

**CHARACTERISTICS OF PSYCHOLOGICAL CHARACTERISTICS OF  
ONCOLOGICAL PATIENTS**

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**Abstract:** This article analyzes the psychological state of patients with oncological diseases, their emotional reactions and specific aspects of the processes of adaptation to the disease. An oncological diagnosis can cause complex emotional experiences in a person, such as severe stress, fear, depression, denial, anger and despair. The article highlights the stages of these psychological reactions, factors for overcoming them, the role of psychological assistance and the importance of social support for patients. It also provides scientific analyses of the main directions of psycho-oncology, the effectiveness of psychotherapy methods and psychological interventions aimed at improving the quality of life of patients. The results of the study are of practical importance for doctors, psychologists and social workers working with oncological patients.

**Keywords:** oncological patient, psycho-oncology, psychological characteristics, emotional reactions, stress, depression

**Introduction**

Oncological diseases are one of the most urgent and complex areas of modern medicine. This disease has not only physical, but also deep psychological, emotional and social consequences, radically changing the patient's lifestyle. From the first day of diagnosis, patients experience various negative emotions, fear, stress, depression and uncertainty in their minds. Therefore, a deep study of the psychological state of oncological patients, facilitating their emotional adaptation processes and providing psychological support are important factors in recovery. This article will comprehensively cover the psychological characteristics of oncological patients, their emotional state, mechanisms of adaptation to the disease and the importance of psychological support.

An oncological diagnosis is a strong psychological shock that clashes with complex concepts such as "life and death" in the human mind, and in most patients it causes the following experiences:

The patient initially tends not to accept the diagnosis, to deny it. This is a natural protective mechanism of the body. Disbelief in the diagnosis, demanding re-examination, and not telling loved ones are common.

Since cancer is considered a disease with a high mortality rate by its nature, the patient has a strong fear of life and anxiety about the future. There is also a strong fear of painful treatment procedures such as surgery, chemotherapy, and radiation.

The patient may blame fate, society, and even the doctor for the disease that has developed in him. These emotions arise as a reaction to accumulated stress.

As a result of prolonged treatment, uncertainty, pain, and a change in the quality of life, depression is one of the most common psychological conditions among cancer patients.

Decreased motivation, hopelessness, feelings of loneliness, and decreased physical activity are the main symptoms of depression.

Over time, the patient begins to accept the disease and consciously participates in the treatment process. This stage is directly related to psychological support.

Patients have difficulty managing their emotions. Hope and despair, fear and courage, anger and obedience can be mixed at the same time.

Many patients tend to withdraw from society. They consider themselves a burden to others or are afraid of being humiliated because of their illness. This situation increases social isolation and loneliness.

Changes in family relationships also occur due to the illness. Sometimes there is excessive pity for the patient, and sometimes psychological pressure. Since family members are also under stress, mutual misunderstandings may arise.

As a result of physical and emotional fatigue, pain, and side effects of medications, patients' vital activity, work capacity, and motivation decrease.

Oncological patients often deeply feel philosophical questions about the meaning of life, values, and the limitation of time. This situation can lead them to spiritual growth or, conversely, to devastating despair.

The adaptation process of oncology patients depends on many factors:

1. Factors related to the character and temperament of the person

Optimistic, resilient, positive thinking individuals adapt to the disease faster. Emotionally stable patients are more active in the treatment process.

2. Social support

Support from family, friends, society and medical staff strengthens the patient's mental state. Lack of support can lead to a severe course of the disease.

3. Religious and spiritual factors

Faith, spiritual comfort and communication strengthen the patient mentally, help overcome fear and despair.

4. Previous life experience of the person

People who have experienced stressful situations and have experience in overcoming them have a stronger tolerance to the disease.

Psychological support for oncological patients includes:

1. The role of psychotherapy

Cognitive-behavioral therapy (CBT), Gestalt therapy, supportive psychotherapy, art therapy, and relaxation techniques significantly alleviate the emotional state of patients.

## 2. Psychological counseling

Regular conversations with a psychologist play an important role in helping the patient express their feelings, reduce fear and anxiety, and form a positive attitude towards life.

## 3. Rehabilitation psychology

Along with physical treatment, mental recovery is also important. The rehabilitation process ensures the patient's mental strength, quality of life, and return to social activities.

## 4. Group psychotherapy

Communication with other patients forms a comforting feeling in them that "I am not alone."

## Conclusion

Oncological disease is a major psychological test in the patient's life and has a strong impact on his or her mental state. The psychological characteristics of such patients are characterized by emotional instability, fear, depression, social isolation, and decreased motivation. Therefore, not only a medical approach, but also comprehensive psychological support is important in the treatment process. The development of the field of psycho-oncology serves to improve the quality of life of patients, provide them with psychological support, and facilitate the process of adaptation to the disease.

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