

b) children of women who themselves were victims of cruel physical and/or sexual abuse in childhood;

c) grandchildren of grandparents who sexually assaulted their own or other people's children;

d) children from families with unclear age boundaries between generations and from families where parents are strongly dependent on each other;

e) brothers/sisters of a child who is already sexually abused;

f) disabled children with developmental disorders or otherwise different from other children;

g) children who have experienced sexual trauma.

Thus, the topic of prevention of sexual violence against children needs significant attention from social services and public organizations, which will be able to ensure the development, implementation and control of the necessary measures in institutions that interact with children and youth – directly or indirectly.

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#### **STATE ANXIETY AND TRAIT ANXIETY AS ACUTE PROBLEMS OF CONTEMPORANEITY**

The paper focuses on the problem of anxiety because this state can be caused by both external circumstances, and internal psychological problems of the individual. Each individual has his/her own level of anxiety, which is detected with the help of special testing or consultation with a psychologist. It is important to

differentiate *state-anxiety* that researchers define as “a transitory emotional response involving unpleasant feelings of tension and apprehensive thoughts” and *trait-anxiety* as “a personality trait referring to individual differences in the likelihood that a person would experience state anxiety in a stressful situation” [4].

The ancestors of modern approaches to the study of anxiety are Z. Freud, W. Reich, E. Fromm, and A. Adler. It is noteworthy that Freud’s psychodynamic theory continues playing a prominent role and serves as a basis for different modern approaches to investigation of anxiety problem, including a neurobiological aspect and neuropsychological findings. “Man, as Freud recognized, is neither "organic" or "functional." He is both, and our commitment to psychological knowledge must entail a search for unities”, L. Miller explains [5]. Freud, as known, singled out three types of anxiety: realistic, neurotic and moral. He believed that anxiety plays the role of a signal that warns the Ego about the presence of danger arising from instinctual impulses. In response, the ego uses a number of defense mechanisms that include displacement, substitution, projection, rationalization, regression, sublimation, and denial. Defense mechanisms operate unconsciously and distort the individual's perception of reality. Freud’s ideas determined the direction of anxiety research not only for his followers, but also for his opponents.

At the first stages of the study of anxiety, its connection with various aspects of self-regard was revealed: the inability to control the situation causes a decrease in self-esteem, as a result, avoiding anxiety contributes to the development of adequate self-esteem, the experience of some types of anxiety is accompanied by self-blame. In his writings V. Reich expanded Z. Freud's psychodynamic theory, including not only libido, but also all basic biological and psychological processes. Reich considered pleasure as the free movement of energy from the core of the body to the periphery and to the outside world. The scientist interpreted the phenomenon of anxiety as an obstacle to the interaction of this energy with the outside world, its return inside, which caused "muscle clamps", distorting and destroying the natural feeling. Thus, Reich, describing the *phenomenology of anxiety*, introduced an important aspect – muscle stiffness, refusal to perform actions by blocking body organs.

Social aspects of anxiety were revealed by E. Fromm and A. Adler. Adler's individual theory, the central category of which is the inferiority complex that allow considering anxiety as an individual feature that arises in connection due to the need to restore the lost social feeling (a sense of unity with society). When the social environment sets a task for the individual, even if the task is very simple, it is perceived by him/her as a test of completeness, and it can lead to an excessive emotional response or excessive tension. [3] Fromm who emphasized that the main source of anxiety and internal excitement is the experience of alienation associated with a person's idea of him/herself as a separate personality that feels helplessness before the forces of nature and society.

Nowadays the approaches to study this complex phenomenon are continue to be different. Thus, Pawluski, Lonstein and Fleming emphasise the significance of neurobiological factors [6], G. M. Goodwin advances the idea that the anxiety disorders include generalized anxiety disorder, specific phobia, social phobia, agoraphobia, and panic disorder and connected with a shared genetic predisposition [3]. However, researchers agree on one thing – the importance of anxiety measurement. For example, Endler & Kocovski propose to discuss the problem of anxiety in a dimensional versus a categorical conceptualization [1], others highlight the effectiveness of the Endler Multidimensional Anxiety Scales (EMAS), derived from an interactional model of personality [2]. It is obvious that the topic is relevant and needs further elucidation and research.

**Neurobiology of human anxiety.** The study of the neurochemical prerequisites for the formation of anxious states is one of the key questions of the modern physiology of emotions. One of the most popular theories is the serotonergic theory, which is based on the data from scientific studies on the disruption of the functioning of the serotonin system due to various signs of anxiety. It was established that high anxiety is positively correlated with the altered state of the gene encoding the serotonin transporter protein, as well as with the speed of its synthesis. Individuals with a high level of depression and anxiety show the increased production of the transporter protein, due to which serotonin as a mediator is

absorbed by the neuron from which it is thrown out and does not have time to bind to the receptors of the next neuron.

At the same time, other researchers claim that the activity of serotonin neurons during anxiety symptoms can be both reduced and increased. For example, a high level of serotonin in the amygdala is manifested by a panic state, and a low level of this neurotransmitter in neurons of the cortico-striatal-thalamic-cortical loop, where normally serotonin activity is necessary to inhibit anxiety, is associated with persistent phobias and avoidance behaviour. According to the catecholaminergic hypothesis, changes in the level of hormones that are synthesized in the medulla of the adrenal glands are important for the development of anxiety. Furthermore, it is believed that the catecholaminergic component plays a decisive role in the emergence of anxiety disorders associated with chronic emotional stress, post-traumatic stress disorders and generalized anxiety.

In the article “Clinical practice. Generalized Anxiety Disorder” M. Stein et al. (2015) found that patients with anxiety and panic disorders have higher concentrations of norepinephrine in blood plasma compared to individuals without such disorders. The results of modern biochemical studies with the participation of persons whose professions are associated with risk to life also demonstrate high levels of norepinephrine in their blood. Data from individual studies indicate a relationship between anxiety and dopamine synthesis in the body limbic system. The release of dopamine in the neurons of this area of the brain provides a good feeling of well-being, and its decrease can provoke depression and anxiety [7]. This aspect of anxiety investigation is very popular today and can be the starting point for carrying out further research.

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## **THE INFLUENCE OF SOCIETY ON THE DEVELOPMENT OF EATING DISORDER IN ADOLESCENCE**

The problem of food culture and personal behavior is quite relevant today, which is why a large number of specialists from various fields of science increasingly choose it as the subject of their research. In the pursuit of society's imposed standards of beauty and standards of a successful person, teenagers mostly risk their own health and well-being, and become victims of the manipulative influences of the environment. They tend to attribute difficulties and failures in social interaction and communication to their "imperfect" appearance [3].

Eating disorders (ED) are behavioral conditions characterized by severe and persistent disturbance in eating behaviors and associated distressing thoughts and emotions. They can be very serious conditions affecting physical, psychological and social function. Types of eating disorders include anorexia nervosa, bulimia nervosa, binge eating disorder, avoidant restrictive food intake disorder, other specified feeding and eating disorder, pica and rumination disorder [2].