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## Age peculiarities of psycho-emotional stress of indigenous residents of the arctic

O. N. Kolossova<sup>1</sup>, E. A. Belchusova<sup>1</sup>, E. N. Nikolaeva<sup>2</sup><sup>1</sup>Institute for Biological Problems of Cryolithozone SB RAS, Yakutsk 677000, Russian Federation<sup>2</sup>M. K. Ammosov North-Eastern Federal University, Yakutsk 677000, Russian Federation

**Abstract.** To identify the age characteristics of the psycho-emotional tension of the indigenous inhabitants of the Arctic (Evenks), permanently residing in the Olenek Evenki national region. The highest level of psycho-emotional stress is found in Evenk men in the age group of 35-50 years, and in Evenk women in the age group of 51-64 years.

**Key words:** psycho-emotional stress, anxiety, neuroticism, stress index, indigenous peoples of the north. Evenks, age differences, adaptation, arctic.

**Conflict of interest.** The authors declare the absence of obvious and potential conflicts of interest associated with the publication of this article.

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The aim of the research. To identify the age characteristics of the psycho-emotional tension of the indigenous inhabitants of the Arctic (Evenks), permanently residing in the Olenek Evenki national region.

**Material and methods.** The study involved conventionally healthy male (n = 266) and female (n = 390) volunteers permanently residing in the Arctic in the territory of the Olenyok Evenki national region, representatives of the small peoples of the North – Evenki. The study was conducted in the winter in 2016-2019. During the research, the following age groups were formed: G1 (18-24 years); G2 (25-34 years); G3 (35-50 years); G4 (51-64 years); G5 (65-74 years), G6 (75 years and older). Indicators of neuroticism and extraversion were diagnosed using G. Eysenck's questionnaire form A. The J.Taylor questionnaire was used to assess the psycho-emotional state [1]. The C. Spielberger test was used to identify the level of personal (LT) and situational (ST) anxiety [2]. The assessment of autonomic regulation of functions was carried out on the APC "VNS-Micro" company Neurosoft (Ivanovo, Russia) for 5 minutes in the supine position in the morning.

**Results.** The largest number of people with a high level of neuroticism is found in the age group of 18-24 years (66.7 %). In the group of 35-50 years old, against the background of a high percentage of people with introversion (48.6 %), more than half of the people (59.8 %) have a low level of emotional stability. In the older age group of 65-75 years, an equal number of individuals with low and high levels of neuroticism (50% each) was revealed. The presence of a high and significant degree of correlation between the level of neuroticism and anxiety (especially

personal anxiety) was revealed. The acrophase of a high level of situational anxiety is detected in the age period of 51-64 years. The highest level of personal anxiety is found in the age group of 35-50 years.

**Conclusion.** The highest level of psycho-emotional stress is found in Evenk men in the age group of 35-50 years, and in Evenk women in the age group of 51-64 years. A high level of psycho-emotional stress can cause a decrease in the functional reserves of the body, causing a stressful course of adaptive processes and the possibility of developing various diseases, including psychosomatic ones.

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### Author information

Olga N. Kolossova, Doctor of Biological Sciences, Professor, Chief Researcher, Institute for Biological Problems of Cryolithozone SB RAS; Address: 41, Lenina Str., Yakutsk, Russian Federation 677000; Phone: +7(924)1772912; e-mail: kololgonik@gmail.com, <https://orcid.org/0000-0002-6965-2600>

Elena A. Belchusova, post-graduate student, Institute for Biological Problems of Cryolithozone SB RAS; Address: 41, Lenina Str., Yakutsk, Russian Federation 677000; Phone: +7(914)2801245; e-mail: belchusova58@mail.ru

Evgenia N. Nikolaeva, Associate Professor, Medical Institute of the M.K. Ammosov North-Eastern Federal University; Address: 27, Oyunsky Str., Yakutsk, Russian Federation 677000; Phone: +7(964)4187396; e-mail: en.nikolaeva@mail.ru, <https://orcid.org/0000-0002-3874-8634>

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