

UDC: 159.937.2/3:27-587.65-057.36

DOI: 10.26697/ijes.2019.4.27

Stigmatisation Problems of Military-MenProfessor Melnyk Yu. B.^{1,2,3}¹ National Academy of the National Guard of Ukraine, Ukraine² Kharkiv Regional Public Organization "Culture of Health" (KRPOCH), Ukraine³ Scientific Research Institute KRPOCH, Ukraine**Abstract****Background:**

Stigmatisation (Greek stigma – mark, spot) in clinical psychology – attributing to others (stigmatisers) to someone certain, most often negative characteristics for formal reasons because of cultural traditions or politics, as well as their own psychological complexes.

The aim of the study – to research the causes and justify trends of stigmatisation of military-men.

Methods:

The methodology of the research is grounded on the cognitive-behavioral, sociocultural and systemic approaches to the study of the problem of stigmatisation.

A complex of theoretical research methods has been used: deduction and induction, analysis and synthesis, comparison, generalisation, systematisation and interpretation of results.

Results:

Stigmatisation is characterised as attributing certain characteristics to a man by social surroundings according to formal indications. For instance, a military-man is disciplined, industrious, responsible, reliable, strong, etc.

I have distinguished between three main trends of stigmatisation, in which stigmatisation problems of military-men are researched:

- 1) social;
- 2) psychological;
- 3) medical (psychiatric).

Each of these trends has its own peculiarities and various aspects of studying.

By considering military-men stigmatisation problems it is important to determine their reasons (diagnostic stage), development dynamics and preventive measures of possible consequences (medical and psychological support).

Among the basic reasons of stigmatisations are:

- state policy;
- cultural traditions of the society;
- orientations and values of the reference group;
- individual psychological sets.

It is worth mentioning that stigmatisations can be both external (on the part of the society) and internal (self-stigmatisation).

The main problematics of stigmatisations of military-men is related to various forms of self-stigmatisations: autopsychic, compensatory, socioreversive, which form their different combinations (compensatory, dissociate,

de-identification and others).

Studying the dynamics of military-men stigmatisation development has led me to understanding that it is a complicated social and psychological process in which the state of all components of individual health is valued (physical, mental, social, spiritual) as well as life activity of a personality and their interconnections with the society.

Ignoring this problem or undue measures can result in serious consequences for military-men: mental disorders (depression, bi-polar affective disorder, schizophrenia and other psychoses) and committing suicides.

I consider that the most effective means to eliminate stigmatisation problems of military-men and provide preventive measures of possible negative consequences is medical and psychological support which involves mutual activity of medical personnel and psychologists in diagnostics, therapy, correction, rehabilitation and prevention.

Conclusions:

Studying military-men stigmatisation problems and their prevention will further resolving issues of their repatriation and adaptation to civil life, prevention of their mental disorders and improvement of mental health.

The results of this research can be used by psychologists and medical personnel in work with military-men.

Information about the author:

Melnyk Yuriy Borysovych – Doctor of Philosophy in Pedagogy, Associate Professor, Professor of the Department of Psychology and Pedagogy, National Academy of the National Guard of Ukraine; Founder and Chairman of the Board, KRPOCH; Director, Scientific Research Institute KRPOCH, Kharkiv, Ukraine.

Research interests: methodology and theory of science, social sciences, education, psychological technology, health culture, mental health; <https://orcid.org/0000-0002-8527-4638>.

Corresponding Author:

Melnyk Yuriy Borysovych

Corresponding Author's Email:

YBM.office@gmail.com