

Psychological Features of Residents of Chernobyl Exclusion Zone

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In the Chernobyl zone, the nuclear power plant is located and there are industrial facilities, polluted by radioactive particles, which until now represent danger for humanity. Residents of the Chernobyl exclusion zone – self-settlers (resettlers) – people who returned for personal reasons and living in the Chernobyl zone. These are mostly inhabited people in the age of 75 to 87 years. Residents of the zone are often stigmatized as "black people", then there are people who survived the Chernobyl disaster, who have had a great influence of radiation, because of what should suffer their physical and mental health [4, p. 5].

Emotional experience is considered as Emotional experience is considered as "the internal activity of person to accept facts and life events, to establish meaningful correspondences between consciousness and being, to obtain meaningful permitted action. Thus, emotional experience is important in special critical life situations, when it is impossible to live as before and realize the internal needs of life (motives, drives, values)" [1, p. 51]. In this way, emotional experience is important in the faces of critical life situations, when it is impossible to live in the old way and realize the internal needs of life (motives, attitudes, values). Stress, disappointment, conflict and crisis are critical situations.

Our previous research has shown that the prevailing feelings of the inhabitants of the Chernobyl zone are fear and anxiety. To this day, residents associate the events in their territory with death, tragedy, desolation and loss of their home. In the structure of the personality, there was a narrowing of interests and a sense of alienation. And although self-settlers communicate with their relatives, most of them complained of feeling lonely. For such people, a common occurrence is the "victim syndrome", expressed in the idea that they deserve special treatment, special conditions and assistance.

People of the zone concentrate on the problem of surviving: money, food, medicines, clothes. Also, they are suffering from apathy, information deafness spiritual emptiness, lack of trust to the local authority [4, p. 5].

As a result of prolonged traumatization, a person has a split personality, the integrity of the psyche is violated, destructive changes in self-identification occur. The need for development and self-realization disappears, it becomes difficult to adapt to a new way of life. A person complains about the lack of compassion, loss of trust in the world (the world becomes hostile, dangerous), more often there is a desire to close and not contact the world. A certain part of Chernobyl is determined by a feeling of sadness, regret, complete rejection of new realities, for them life is clearly divided into "before" and "after". It is especially difficult for those residents who have lost their native or all their property [1, p.35].

Our research is a first try to discover psychological features of people who live in the Chernobyl zone nowadays, especially after all the events that were taken here. Understanding of it will help us to create proper way of psychological support, help and rehabilitation for the residents of the zone.

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