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THE PSYCHOLOGICAL CHARACTERISTICS OF SOCIAL NEUROTICISM

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Research of neuroticism nowadays increasingly touches upon the social aspect of psychological sciences. The level of expression of neuroticism affects not only a person's well-being but also has a certain influence on an individual's self-esteem, ability to freely communicate, and self-realization in society. In this article the problem of neuroticism is considered from the social-psychological point of view, special attention is paid to the manifestation of social neuroticism among immigrants, with special importance on research on social neuroticism in conditions of change of social environment and adaptation to new social conditions is emphasized. It was found that among immigrants, the level of neuroticism correlates with the level of satisfaction with the profession and has certain gender differences in the intensity of correlations. Negative correlations were found between the degree of professional satisfaction and low self-esteem in the group of men (-799**), depression in the groups of men (-869**) and women (-797***). The practical significance of the work also lies in the social significance of the study, the results of which can be supplemented by studies on the characteristics and manifestation of social neuroticism among various age groups of immigrants and other social groups in society.

Keywords: *neuroticism, social neuroticism, self-esteem, social environment, adaptation*

Introduction

In the context of global civilizational changes in modern society, the ability of an individual to adapt to changing conditions of the social structure is of particular importance. Psychological science is currently increasingly focusing on the

problems of emotion regulation, the ability of an individual to adapt, and the ability to self-actualize in a social environment.

The phenomenon of neuroticism has become especially significant in modern psychological research. It is becoming clear that psychological science is increasingly interested in studying such phenomena that significantly affect the health of the population and become a factor not only in adaptation to the external environment but also in the risk of a wide range of psychopathology, including anxiety disorders, mood and eating disorders, chemical dependencies and somatic symptoms.

Social interaction of an individual in society implies the manifestation of many different traits that can have varying degrees of resistance to complex changing external conditions or social influences. In this context, such a personality trait as neuroticism and its level are of particular importance. Neuroticism is a psychological trait characterized by an individual's vulnerability to stressful situations and difficulty adapting to negative stressors in life.

Literature review

Eysenck's theoretical concept allows us to conclude the adaptive capabilities of an individual [1]. Neuroticism (from the Greek "neuron" – nerve) is an individual personality trait with a high degree of instability and reactivity, and is manifested in anxiety, low self-esteem, guilt, and emotional instability. In a stressful situation, the higher the level of neuroticism, the stronger and longer the individual's reactions are. This manifests itself in the form of increased anxiety, irritability, and restlessness, the perception of everyday situations as threatening and insurmountable. Also, individuals with a high level of neuroticism are often subject to negative experiences, and pessimistic moods and can get into difficult situations without being able to adapt to them. In other words, neuroticism is a personality trait characterized by emotional instability, intrapersonal conflict, and a low degree of adaptability to external changes in the social environment.

The nature and causes of neuroticism have been studied by many psychologists. It has been noted that neuroticism can be hereditary, manifest itself from an early age and be stable throughout life. Among those who made a significant contribution to the study of neuroticism were S. Freud, A. Adler, F. Perls, K. Horney, G. Eysenck [2; 3; 4; 5]. All researchers touched upon the issue of neuroticism from the point of view of human interaction with the external environment. Social neuroticism can be considered in the context of Eysenck's approach, since high levels of emotional tension, anxiety and worry arise during social interaction. Neuroticism is presented as a "litmus test", an indicator that indicates the readiness of an individual for social interaction. Within the framework of psychoanalytic theory, S. Freud identified the limitations of natural human desires, such as sexual and aggressive instincts, as the cause of the development of

neuroticism. Suppression of such drives, according to Freud, can be caused by the influence of education, social pressure, and condemnation. Even with an external appearance of comfort and well-being, a person can feel internal discomfort, which becomes a source of neurotic manifestations. Neuroticism is a kind of response of the psyche to external suppression of natural desires and instincts. A. Adler associated the development of neuroticism with the suppression of social needs along with biological ones. He singled out the desire for dominance as one of the leading needs, which can be suppressed both in childhood and in adulthood. The accompanying signs of neuroticism are the formation of an inferiority complex, vulnerability and aggressiveness, and the ability to cope with failures deteriorates. The personality can compensate for suppressed aggression by humiliating people around it. Together, these factors lead to an intrapersonal conflict.

This idea was developed by F. Perls, who also noted social conditions, norms, and stereotypes that limit the individual as a factor in the manifestation of neuroticism. Limiting personal aspirations and prospects interferes with real development and self-expression. Rejection of individuality leads to internal conflicts and causes emotional discontent. K. Horney was one of the first scientists to study neuroticism in women. As a result of her research, she also found that negative emotional states in women are often associated with the restrictions imposed on them in modern society. Emotional instability, mood swings, and problems with self-esteem in women can be caused by the desire to meet strict social requirements, which subsequently leads to an increase in the level of neuroticism. The phenomenon of neuroticism, according to many researchers, is subject to measurement and detailed analysis. G. Eysenck singled out neuroticism as one of the dimensions of personality, along with psychoticism and introversion-extroversion. He believed that these dimensions are genetically and structurally determined by the activity of the central nervous system. In his research, the author discovered a connection between these factors and the individual's tendency to achieve success, addictive behavior, sexual preferences, etc.

The level of neuroticism in an individual is assessed and measured by psychodiagnostic methods, such as tests and questionnaires. Signs of an elevated level of neuroticism may manifest themselves in the form of regular, often unreasonable, anxiety and worry [6]. Low self-esteem is often observed, accompanied by inadequate overestimation of appearance, a tendency to depressive states, vulnerability, a feeling of inferiority when compared with others, increased susceptibility to external events, accompanied by an inability to rationally analyze and perceive changes in the external environment, excessive emotional reactions, impulsiveness, an increase in the number of somatic complaints (headache, back pain, digestive disorders, sleep disorders, mood swings), a sense of guilt, panic attacks, phobias, obsessive thoughts, states of uncertainty and doubt. The listed

reactions and signs of neuroticism may manifest themselves in an individual way [7]. It should also be noted that the symptoms of neuroticism are not always obvious or unambiguous; the diagnosis of neurotic conditions requires consideration of the social context and research into individual personality traits [8; 9; 10].

Current research

The article aims to reveal the psychological mechanisms and patterns of occurrence of manifestations of social neuroticism, based on which the research was conducted empirically among forcibly displaced persons (immigrants from Syria, Artsakh).

The research was conducted at the Psychological Observatory of the International Scientific and Educational Center of the National Academy of Sciences of the Republic of Armenia. The research sample consisted of 21-40-year-old males ($n=60$) and females of the same age ($n=60$).

Methods

The methods of psychological tests (Eysenck questionnaire) and interviews were chosen for the research. Collected data were correlated and analyzed with the statistical regression method (Pearson r). The statistical significance level was $p<0.05^*$, $p<0.01^{**}$, $p<0.001^{***}$. According to normality assumption Shapiro-Wilk test data is normally distributed.

Results

The results of the empirical study showed the main signs of neuroticism characteristic of the immigrant sample.

The results of the study are presented according to the following characteristics of neuroticism (Figure 1).

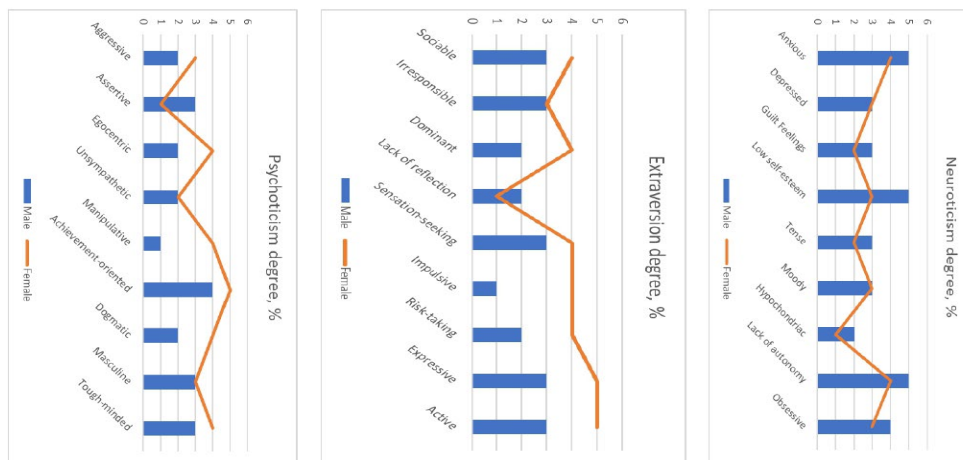


Figure 1. Main signs of neuroticism characteristic

As can be seen from Figure 1, there were some differences in the level of psychoticism among male and female participants in the study. Thus, a relatively higher level of psychoticism was observed among women compared to men. The only indicator in which the male group showed a higher level was the assertiveness variable.

The graphic representation of the degree of extraversion showed significant differences in the responses of men and women. Thus, the percentage indicators of women's responses include a more pronounced expression of the variables impulsiveness, risk-taking, expressive, and active compared to the male group. The women studied appeared to be dominant and more sociable in external social interactions.

The graphic representation of the degree of neuroticism showed the opposite picture compared to the previous indicators. The male group demonstrated a stably expressed degree of neuroticism. In the percentage indicators of all variables, the male responses recorded higher scores than the female responses. and in the female responses. The high level of the anxious, low self-esteem, and lack of autonomy variables is most pronounced among male immigrants.

The results of the interview method conducted with the respondents were also summarized. The purpose of the interview was to determine the degree of satisfaction with the chosen profession in the context of changing residence and settling in a new environment, as well as the appropriateness of working in one's profession in a new environment (Table 1).

Table 1. Correlation analysis of psychoticism variables, Pearson r

	Psychoticism									
		Aggressive	Assertive	Egocentric	Unsympathetic	Manipulative	Achievement-oriented	Dogmatic	Masculine	Tough-minded
Profession satisfaction degree, male		.233	.468**	.351*	.671	.275**	.688***	.905	.551	.435
Profession satisfaction degree, female		.336	.502**	.401**	.605	.333*	.849***	.370*	.369*	.827

Table 2. Correlation analysis of extraversion and neuroticism variables, Pearson r

	Extraversion									Neuroticism								
	Sociable	Irresponsible	Dominant	Lack of reflection	Sensation-seeking	Impulsive	Risk-taking	Expressive	Active	Anxious	Depressed	Guilt Feelings	Low self-esteem	Tense	Moody	Hypochondriac	Lack of autonomy	Obsessive
Profession satisfaction degree, male	.654*	.591	.571**	.346	.301	.274*	.255	.433**	.888**	-.422*	-.869**	-.626**	-.761***	-.634*	.221*	.262*	-.799**	-.988**
Profession satisfaction degree, female	.438**	.552	.699***	.271	.202	.645	.343**	.736**	.948***	.254*	-.797***	-.884***	-.595**	-.302	.111	.433*	.394	-.485*

According to the results of the study using the Eysenck questionnaire and statistical regression method (Table 2), subjects with high scores on the neuroticism scale are characterized by pedantry, instability, and excitability. In addition, they show signs of emotional lability, anxiety, and shyness. The subjects themselves noted difficulties with professional activity, such as a feeling of anxiety and self-doubt in their chosen profession, reported a decrease in their social circle and

connections with others, and also noted a deterioration in their somatic condition, which, in their opinion, may be associated with emotional instability.

Discussion and conclusion

To summarize the theoretical review and empirical study data, the following should be noted: neuroticism is a hereditary dimension of personality, genetically determined by the structure of the central nervous system. During life, the type of temperament, existing psychological problems, and the number and strength of stressors affect the increase in the level of neuroticism. An increased level of neuroticism significantly affects the health of the individual and can lead to emotional instability, anxiety, decreased emotional intelligence, a narrowing of the circle of social contacts, neurotic, psychotic, and somatic diseases, low productivity, and, thus, a decrease in the overall quality of life. However, neuroticism is not a pathology, its level can be reduced with the help of psychocorrectional measures. In this regard, the question arises about the importance of timely diagnosis of neuroticism and further psychotherapeutic work to improve the adaptive capabilities of the individual and improve mental health. No less important is the search for more reliable methods for assessing the degree of neuroticism. The experience of a difficult situation associated with the forced displacement of the family is especially important for study in children, since they are subject to the social influence of adults. One of the studies conducted with children from Artsakh, where the capabilities of AI were used to assess the projective parameters of the emotional state in drawings, is valid [11].

These phenomena were observed among immigrants who were forced to leave their native places and settle in a new, still unfamiliar social environment. This change can already be accompanied by the emergence of certain responses in the psyche, which makes it extremely important to study the psychological phenomenon of neuroticism in these difficult socio-psychological conditions and to identify socially important features in it [12, 13]. Therefore, the research conducted in the sample of immigrants showed statistically significant connections between the characteristics of neuroticism and the change in the social environment, in particular, with the degree of satisfaction of the person with the profession in the new environment. The observed connections mainly have negative statistically significant meanings, which indicates that the higher the degree of neuroticism, the less a person can feel satisfied with his profession. Similar trends in results were obtained in a study conducted among refugees from Syria, where neuroticism was assessed using the Big 5 test [14].

The obtained results showed the social nature of the manifestation of neuroticism, and some gender differences and emphasized the scientific assumption that the psychological phenomenon of neuroticism manifests itself as an

important social characteristic and largely determines a person's ability to adapt and adequately interact in the social environment.

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ПСИХОЛОГИЧЕСКАЯ ХАРАКТЕРИСТИКА СОЦИАЛЬНОГО НЕВРОТИЗМА

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Исследования невротизма в настоящее время все чаще затрагивают социальный ракурс психологических наук. Уровень выраженности невротизма влияет не только на самочувствие человека, но и оказывает определенное влияние на самооценку личности, способность свободного общения и самореализации в обществе. В данной статье проблема невротизации рассматривается с социально-психологической точки зрения, особое внимание уделяется проявлению социального невротизма в среде иммигрантов, подчеркивается особое значение исследования социального невротизма в условиях перемены социальной среды и адаптации к новым социальным условиям. В результате исследования было выявлено, что в среде иммигрантов уровень невротизма коррелирует с уровнем удовлетворения профессией и имеет определенные половые различия в интенсивности корреляционных связей. Были выявлены отрицательные корреляционные связи между степенью профессиональной удовлетворенности и низкой самооценкой в группе мужчин (-799**), депрессивностью в группах мужчин (-869**) и женщин (-797***). Практическая значимость работы также заключается в социальной значимости исследования, результаты которого могут быть дополнены исследованиями по характеристике и проявлению социального невротизма среди различных возрастных групп иммигрантов и других социальных групп общества.

Ключевые слова: невротизм, социальный невротизм, самооценка, социальная среда, адаптация

ՍՈՑԻԱԼԱԿԱՆ ՆԵՎՐՈՏԻԶՄԻ ՀՈԳԵԲԱՆԱԿԱՆ ԲՆՈՒԹԱԳԻՐԸ

*Ռաֆիկ Պետրոսյան (Հայաստանի Հանրապետության Գիտությունների
ազգային ակադեմիա, Գիտակրթական միջազգային կենտրոն, Երևան,
Հայաստան)*

Ներոտիզմի հոգեբանական արդի հետազոտություններում աճում է սոցիալական տեսանկյունների հանդեպ հետաքրքրությունը: Ներոտիզմի դրսևորման մակարդակն ազդում է ոչ միայն անձի բարեկեցության վրա, այլև որոշակի ազդեցություն է ունենում ինքնագնահատականի, ազատ հաղորդակցվելու ունակության և հասարակության մեջ ինքնիրացման ձևերի վրա: Այս հոդվածում ներոտիզմի խնդիրը դիտարկվում է սոցիալ-հոգեբանական տեսանկյունից, հատուկ ուշադրություն է դարձվում ներգաղթյալների մոտ սոցիալական ներոտիզմի դրսևորմանը և կարևորվում է սոցիալական ներոտիզմի ուսումնասիրությունը սոցիալական միջավայրի փոփոխության և սոցիալական նոր պայմաններին հարմարվելու համատեքստում: Հետազոտության արդյունքներով պարզվել է, որ ներգաղթյալների շրջանում ներոտիզմի մակարդակը փոխկապակցված է մասնագիտությունից բավարարվածության մակարդակի հետ և ունի որոշակի գենդերային տարբերություններ համահարաբերակցային կապերի ինտենսիվության մեջ: Բացասական համահարաբերակցային կապեր են հայտնաբերվել տղամարդկանց խմբում (-799**) մասնագիտականբավարարվածության և ցածր ինքնագնահատականի մակարդակի և տղամարդկանց (-869**) ու կանանց (-797***) խմբերում դեպրեսիվության և մասնագիտականբավարարվածության մակարդակների միջև: Աշխատանքի գործնական նշանակությունը կայանում է նաև ուսումնասիրության սոցիալական նշանակության մեջ, որի արդյունքները կարող են համալրվել ներգաղթյալների տարբեր տարիքային խմբերի և հասարակության այլ սոցիալական խմբերի մոտ սոցիալական ներոտիզմի բնութագրերի և դրսևորման վերաբերյալ ուսումնասիրություններով:

Հանգուցային բառեր՝ ներոտիզմ, սոցիալական ներոտիզմ, ինքնագնահատական, սոցիալական միջավայր, հարմարում

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