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ПСИХОЛОГІЧНЕ ЗДОРОВ'Я НАСЕЛЕННЯ УКРАЇНИ

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PSYCHOLOGICAL HEALTH OF THE POPULATION OF UKRAINE

Military aggression in Ukraine led to the outbreak of one of the most rapid crises of forced population displacement and humanitarian crises in the history of the state.

The intense military escalation and the unprecedented deterioration of the security situation have resulted in deaths and injuries. Current research shows that severe depression and post-traumatic stress disorder (PTSD) are common and chronic among internally displaced persons (IDPs) and refugees [2, p. 3].

Post-traumatic stress disorder is a psychological disorder, a type of neurosis that occurs as a result of experiencing one or more events that traumatize the psyche, such as, for example, military actions, terrorist attacks, accidents or natural disasters, disasters, severe physical injuries, domestic or sexual violence, threats death etc.

The disorder manifests itself as a long-term reaction to stress. Children are the most vulnerable group in the conflict. Due to their sensitive neurological system, they are more susceptible to shocks during development. These shocks can include violent and traumatic events due to conflict or more indirect consequences that result in stunted growth and cognitive impairment. In conflict situations, mothers may be depressed or post-traumatic stress disorder, so they cannot provide adequate care or stimulation for their children [2, p. 10]. Women are more vulnerable to the psychological consequences of military operations. There is evidence of a high correlation between the suffering of mothers and children during war. Maternal depression in the prenatal and postnatal periods is now known to predict poorer growth in a community sample of infants. Social support and traditional helpers play an important role in promoting the psychosocial well-being of mothers in regions affected by hostilities [3, p. 9].

Military aggression in Ukraine affected the psycho-emotional state of people - the number of anxious and depressive states, psychosomatic manifestations (gastrointestinal disorders, headaches, blood pressure spikes, allergic reactions, sleep disorders, etc.) of uncontrolled aggression, violence, tendency to alcohol and drug abuse increased. Means, suicidal thoughts accompanied by the experience of loss: loved ones, home, identity.

The human psyche has the ability to adapt to different challenges, so people now react somewhat differently to air alarms and other threats than in the first days of February 2022. To facilitate the process of mental adaptation during the war period, it

is recommended to learn to return to the feelings and state that were characteristic of the war, to remember what was valuable and important for a person in peacetime.

The support of loved ones or friends, returning to the usual routine of the day (as far as possible), a sufficient amount of internal resources help to withstand trials. For this, it is necessary to observe a sleep regime, a balanced diet and rest. Faced with the experience of military actions, people feel different emotions: fear, anger, powerlessness, despair, confusion. It should be remembered that such a reaction is normal, for an abnormal situation.

Joy began to be perceived as something forbidden during the war, but now this stereotype has lost its power and people have started to feel joy too. There are no rights or wrong emotions, especially in this situation.

The ongoing armed aggression in Ukraine affects all its residents without exception. Therefore, the military and the civilian population in the war zone or under occupation, as well as the residents of the rear, internally displaced persons and those who have gone abroad, are affected by hostilities. That is, the entire population of Ukraine is affected by wartime stressors. Because of the war, millions of Ukrainians will have negative consequences for their psychological health. According to forecasts of the WHO (World Health Organization), in the future, about 15 million Ukrainians will need psychological support, of which 3-4 million will need medical treatment.

During military aggression, social problems arise, including those directly related to the emergency situation: separation of families, lack of security, loss of livelihood, rupture of social ties, low level of trust, lack of resources, increase of children without parents, etc.

Humanitarian factors such as overcrowding of places of residence, lack of opportunities for solitude and rest, and the breakdown of traditional support mechanisms also have an impact. As a result, psychological health problems arise, in particular, exacerbation of existing psychological diseases (depression, schizophrenia), changes in the state of psychological health due to suffering, acute reactions to stress, alcohol and drug abuse, the development of depression and anxiety states. Unfortunately, these problems also exist in Ukraine, and they are primarily related to

military actions and all their consequences (direct hostilities, loss of loved ones and housing), migration processes within Ukraine and beyond its borders, informational component, concern for relatives and loved ones, a financial, economic and social crisis, an unexpected change in the usual life, personal problems at the micro level (troubles in the family, its disintegration, distancing of families), problems in the professional sphere (loss of work, reduction of wages), psycho-emotional disorders (feeling disappointment, anxiety, hopelessness), violation of physical well-being [2, p. 2].

Clinical features of depressive disorders caused by war are: delayed development of symptoms of depression and anxiety; predominance in complaints of experiences of what is happening; expectation of deterioration of the general situation in Ukraine; worries about not understanding when the war will end; concern for loved ones; waiting for sirens and shelling; experiences related to a decrease in financial opportunities due to the loss of a job; unexpected memories of what had to be experienced; terrible dreams of past events.

Therefore, the destruction of psychological health is part of the military conflict and its most prominent feature. Military aggression kills people, destroys capital and harms everything. Military actions affect both the direct participants in the conflict and the civilian population of Ukraine.

Therefore, the issue of preservation, maintenance and development of psychological health is gradually recognized as an important development issue, especially in the case of countries affected by military conflict.

Among the consequences of military aggression, the impact on the psychological health of the population of Ukraine is today one of the most important aspects that requires the attention of not only the Ukrainian scientific community, but also state authorities, volunteers, international organizations, institutions, professional doctors, and concerned citizens and the citizens themselves, who suffered from hostilities, during military aggression.

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