DYNAMIC SYSTEM OF PSYCHO-EMOTIONAL STRESS PARAMETERS IN SENSORINEURAL

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Abstract

I followed, highlighting neurosensory changes during the action and requests psychoneuroemotional over-optimum, or dynamics of the neurosensory during psycho-emotional stress. We selected a group of 9 students, aged between 19 and 26 years so healthy and a similar lifestyle. Emotional strain and increased neuro request during the exam session is established in a stress factor that triggers systemic distress to students. Psycho-emotional stress they were subjected subjects examined by us, has caused disruption to all body functions.

Key words: stress, critical threshold values, general pathology.

INTRODUCTION

Stress biological phenomenon present in all stages of human life in all occupational groups. It is as inevitable as death after some stresologi (1,2,3).

Being so widespread and interest to varying degrees so many people, the stress study today increased interest, especially since the stress is connected with all branches of human pathology (4,5,6).

Defined as imbalance, incongruity between what is required and what the body can give this stress in whole body care, human beings are one. So stress affected all functional systems, but to varying degrees (7,8,9,10).

MATERIAL AND METHOD

Highlighting neurosensory changes during the action and requests psychoneuroemotional over-optimum, or dynamics of the neurosensory during psycho-emotional stress.

We selected a group of 9 students, aged between 19 and 26 years so healthy and a similar lifestyle. They were determined in two different situations a period of relaxation during the academic year and psycho-emotional stress over exams during the session, the following operating parameters:

- ❖ excitability and lability retinocorticală by establishing critical threshold fusion of flashing stimuli. (VN = 40-43 Hz) - strobe.
- ❖ motor response speed optical stimuli by measuring the latency time. (VN = 180 ms) - cronoscop.

- ❖ The level of attention by the speed of receiving and processing information. -test Pieroni - barring Landolt rings. After the test time and the number of mistakes calculate an index number showing the state spotlight.
- ❖ subjective feelings of comfort-discomfort was caused by subjects themselves using a sheet items and 7 to 9 steps each. (value = 7 optimal comfort, discomfort down to 1)
- ❖ parameters indicating the functional state of the cardiovascular system: HR, BP, and ICV - timer, sphygmomanometer.

RESULTS AND DISSSIONS

The relaxation values of physiological track fall within the normal range for subjects ages and during the exam session there is a reduction in functional efficiency due to saturation psychoneuroemotional the advent of systemic stress. The most pronounced changes occur in the nervous system and the cardiovascular system (fig. 1-2).

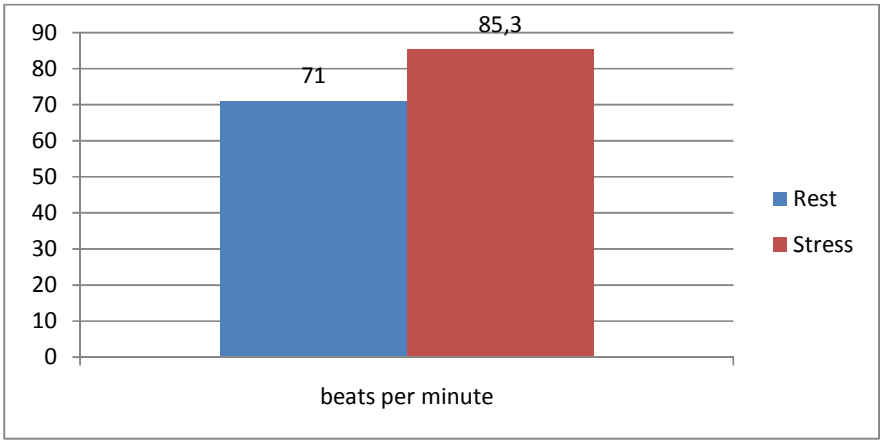

Fig. 1: Heart rate

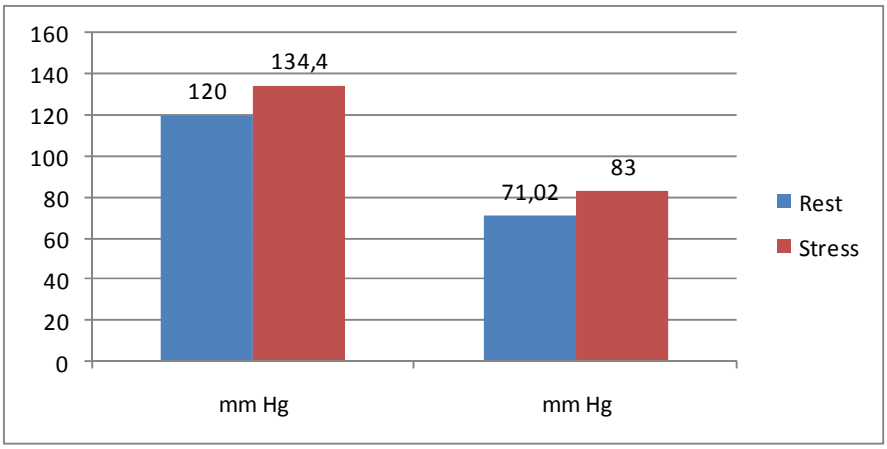

Fig. 2: Systolic blood pressure (SBP) and diastolic (DBP)

ICV calculated by multiplying the value of HR pulse pressure (difference between systolic and diastolic pressure) has a similar pattern, without differences in the two phases to be statistically significant. Cardiovascular indices indicate the presence of stress overload stage students surveyed (fig.3).

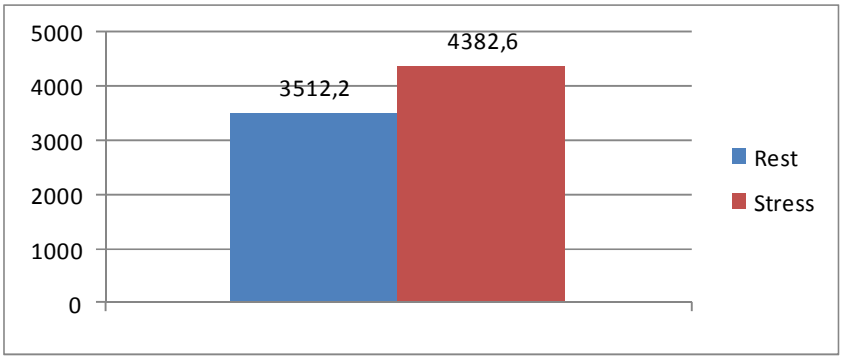

Fig. 3: Index cardiovascular

Major changes to the main target of attack and psycho-emotional stress are confined to the nervous system and sense organs, evidence of susceptibility and vulnerability maximum clenching their nerve and high emotional overload. They confirm the state of stress of students investigated during the exam session. FFS significant decrease during overload due to a process of cortical inhibition and decreased mobility fundamental nervous processes (fig.4).

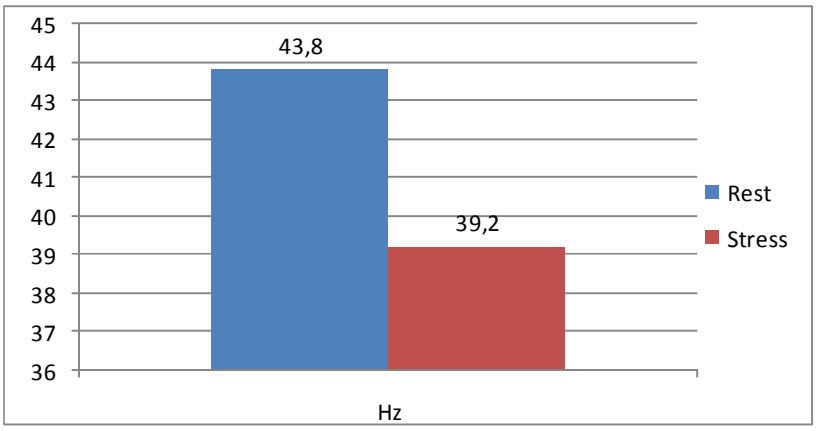

Fig. 4: Critical threshold values fusion of flashing stimuli (FFS)

Increased latency as shown in the data presented is explained by extending the central processing stage information and less time driving by increasing peripheral nervous impulse (fig.5).

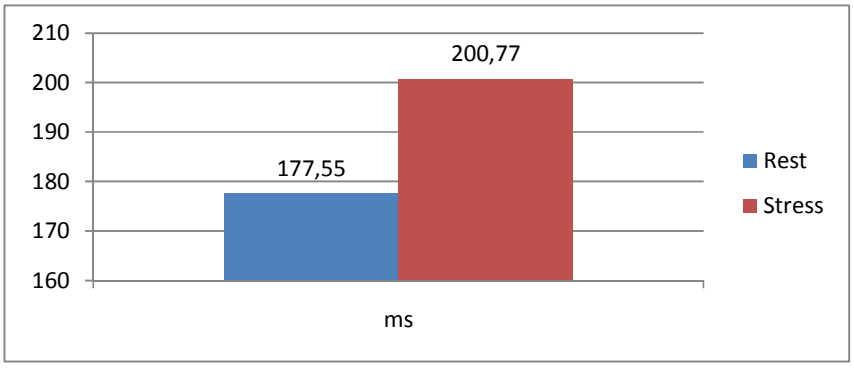

Figure 5: Critical threshold values of motor response latency (LT)

Damage attention under emotional stress and nervous fatigue is also based on a process of cortical inhibition (fig.6).

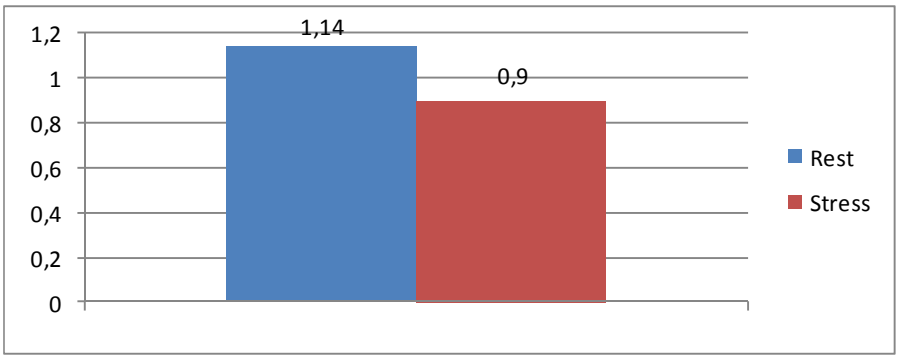

Fig. 6: Speed of perception and information processing illustrating attention condition (A).

Is illustrates installation nervous fatigue and discomfort in phase overload (fig.7). Significance of this is clear evidence of precocity its appearance subjective.

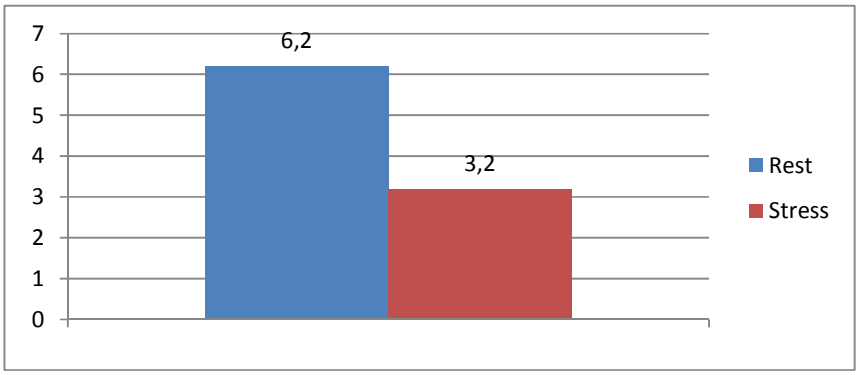

Fig. 7: Self-assessment of subjective comfort - discomfort (Ss)

Interested systemic stress that although as I said in the beginning all functional systems and subsystems of the body, the fore and scale as precocity lies neurosensory changes.

CONCLUSIONS

Emotional strain and increased neuro request during the exam session is established in a stress factor that triggers systemic distress to students, even those in senior years.

Psycho-emotional stress they were subjected subjects examined by us, has caused disruption to all body functions.

In the turmoil, first, in terms of speed and scale homeostatic changes found, lies neurosensory disturbances, proof attack priority and primary

stress on the nervous system and its higher vulnerability to overuse psychoneuroemotional.

Samples used for identifying and assessing systemic distress conditional functional changes proved sufficient appropriate.,

Appropriate statistical processing of the results achieved gives scientific validation necessary conclusions.

Simple Techniques and methods used to reach research is a methodology available to every physician to detect systemic stress, which is particularly important if one takes into account the very wide spread of this entity and multiple links stress with general pathology.

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