

PSYCHOPHYSICAL SECURITY AND ADEQUATE SOCIAL ADAPTATION OF STUDENTS: TRAINING COURSE

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Abstract

Increasing numbers of people have been falling victims to "biosocial" overreactions to extreme situations all over the world. Educational institutions tend to overlook the problem. It was the Goal of this research to study psychophysical functions in university students, following the adoption and embedment of psychophysical security course into the academic curriculum. The program included a theoretical course in psychophysiology of the central nervous system and psychological training sessions to teach students psychophysical self-regulation techniques and normal behavior. The Results of our research suggested that students had enhanced functional levels of the central nervous system, psychoemotional status, reduced anxiety, and normalized bioelectric processes in the brain upon completion of the course. In the Conclusion, we suggested that psychophysical security course be adopted and embedded into the academic curriculum in order to increase tolerance and accelerate social adaptation in students.


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