

Riabushenko K.

Ph.D student in Psychology

Lesya Ukrainka Eastern European National University

The problem of fear of the disease in foreign psychological studies

Current research deals with the problem of fear of the disease through the prism of foreign psychological research. The relevance of the problems is associated with the study of individual fear via the analysis of theoretical developments of many foreign and domestic scientists. Solution of this problem requires new research with a focus on means of influence on this phenomenon. Moreover, the features of the phenomenon of fear of the disease and its causes are traced. It is emphasized that the relationships is one of the basic mechanisms of mastering fear, especially fear of parental inheritance children. The features of the concept of "nosophobia" and "hypochondriasis" are noted; their key features are followed and differences are compared to the concept of "fear of the disease". The author highlights key aspects of the complexity of the distinction between "hypochondria" and "fear of illness", in particular, considering the laboratory works of Warwick, who emphasized the existing psychological science in the confusion of these concepts. The results of the study complemented the existing ideas of local researchers in the field of health psychology, particularly in understanding the phenomenon of fear of the disease. It should be noted that the fear of disease may be irrational, but it can act as a functional way of survival in dangerous conditions (for example, in terms of epidemic warning). The fear of a specific disease in the absence of physical symptoms indicates nosophobia displays. Considering the fear of disease as irrational, we are based on the idea that there is a fear of disease without previous experience of experiencing physical symptoms. However, nosophobia can act as irrational fear and functional entity based on previous experience. The concept of "hypochondria" is defined as the sum of three dimensions (bodily feeling fear disease, belief in the presence of the disease without confirmation of a specialist).

The importance of the social dimension of the formation and mastering fear of disease are noted. In particular, academic Daud defines the mechanism of fear assimilation through the family, through inheritance, and as one of the basics.

For a deeper understanding of fear of the disease further research is focused on empirical studies of this phenomenon in adolescence.

Key words: *nosophobia, fear of disease, hypochondriasis, parental inheritance.*