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PRACTICAL RECOMMENDATIONS FOR STUDENTS' BEHAVIOR DURING MILITARY OPERATIONS IN UKRAINE TO PRESERVE THEIR MENTAL STATE

War always poses danger to the life and health of civilians. From the first days of the full-scale invasion of the Russian Federation, it was clear that the enemy would attack not only military facilities but would also target civilians. Thus, the lives of Ukrainians have been under constant threat for more than 2 years. In order to significantly increase the chances of preserving them, a number of rules of conduct and advice should be followed. Of course, the best and most effective thing to do is to leave the country or regions where active military actions are taking place.

War is one of the most difficult trials a nation can endure. It threatens the lives and well-being of people and causes many economic and social problems. In such a situation, many people lose their pre-war plans, guidelines, and vision of the future. But even in war conditions, it is important not to lose hope and continue to strive for a better life.

War is not only bombing and death. It is also fear, anxiety and destruction of the inner world. Therefore, it is important to learn to maintain inner harmony and peace within yourself despite everything. This can be meditation, yoga, reading books, listening to music or other methods that help you relax and relieve stress.

The present time is characterized by great uncertainty and change. Therefore, it is important to remain flexible and adaptable to your plans and goals. This means being able to quickly adapt to new conditions, learn from your mistakes and find alternative solutions to problems, change your plans and adjust to new conditions.

It is very important for students to be able to adapt to the difficult life circumstances dictated by the war.

Key words: *war, stress, psyche, adaptation, skills, organization.*

Гаврилова Наталія, Мохунько Олександр. Практичні рекомендації поведінки студентів в умовах військових дій в Україні для збереження свого психічного стану. *Війна завжди становить небезпеку для життя та здоров'я цивільного населення. З перших днів повномасштабного вторгнення Російської Федерації було зрозуміло, що ворог атакуватиме не лише військові об'єкти, а й цивільне населення. Таким чином, життя українців перебуває під постійною загрозою вже понад 2 роки. Щоб значно збільшити шанси на збереження життя і нормального психічного стану, слід дотримуватися низки правил поведінки та порад. Звичайно, найкраще та найефективніше – це покинути країну чи регіони, де ведуться активні військові дії. Війна – одне з найважчих випробувань, які може витримати нація. Вона загрожує життю та благополуччю людей і спричиняє багато економічних та соціальних проблем. У такій ситуації багато людей втрачають свої довоєнні плани, орієнтири та бачення майбутнього. Але навіть у воєнних умовах важливо не втрачати надію та продовжувати прагнути кращого життя.*

Війна – це не лише бомбардування та смерть. Це також страх, тривога та руйнування внутрішнього світу. Тому важливо навчитися зберігати внутрішню гармонію та спокій у собі, незважаючи ні на що. Це може бути медитація, йога, читання книг, прослуховування музики або інші методи, що допомагають розслабитися та зняти стрес. Сучасний час характеризується великою невизначеністю та змінами. Тому важливо залишатися гнучкими та адаптивними до своїх планів і цілей. Це означає вміти швидко адаптуватися до нових умов, вчитися на своїх помилках та знаходити альтернативні рішення проблем, змінювати свої плани та пристосовуватися до нових умов.

Дуже важливо, щоб студенти вміли адаптуватися до складних життєвих обставин, які диктує військовий час.

Ключові слова: *війна, стрес, психіка, адаптація, навички, організація.*

Formulation of the problem. However, if this is impossible, then you need to strictly follow certain rules of conduct - prepare an "emergency suitcase" and your home in advance, do not neglect air raid alarms and go down to shelter during them. The list of the minimum set of things that every Ukrainian should have includes: drinking water (at the rate of 1.5-2 liters per day per person) and technical water (for cooking and hygiene 10-12 liters per day per person); insulation - sleeping pads, blankets, sleeping bags, rugs and warm clothes; long-life food - canned meat and fish, snacks, biscuits, dried fruits, high-calorie sweets (dark chocolate with nuts, a handful of lollipops), pearl barley, buckwheat, long-grain rice, pasta, vermicelli, dry vegetable semi-finished products; first aid kit; hygiene products and antiseptics and disinfectants; lighting and charging -

flashlights, candles, batteries, power banks, etc.; means of communication - a radio, charged phones. It should also be noted that the minimum number of days for which you should stock up on food and water is three.

Analysis of literary sources. This topic has been studied in depth by authors such as: Uskova, S., Prus, N., Golubeva, V. [1], Yefremenko V.M., Syrovatko Z.V. [2], Yefremenko V., Syrovatko Z., [3], Novytsky Y., Zhuravlev S., Luskan O., Mykhailenko V., Kuzmenko N. [4].

"Emergency suitcase" is a basic set of things for survival in extreme or military situations until rescuers arrive or for safe evacuation from the emergency zone, for example, to a shelter during shelling or a missile attack, when there is no water, food, heat, or shelter nearby. Contents: the necessary minimum of clothing, hygiene items, medicines, personal protective equipment, and food [1].

It should be noted that survival experts advise against camouflage colors, since with such a backpack you can be mistaken for a combatant, a military man, and not a civilian.

List of things that rescuers advise putting in the "emergency suitcase": copies of important documents in plastic packaging. Make copies of all important documents in advance - passport, driver's license, real estate documents, car, etc. Documents should be drawn up so that they can be quickly retrieved if necessary. Some sources recommend including several photographs of family and friends among the documents.

Credit cards and cash. You should have a small supply of money. A map of the area, possibly a compass, a wristwatch, and information on the method of communication and the agreed meeting place for your family [2].

Hygiene products: a toothbrush and toothpaste, a small bar of soap, a towel (available in a package, pressed), toilet paper, several packages of disposable dry and wet wipes, several handkerchiefs, intimate hygiene products, a razor, a manicure set. Communication and information equipment (a small radio) and batteries for the radio (if needed). A flashlight (preferably several) and spare batteries for it, matches (preferably camping ones), lighter, candles. A multi-tool, including a knife blade, an awl, a saw, a screwdriver, scissors, etc. A knife, an axe, signaling equipment (a whistle, a flare, etc.). Several 120-liter garbage bags. Can replace a tent or awning if cut. A roll of wide tape.

A pack of condoms. If necessary, a condom can be used to protect matches and lighters from moisture, as a tourniquet to stop bleeding, to reliably seal containers from insects and sand, to carry water. A notepad and pencil, threads and needles. First aid kit. According to the advice of the State Emergency Service, it must include: bandages, adhesive tape, cotton wool, iodine, activated charcoal (intoxication), paracetamol (antipyretic), painkiller, antidiarrhea, gastrointestinal infection, eye drops, tourniquet, syringes; the medicine you are taking (at least once a week), with a description of the method of administration and dosage; prescriptions; the names and mobile phones of your doctors (it is necessary to monitor the expiration date of the medicine). Clothes: a set of underwear (2 pairs), cotton socks (2 pairs) and woolen, spare trousers, a shirt or sweater, a raincoat, a knitted hat, gloves, a scarf (may be needed in the most unexpected situations), comfortable, reliable. Polyurethane mat or sleeping pad, sleeping bag and mini tent (if space allows) [4].

Tableware (preferably metal): a pot, a flask, a spoon, a mug. Gas burner, a gas cylinder or dry alcohol. A food supply for several days - everything that can be eaten without preliminary processing and does not take up much space, is stored for a long time (non-perishable), for example: high-calorie sweets (dark chocolate with nuts, a handful of lollipops), a set of products (stewed meat, biscuits, soup packets), canned meat and fish), if space allows - pearl barley, buckwheat, long-grain rice, pasta, vermicelli, dry vegetable semi-finished products, vodka, drinking alcohol. The supply of drinking water for 1-2 days, which must be periodically renewed (it should not be stagnant).

It is important to pack your "emergency suitcase" in advance and put it in a convenient place so that in case of danger you can quickly access it. In addition, as survival experts advise, you should put things that have been tested in practice in the "suitcase". That is, those that you have already used, and not brought in a package from the store (this rule does not apply to food) [2].

Experts also recommend using a backpack as an "emergency suitcase", since it is convenient to move around with it, it does not restrict movement, and you have free hands.

As for wrapping things, it is recommended to fold them so that the weight is distributed evenly. It is good to have a backpack with a basement (bottom flap). The heaviest things should be put on the bottom, sharp objects or objects with sharp corners should be placed so that they do not touch your back [1]. Things that may be needed first should be put in the outer pockets, and things that can be damaged or crushed should be placed on top.

The total weight of an "emergency suitcase", according to the recommendations of the state emergency service, should not exceed fifty kilograms. But, as practice shows, for most people, especially women, such a weight is too much. Therefore, experts say that a backpack should weigh no more than twenty-five kilograms.

War is a danger at every step and a person cannot always react to the threat of shelling or missile attack of the enemy in time [3]. There is not always the opportunity or time to go to shelter. Therefore, it is also important to prepare your home for war.

In order to prepare your home for the threats and dangers of war, rescuers advise: apply protective strips of tape (paper, fabric) to window panes to increase their resistance to blast waves and reduce the amount of debris and avoid injuries in the event of damage; if possible, set up a shelter in the basement, protect it with sandbags, and provide an emergency exit; if you have a plot of land, set up a shelter at a distance from the house that is greater than its height; provide your home with supplies of drinking and industrial water, and also make a stock of long-term storage products; additionally equip your home first aid kit with first aid supplies; prepare flashlights (spare battery kits), kerosene lamps and candles in case of power outage; prepare (purchase) appliances (primus stove) for cooking in the absence of gas and electricity; prepare the necessary things and documents in case of an urgent evacuation or transition to civil defense structures or other storage facilities (basements,

cellars, etc.); as winter approaches, it is necessary to think about the issue of heating the house in the event of a central heating shutdown [1].

In addition to staying at home, you and your family need to prepare yourself and follow certain rules of conduct that will help you survive in times of danger.

It is necessary to: maintain personal calm, not respond to provocations; do not inform people you barely know, as well as acquaintances with an unreliable reputation, about your future actions (plans); always have an identity document (passport), information about your blood type and close relatives, possible health problems (allergies to medications, etc.); know the location of civil defense protective structures near your place of residence, work, and in places you often visit (shops, bazaar, road to work, medical institutions, etc.). Unnecessarily, try to spend as little time as possible outside your place of residence, work, and unfamiliar places; when leaving premises, moving up the stairs of multi-story buildings, or to a civil defense structure (storage facility), follow the rules of the right hand (as when driving a car) to avoid crushes. Let women, children, the elderly, and the disabled go first and provide assistance, which will significantly reduce the time it takes to take shelter; avoid crowded places; In case of receiving any information from government authorities about a possible danger or measures to increase security, pass it on to other people (at your place of residence, work, etc.); If armed people, military equipment, or riots appear, immediately leave the area; pay more attention and, if possible, also leave the area if the media of the aggressor party appears; Immediately inform law enforcement agencies, local authorities, and the military about people who do not know their way around, speak with an accent, have an unusual appearance, commit illegal and provocative actions, perform incomprehensible work, etc. If you find yourself in an area under fire, hide in the nearest civil defense structure or storage facility (shelter). In the absence of adapted storage facilities, use uneven terrain (ditches, trenches, depressions from explosions, etc.) for shelter. In case of sudden shelling and no civil defense structures, storage facility, or shelter nearby, lie down on the ground with your head in the direction opposite the explosions. The head should be covered with hands (if available, use a suitcase or other things to cover the head). Do not leave the shelter until the shelling is over; if you witness the injury or death of people, illegal actions against them (arrest, kidnapping, beating, etc.), you should try to find out and save more information about them and the circumstances of the incident in order to provide assistance, search, identify, etc. It is necessary to remember that you yourself or people close to you may also find yourself in a difficult situation and will need help [3].

It is not recommended to read news from dubious, unofficial, unverified sources; go to windows if you hear gunshots; watch the progress of military operations; stand or run under fire; conflict with armed people; wear an army uniform or camouflage clothing; demonstrate weapons or objects similar to them; pick up abandoned weapons and ammunition.

The present time is characterized by great uncertainty and change. Therefore, it is important to remain flexible and adaptable to your plans and goals. This means being able to quickly adapt to new conditions, learn from your mistakes and find alternative solutions to problems, change your plans and adjust to new conditions.

Although war can cause separation and loss of loved ones, it is very important to maintain contact with people around you. They can become a support in difficult times, help with advice or action, share something. It is important to remember that you are not alone in your fears and worries. It is necessary to maintain contact with classmates, to be interested in how they cope with the situation. Call each other, communicate on social networks, meet in real life, if possible, participate together in volunteering or some group activities [4]. This will help maintain peace of mind and feel less isolated and see that such worries are inherent in every second person.

During war, it may seem like opportunities have disappeared, but they are not. It is necessary to find new ways to realize your plans and dreams. Sometimes it is necessary to reconsider your priorities and learn to value other things that previously did not seem so important.

War can bring life and development to a standstill. But even in such conditions, it is important to continue moving forward and developing. This could be learning a new skill, starting a business, or taking up a new hobby. The main thing is not to stop there and to keep moving forward.

During war, it is important to unite and help your neighbors. This can be visiting the sick and elderly, helping neighbors, volunteering, or participating in charity events. Such actions not only help your neighbors but also strengthen moral fortitude and a sense of community.

During war, it may seem like everything is falling apart and dying. But it is important to remember that there is always room for creation and creativity. This could be anything from creating a new project, a term paper or a thesis.

Even in war conditions, you can continue to learn and develop. Learn new skills and languages, read books, and join online crusades. This will not only help you expand your knowledge and acquire new skills but also maintain a positive attitude and confidence in the future [1].

Health is the most important thing. In war conditions, it can be under threat. Therefore, it is necessary to maintain your mental, psychic and physical health as much as possible. Limit watching and reading the news, communicating less with negative people, spending more time outdoors, playing sports and, if possible, eat right.

Life is full of surprises and things don't always go according to plan. But don't give up and despair. Instead, look for new opportunities and ways to achieve your goals.

The most important thing is not to lose hope for the future. The war may be long and hard, but it will end sooner or later [4].

Life during war can be difficult and unpredictable, but it is important to remember that there are ways to continue living and developing. It is important to find ways to maintain your emotional stability and not lose hope for the best. War can be a temporary test, but we must continue to make plans for the future and find opportunities for personal and social development. And, of course, it is important to remember those who suffered as a result of the conflict and to provide them with

support and assistance. Together we can overcome difficulties and create a better future for ourselves and our descendants [3].

Conclusions.

We need to survive these difficult times and reduce post-traumatic effects. Despite the war, it is important to maintain mental health. All wars end. A time of peace and restoration comes. Psychologically preserved people rebuild their home better than those who are too exhausted and depressed. Many have now lost their usual identity - what people are used to doing and in which they felt strong. Basic support has been lost peaceful life, home, work, relationships. This has triggered the "fight-flight-freeze" reaction. Recommendations for mental recovery during difficult war days. It is necessary to be aware of your feelings, name your feelings, accompanying them with deep breathing. This will reduce their intensity. Talk about your condition to other people. Working with a psychologist-psychotherapist or online consultation will be useful. It is necessary to plan your day, include the following things in this plan: minimal physical activity, duties that must be performed, warm communication with friends and family, helping others. Life goes on during the war, the main task is not only to survive but also to maintain your mental state.

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ACADEMIC SUCCESS AND PSYCHOLOGICAL WELL-BEING OF STUDENTS IN THE EDUCATIONAL ENVIRONMENT UNDER THE INFLUENCE OF STRESS

In recent years, World Health Organization reports have regularly documented an increase in mental disorders among schoolchildren and students. Researchers note that the senior school and college years are periods when stress often exceeds the resources that support well-being and act as a buffer against the emergence of various problems (academic, personal, family, and professional). Quality of life and psychological well-being during student life can be a significant predictor of future professional productivity. The results of empirical studies clearly demonstrate the serious negative consequences of stress on academic performance, motivation, and well-being of students at various stages of education, as well as consequences that are globally critical both for educational practice as a whole and for the positive functioning of each student. Significant experience has been accumulated in foreign and Russian psychology, requiring theoretical understanding and practical verification of various concepts of stress in education, as well as an analysis of the role of personal and regulatory