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ВЛИЯНИЕ ОРГАННОЙ ТРАНСПЛАНТАЦИИ НА ПСИХОЛОГИЧЕСКОЕ ЗДОРОВЬЕ ЧЕЛОВЕКА: АСПЕКТЫ АДАПТАЦИИ ПРИ ТРАНСПЛАНТАЦИИ И СТРАТЕГИИ УСПЕШНОЙ АДАПТАЦИИ

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Значение данного исследования заключается в понимании психологических аспектов и выработке стратегий адаптации для пациентов, столкнувшихся с органной трансплантацией. В работе рассматриваются факторы, влияющие на психологическое состояние пациентов, такие как стресс. Работа также описывает практические стратегии реабилитации и поддержки, которые помогают пациентам успешно адаптироваться к новой жизни после трансплантации и справиться с психологическими вызовами.

Ключевые слова: психологические аспекты, стратегии адаптации, органная трансплантация, психологическое состояние

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THE INFLUENCE OF ORGAN TRANSPLANTATION ON PSYCHOLOGICAL WELL-BEING: ASPECTS OF ADAPTATION IN TRANSPLANTATION AND STRATEGIES FOR SUCCESSFUL ADJUSTMENT

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This research aims to understand the psychological aspects and develop adaptation strategies for patients who have undergone organ transplantation. It explores factors influencing patients' psychological well-being, such as stress, and describes practical rehabilitation and support strategies that help patients adapt successfully to their new lives post-transplantation and cope with psychological challenges.

Keywords: psychological aspects, adaptation strategies, organ transplantation, psychological well-being

This study enhances our understanding of how individuals experience and adapt to the new reality after transplantation, as well as identifies factors that contribute to successful adaptation and personal development.

The aim

To investigate the influence of organ transplantation on individuals' mental health, gaining a deep understanding of the emotional, psychological, and mental consequences of this procedure for patient.

Material and methods

To achieve the stated objective, a combined approach was employed, including a literature review and empirical research.

Results and discussion

Organ transplantation is a scientific field that encompasses the study and practice of transplanting organs and tissues in humans. It involves various medical and scientific disciplines such as surgery, immunology, genetics, tissue and organ biology, pharmacology, and psychology. The goal of organ transplantation is to preserve and restore the health of patients suffering from chronic,

incurable organ diseases. Organ transplantation is considered to be the last resort for patients for whom conservative treatment methods have proven ineffective. However, alongside the medical benefits, individuals who have undergone organ transplantation may experience psychological states arising from emotional acceptance issues and fears.

One of the fundamental psychological aspects that may arise in a patient after organ transplantation is the occurrence of stress and mental discomfort caused by changes in life, the requirements of constant use of immunosuppressive therapy (drugs to suppress the immune system) and physical limitations. The causes of discomfort can also be fear and guilt, often associated with an unconscious exaggeration of minor health problems or difficulties in perceiving real information about certain characteristics of the donor, resulting from his formed ideas and fantasies. Cases are described when the recipient begins to feel fear of acquiring any moral qualities of an organ donor whose history was revealed after surgery. [2]

It is important to note that the danger of the transplantation procedure lies not only in the physical rejection of the new organ by the patient's body but also in the emotional rejection and perception of the new body part as foreign. This state can be caused by a sense of loss, especially if the organ transplant was necessary due to a severe illness or after the loss of one's own organ. It may be associated with grief and the need for time to accept the new reality.

On the positive side, there is post-traumatic growth, a process in which individuals discover positive changes in their lives, personality, and perception of the world after experiencing a traumatic event. In many cases, this state is accompanied by the development of new skills, a change in perspectives on life and values, and the individual becoming stronger and more resilient. For example, people who have undergone organ transplantation often exhibit higher levels of self-awareness and motivation. They may develop new skills, change their perspectives on life and values, and become stronger and more resilient. It is important to note that post-traumatic growth does not mean completely forgetting about past traumas but rather indicates that individuals find ways to cope with the traumatic experience and recover, gaining new understandings and perspectives. [4]

The aforementioned typical psychological consequences after organ transplantation are the result of deeper fundamental factors, including the patient's condition before the surgery. Understanding the psychological impact on patients who have undergone organ transplantation allows for the development of psychological support programs, therapeutic strategies, and mechanisms to improve mental health and facilitate the adaptation of patients after transplantation. [1]

To develop such strategies, careful examination of psychological characteristics and consideration of individual patient needs are necessary because each individual has a unique experience and different challenges during the adaptation process. An important part of this process is providing patients with

information about the transplantation procedure and the expected physical and emotional changes before undergoing the procedure. It is known that moral readiness for transplantation also affects long-term psychological adaptation. A recipient who is mentally prepared for the transplant is more likely to be receptive and adaptable in situations of stress and difficulties related to the post-transplantation period.

Additionally, cognitive-behavioral therapy is a key strategy for successful rehabilitation, as it can help patients rethink and modify negative thoughts and behaviors associated with post-transplantation adaptation. It should be noted that after the transplantation process, individuals face emotional challenges, and this type of therapy can provide them with tools and strategies to manage stress and support long-term psychological well-being. [3]

Group therapy is also an important and effective tool for transplant patients as it offers emotional support, opportunities for sharing experiences and information, and a sense of normalization of emotions and experiences after transplantation. It can help strengthen patients' mental health, adapt to their new lives, and establish a sense of belonging and support from others who share their experience. Such therapy, where individuals find themselves surrounded by others who have undergone similar experiences, prevents feelings of loneliness and promotes recovery and acceptance of the post-transplantation reality.

Conclusion

this scientific study explores the psychological aspects related to organ transplantation and proposes adaptation strategies for patients who have undergone this process. The research identifies factors that influence the psychological state of patients after transplantation. Understanding and considering these factors through the developed adaptation strategies enable patients to better cope with psychological challenges and successfully adapt to their new lives after transplantation.

The practical rehabilitation and support strategies proposed in this study are an important aspect of successful patient adaptation to the new conditions after transplantation. These strategies may include psychological support, counseling, educational programs, group therapy, and other resources that help patients cope with emotional, psychological, and social challenges. Therefore, this scientific research enhances the understanding of psychological aspects among patients who have undergone organ transplantation and offers practical adaptation strategies that contribute to successful adjustment to new life post-transplantation and overcoming the psychological challenges that may arise in this process.

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