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INTERRELATIONS BETWEEN SITUATIONAL AND PERSONAL ANXIETY AND QUALITY OF LIFE DOMAINS

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ABSTRACT

Introduction: Anxiety is an individual psychological feature of a person, the optimal level of which is adaptive. The quality of life is an integral characteristic of physical, emotional and social functioning of a person, determined by various factors.

The research presents data on the insufficiently studied complex “quality of life – anxiety”.

Material and methods: The article considers the results of a comprehensive study of anxiety and quality of life. The study was conducted within the framework of a scientific project in 180 respondents aged 16-60 years of both sexes. As a tool for assessing the quality of life of the population, we used a short version of the World Health Organization quality of life-BREF we assessed the anxiety of the population according to Spielberg. Statistical processing and data analysis were carried out using the SPSS 22.0 software package, the significance of differences was assessed by Student's t-test, differences were considered significant at $p < 0.05$. Correlation between the level of anxiety and quality of life domains according to World Health Organization quality of life and the assessment of its reliability were determined by the Spearman method and by the Kruskal-Wallis test.

Results: An inverse relationship was found for the ratios situational anxiety-mental well-being ($r = -0.370$, $p < 0.001$) and situational anxiety-environment ($r = -0.491$, $p < 0.001$). Weak negative relationships were also obtained for the remaining ratios, ranging from $r = -0.230$ ($p = 0.002$) to $r = -0.284$ ($p < 0.001$). For the ratio of personal anxiety-physical well-being, the absence of a significant relationship was revealed ($r = -0.119$ ($p = 0.110$)). The presence of a direct relationship between situational and personal anxiety is indicated by the obtained correlation coefficient between these indicators - $r = 0.610$ ($p < 0.001$).

Conclusion: The study of correlations between anxiety and quality of life domains indicates the presence of relationships between the indicators, which must be taken into account when developing various preventive measures. A better understanding of the impact on quality of life will lead to increase public awareness of anxiety as serious mental disorders for further research.

KEYWORDS: quality of life, domain, situational anxiety, personal anxiety.

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