

HUMAN ADAPTATION TO NORTH CONDITIONS
AND PSYCHIC HEALTH

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Human psychic health may be considered as a result of optimal psychophysiological adaptation to media conditions. Human adaptation under North condition where population is mostly formed as a result of migration goes on not only under strange natural conditions but also with the social status changed , established contacts broken, personality and motivation intensity changed.

Together with B.F. Kalachov we have studied the amount of psychic disturbances among the aboriginal and newly arrived population of the Far North and East of the USSR. We have found out that clinically expressed psychic disturbances happen twice as often during the first three years of people staying in the North than during the next six years. The amount of disturbances starts growing again when staying in the North reaches 10-15 years. Frequency of psychic disturbances, especially in the form of neurotic reactions and psychopatia conditions , was much lower with the aboriginal population than with the newcomers. Research conducted with the help of psychodiagnosis methods allowing quantitative evaluation of

results (conducted by our researchers L.D. Varrik, E.S. Gorelova, A.M. Krupnik, A.M. Laneev , A.N. Michailov, N.P. Rashitov) has proved that under similar conditions psychic adaptation disturbances in the form of a tendency to neurotic reactions and psychopatic developments are much more seldom with the aboriginal population and are less evident.

It was also demonstrated that psychic adaptation disturbances may be connected with the peculiarities of the migration flood , i.e. nearly 20 per cent of people with clinically expressed psychic disturbances had these changes before their arrival to the North , and specific weight of people with problems of psychic adaptation is higher among the free migration flood than among the persons specially selected for work in the Far North-East area. The reasons for migration may be immediately connected with the previous disturbances of psychic adaptation. Comparing results of investigations in the Far North-East and central areas of the country has shown that the mentioned groups differ not only in the forms of psychic disturbances , but in their greater frequency in the northern areas.

Thus, the adaptation disturbances and consequent changes in psychic health depend on the deficiency of adaptive mechanisms of a person under strange conditions and an peculiarity of migration flood , and adaptation process itself has different stages.
