

**МЕДИЦИНСКАЯ ПСИХОЛОГИЯ/MEDICAL PSYCHOLOGY**DOI: <https://doi.org/10.60797/IRJ.2026.165.26>**POSITIVE PSYCHOTHERAPY IN TRANSCULTURAL EDUCATION OF INDIAN STUDENTS**

Research article

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Abstract

The article is devoted to the issue of sociocultural and psychological adaptation of foreign students in the educational environment of a Russian medical university. During their studies at the Northern State Medical University, medical students showed great interest in the psychological approach of positive psychotherapy, as presented in the works of Nossrat and Hamid Pisheshkian. Having studied practical works, the young doctors gave presentations at scientific conferences and conducted surveys among their peers. Positive psychotherapy offers a unique approach to treating all diseases, without making strict distinctions between functional, psychosomatic, or somatic disorders. Doctors emphasize positive communication to normalize the psycho-emotional state of the patient, which undoubtedly contributes to their professional development and the development of intercultural tolerance. The focus on positive psychotherapy, which integrates Eastern and Western trends in learning and communication, emerges, is of particular interest when working with students from Asian countries.

Keywords: positive psychotherapy, transcultural approach, empathy, tolerance.**ПОЗИТИВНАЯ ПСИХОТЕРАПИЯ В ТРАНСКУЛЬТУРНОМ ОБУЧЕНИИ ИНДИЙСКИХ СТУДЕНТОВ**

Научная статья

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Аннотация

Статья посвящена вопросу социокультурной и психологической адаптации иностранных студентов в образовательной среде российского медицинского университета. Во время обучения в Северном государственном медицинском университете студенты-медики проявили большой интерес к психологическому подходу позитивной психотерапии, представленному в работах Носсрат и Хамида Пезешкиана. Изучив практические труды, молодые медики выступали на научных конференциях с докладами, провели тестирование среди однокурсников. Позитивная психотерапия предлагает уникальный подход к лечению всех заболеваний, не делая строгих различий между функциональными, психосоматическими или соматическими расстройствами. Врачи делают акцент на позитивном общении для нормализации психоэмоционального состояния пациента, что, несомненно, способствует их профессиональному становлению и развитию межкультурной толерантности. Акцент на позитивной психотерапии, интегрирующей восточные и западные тенденции обучения и коммуникации, представляет особый интерес в работе с учащимися из стран Азии.

Ключевые слова: позитивная психотерапия, транскультуральный подход, эмпатия, толерантность.**Introduction**

Globalization actively affects our lives, primarily through the large number of foreign students studying at Russian universities. Arkhangelsk State Medical University actively collaborates with students from India. Psychologically, all foreigners in Russia face a significant challenge during the period of socio-psychological adaptation: they are not integrated into Russian society and are unfamiliar with the specifics of Russian reality. However, the distinctive psychological traits of students, shaped by their mentality, customs, lifestyle, national character, politics, and national-cultural specifics [11], allow them to adapt to new living conditions and successfully engage in active pursuits. The choice of effective psychological and pedagogical methods is an important direction in the development of modern education.

Solving this problem is partly achieved through scientific work by students in collaboration with representatives of Russian culture. Participation in research projects, symposiums, as well as preparation and presentation of reports on medical topics, helps foreign students understand social and ethical responsibility, develop an ideological stance, the ability for abstract thinking, analysis, and synthesis, and also promotes tolerance. Educating Indian students requires a comprehensive approach that takes into account their cultural, linguistic, and psychological characteristics. The successful implementation of educational programs not only contributes to the training of professional medical practitioners and language acquisition but also strengthens intercultural dialogue between Russia and India.

Scientific works devoted to the relationship between intercultural communication and positive psychology represent various research directions. T. G. Stefanenko ("Ethnopsychology") describes intercultural adaptation as the process of an



individual entering a new culture and achieving social and psychological integration. K. Ward identifies two types of adaptation to a new culture — psychological (based on affective responses) and socio-cultural (related to behavior and the ability to "fit in" with the new cultural environment). M. Bennett, an American specialist in intercultural communication, developed a model of intercultural sensitivity development, which helps to understand how a person moves from rejecting cultural differences to accepting and understanding them. J. Berry's research highlights issues of integration, assimilation, separation, and marginalization in the context of intercultural interaction. G.U. Soldatova reveals positive ethnic identity as a factor of intercultural competence. The author emphasizes the importance of balancing the preservation of one's own identity with openness to other cultures. In S.V. Chigarkova's dissertation "Personal Predictors of the Formation of Intercultural Competence," the psychological factors affecting the success of intercultural interaction are explored in detail, including the role of personal resources. Works dedicated to cultural intelligence (S. Ang, L. Van Dyne, K. Earley) intersect with themes of positive psychology, such as empathy and openness to new experiences. A.D. Karnyshev, in his research, focused on the socio-psychological aspects of interethnic cooperation and intercultural communication, including the analysis of tolerance, hospitality, and ethnocentrism.

The variety of approaches to this problem proves its relevance at the present stage, and the involvement of young professionals reveals the potential opportunities for their further work. Practice shows that holding scientific symposia and events involving international students has a positive impact on their development, as well as on their integration and adaptation. This contributes to the development of sensitivity to both their own and foreign cultures, which helps them acquire new knowledge, enhances self-esteem, and dispels unfounded stereotypes or prejudices. It also helps them rethink and adjust their assessments of foreign cultures in accordance with expanding skills and experience in intercultural communication.

Research Objective

The linguistic and scientific adaptation of foreign students to the Russian environment encompasses aspects such as intercultural adaptation, empathy, conflict resolution, the formation of multicultural identity, and the development of intercultural competence. The history of the medical university provided students with the opportunity to familiarize themselves with the works of the prominent psychologist Hamid Parsa-Pezeshkian, who visited Arkhangelsk in 1993 and met with students and faculty of the Arkhangelsk State Medical Institute. Indian students became interested in the theory and began actively using and creatively reflecting on the methods of positive psychotherapy, which are closely related to their religious beliefs and are understandable and interesting to them as representatives of Eastern culture. This is greatly facilitated by studying the Russian language. Studying the legacy of well-known Indian doctors, including the works of father and son Nosrat and Hamid Parsa-Pezeshkian, provides an opportunity to compare communicative interactions of doctor and patient in Russian and Indian practice.

Young medical professionals, in their research, have reached important conclusions. Positive psychotherapy approaches problems in an integrative way and encourages collaboration between different psychotherapeutic methods. Hamid Pezeshkian's methodology is based on the psychosocial and spiritual aspects of human life. The scholar proposes a unified concept applicable to the treatment of any disease. The central concept of positive psychotherapy can be formulated as follows: a healthy person is not someone who is free from problems, but someone who knows how to cope with them [7]. Students are drawn to this theory. They strive to build relationships that normalize the patient's psycho-emotional state, making them feel "lighter", which contributes to a speedy recovery. A fundamental characteristic of Indian culture leads to important conclusions that facilitate proper doctor-patient interaction. Hierarchical notions are strong in Indian culture: the doctor is often perceived as an authoritative figure, close to the status of a guru, so it is extremely important to find appropriate methods of communication with different members of society.

Materials and methods of research

Nosrat Pezeshkian, the father of Hamid Pezeshkian, a well-known doctor, scientist with a broad outlook, and a person of bright spirit, introduced a transcultural approach to science, as well as a synthesis of various approaches, emphasizing not the suffering and symptoms of illness, but the search for the patient's life resources. His research is based on the study of various character traits, deep empathy, and the rethinking of the patient's problems, which, according to the researcher, should be based on the body, soul, spirit, and the person's belief in recovery. In working with foreign medical students, modern theoretical methods of working with the presented material were used, aimed at clarifying, expanding, and systematizing scientific facts, explaining, analyzing, and synthesizing the acquired knowledge. Empirical methods, focused on obtaining data through the organization of practical activities, analysis of scientific and methodological literature, surveys, and testing, confirmed the significance of valuable conclusions.

Dr. Nosrat Peseschkian published more than 26 books on "positive psychotherapy". Verified practices and rational ideas were further developed in the works of his son, Hamid Peseschkian. Numerous books, including Russian translations, are dedicated to the theory of positive psychotherapy developed by the scientists. These principles are based on intercultural research on understanding and treating people from different cultures. Studying scientific literature has allowed learners to compare the features of the national healthcare systems of India and Russia. The collection and accumulation of information takes place in the preparation of research materials and presentations at conferences. Students note that the Indian population, especially in the regions, speaks various local languages, which significantly complicates communication. The relationship between doctor and patient in India is shaped by cultural and religious traditions, socio-economic factors, and legal norms. Attention is drawn to family involvement in the treatment of the patient: often, decisions are made not only by the patient but also by the family.

Fifth-year student Verma Pragya, in her report, considers the following example: in the traditional interpretation, a myocardial infarction is described as a decrease in the activity of the heart muscle due to the blockage of the coronary arteries. In the positive interpretation, the negative aspect of the disease becomes secondary, but at the same time, the significance of the disease is brought to the forefront for the patient: "A myocardial infarction is the ability to take stress and risk factors



seriously." This approach does not imply that the negative aspects of the disease are unimportant. The goal of the positive interpretation is to change the patient's perspective on their illness: it is important to start with the positive aspects and only then move on to the negative ones.

Young scientists note the specifics of doctor-patient communication in Indian culture: poverty and limited access to medical services (many patients cannot afford diagnostics and treatment), a shortage of doctors in rural areas, and the fairly common practice of doctors recommending unnecessary procedures to increase their own income. The country does not have a unified federal law regulating patients' rights. However, positive trends have been observed: the digitalization of healthcare and an increase in the population's legal literacy.

The doctor-patient relationship in India remains asymmetrical, with the doctor playing a dominant role. Modern medical practice, as recommended by students, is based on the following fundamental principles: strict adherence in communication, special respect for elders and the elderly, as well as the need to follow formal forms of address. In their surveys, students emphasized that patients tend to show a high degree of trust in a person wearing a white coat, and traditional medical systems (Ayurveda, Unani, Siddha) have a significant influence on patients' positive expectations.

Conclusion

Ethical standards of medical culture bring medical approaches closer together. Professional competence, the principle of "do no harm", and the absence of conflicts of interest are enshrined in legislation (for example, in Article 73 of Federal Law No. 323 "On the Protection of Citizens' Health") and professional codes. Foreign students compare the features of professional medical culture, which contributes to their professional development and the development of intercultural tolerance. The results of a survey conducted at the Northern State Medical University among foreign students (70 students from the 3rd to 6th year) showed the following results. The majority of respondents (67%) believe that the use of positive psychotherapy increases motivation and helps in their professional training as general practitioners. Fifth- and sixth-year students were twice as likely as third-year students to note that they had become more open, found it easier to communicate, and sought to maintain dialogue with Russian students on issues of professional ethics. 85% of students rate the accessibility of teachers as "good" or "excellent." It should be emphasized that the application of positive psychotherapy principles as a tool that facilitates student integration contributes to their professional development and the growth of intercultural tolerance.

Конфликт интересов

Не указан.

Рецензия

Все статьи проходят рецензирование. Но рецензент или автор статьи предпочли не публиковать рецензию к этой статье в открытом доступе. Рецензия может быть предоставлена компетентным органам по запросу.

Conflict of Interest

None declared.

Review

All articles are peer-reviewed. But the reviewer or the author of the article chose not to publish a review of this article in the public domain. The review can be provided to the competent authorities upon request.

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