

PSYCHOTHERAPEUTIC TOOLS IN DEALING WITH NEGATIVE PSYCHOEMOTIONAL STATES

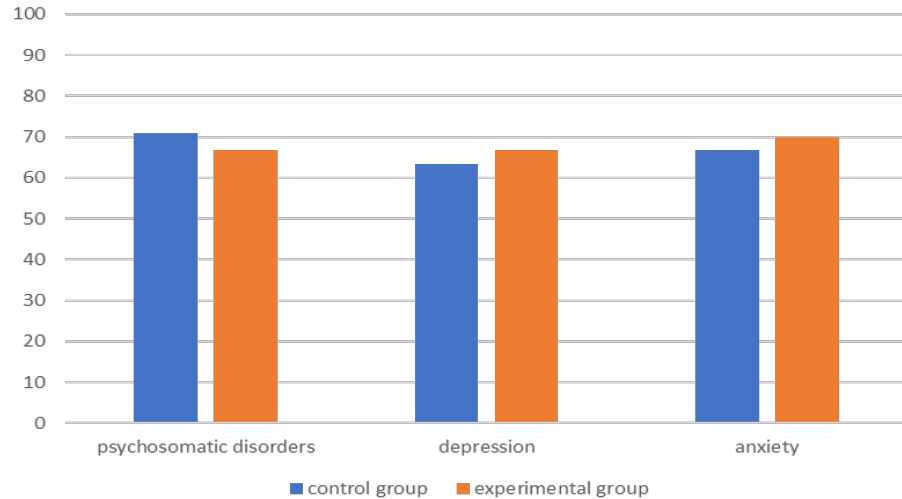
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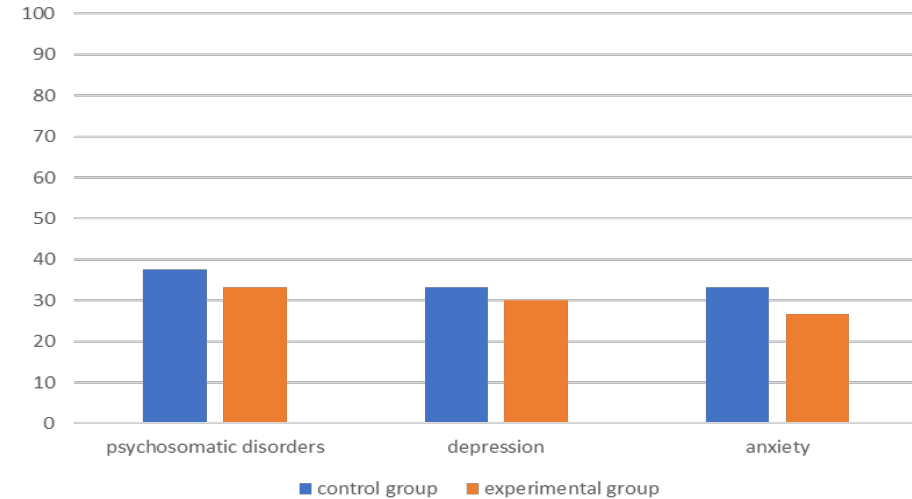
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Indicators in percentage terms, 2022



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The aim: To investigate and prove the effectiveness of the dosed daily use of an online game as a psychotherapeutic tool in dealing with the negative psychoemotional states of people living abroad during the war in Ukraine.

Materials and Methods: 500 people took part in the experimental research - Ukrainian immigrants in China, the USA, Portugal and Germany - 267 women and 233 men aged 18-35, who were randomly divided into control and experimental groups of 250 each. The research continued for 13 months. Methods: psychological counseling, psychoeducation, dosed daily using online games «Tetris» and «Farm» in the control and experimental groups, respectively. Diagnostic methods: Questionnaire for the detection of psychosomatic disorders, Depression Self-Assessment Scale and Anxiety Self-Assessment Scale.

Results: In the primary diagnosis, the following results were obtained: high rates of psychosomatic disorders in 70,8% of the control and 66,7% of the experimental groups; depression in 63,3% of the control and 66,7% of the experimental groups; high rates of anxiety in 66,7% of the control and 70% of the experimental groups. After using the online games «Tetris» and «Farm» in the control and experimental groups, respectively, the following results were obtained: high rates of psychosomatic disorders decreased to 37,5% of people in the control group and 33,3% in the experimental group; 33,3% of people in the control group and 30% in the experimental group have depression; high rates of anxiety were found in 33,3% of people in the control group and 26,7% in the experimental group, which is half as much as the previous indicators.

Conclusions: the results of the experimental research suggest that the dosed daily use of the online games «Tetris» and «Farm» are effective psychotherapeutic tools in dealing with negative psychoemotional states.