "negative" lateral part remains at the same level. Therefore, it is likely that a person with depression feels a sense of loss and frustration associated with the lack of reward - this explains the depressed and depressed state of the patient. The orbitofrontal cortex is also connected to the precuneus, a part of the brain that, among other things, is responsible for self-perception and self-esteem. If there are changes in the orbitofrontal cortex, then perhaps they negatively affect the work of the precuneus which can potentially lead to thoughts of personal loss and low self-esteem. Also, it turned out that during depression, the connection between the "positive" medial region and memory systems in the brain weakens, which explains the decrease in joyful feelings from pleasant memories in patients" [Ivanova A.M., Nimirovskaya Yu.K. Prevention of abnormal behavior: topical issues in social psychology /A.M. Ivanova, Yu.K. Nimirovskaya // National Health. - No. 3 - 2021 - pp. 35-39].

An important aspect of a healthy lifestyle is the absence of alcoholism, especially for the

younger generation, who quickly develop pathological dependence, subsequently leading to mental disorders, sometimes with a suicidal outcome.

According to official statistics, in Russia the highest prevalence rates reach 2-3% of the population of these age groups. In men in the age group of 40-59 years, this indicator is even higher, it is about 6% [4, p. 69].

Back in 1910, the Russian psychiatrist O.E. Rybakov, after studying 2000 cases of alcoholism, concluded that "in order to become a drunkard, you need, first of all, to be born" [2, p. 13]. Subsequently, numerous clinical and genealogical studies have demonstrated the great role of innate predisposition in the development of alcoholism. Twin studies have revealed high concordance in alcoholism in both monozygotic (up to 70%) and dizygotic (40-45%) twins [1, p. 268]. These results prove the importance of a genetic factor in predisposition to substance abuse.

However, despite the fact that in most cases the level of motivation to drink alcohol and the risk of developing addiction syndrome are genetically determined, they can be changed under the influence of various external factors, such as:

- an increase in voluntary alcohol consumption under stress;
- slowing down the development of addiction syndrome with the help of chemical and herbal substances;
- suppression of attraction by the conditions of the microsocial environment.

One of the key factors in the development of alcoholism is the neurotransmitter dopamine, which seems to be associated with everything that gives pleasure, including when taking alcohol. If the dopamine system does not work well, then this encourages a person to use additional stimulants in the form of alcohol or drugs. It is the genes responsible for the system failure that are considered guilty of hereditary alcoholism. Also, a number of studies on the genetics of alcoholism have shown an association between allelic variants of the catecholamine system marker genes and the age of onset of the disease. The results obtained indicate the existence of population differences in the formation of alcohol dependence among representatives of different nationalities.

Thus, it can be argued that the above analysis of studies on abnormal behavior, the scientific research presented on the topic of its medical and social significance, the additional ideas received about the importance of studying this issue will be able to develop medical and organizational measures to level this important issue. Only through the joint efforts of society and the state as a whole, it is possible to achieve motivation among the population to preserve health and observe self-preservation behavior.

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