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ACTIVATION OF MECHANISMS CONTRIBUTING TO STRESS FACTORS DURING THE WAR IN UKRAINE, THEIR IMPACT ON THE MENTAL STATE OF FEMALE TEACHERS AT THE NATIONAL TECHNICAL UNIVERSITY "IGOR SIKORSKY KYIV POLYTECHNIC INSTITUTE". METHODS OF STRUGGLE AND BEHAVIOR CORRECTION

War is my biggest childhood fear. As a child, I could never watch movies with fascists. I was always scared, hurt, and deeply horrified when such a movie was on TV. As an adult, I also didn't watch these movies because my subconscious knew somewhere deep down that this evil could return and then there would be nowhere to hide. Now, working as a lecturer at a university and teaching the humanities, I know many techniques that should calm, give a feeling of silence, peace, and balance, but when a dark cloud comes and it's not alone with a tornado, thunder, and lightning, no matter how strong you try to be, war spares no one and you have to start learning to live with it.

The relevance of this article is that as a female teacher, I have gone through all the possible stages of stress that I have previously only talked about in my pairs. I want to share my experience that even in dark days you need to look for light and know for sure that it will find you. You can't give up, you can't give up, you need to help yourself step by step to find the strength to fight the evil that is both outside and inside us. This article is relevant because many women, including teachers, struggle every day with their fears, bad news, depression, lack of appetite or, conversely, food cravings, doing everything they can to fight and not go crazy from what is happening in the present. One of the most significant consequences of war is its impact on the mental health of the civilian population. General population studies indicate a definite increase in the incidence and prevalence of mental disorders.

Women suffer more than men. Other vulnerable groups include children, the elderly, and the disabled. Prevalence rates are related to the degree of psychological trauma and physical and emotional support. In developing countries, cultural and religious coping strategies are often used.

War has a catastrophic impact on the health and well-being of nations. Research has shown that conflicts cause more deaths and disabilities than any major disease. War destroys societies and families and often disrupts the social and economic development of nations. The consequences of war include long-term physical and psychological harm to children and adults, as well as the reduction of material and human capital. Deaths resulting from war are only the tip of the iceberg. Beyond death, other consequences include impoverishment, malnutrition, disability, economic/social decline, and psychosocial illnesses to name just a few. Only through a deeper understanding of conflict and the many mental health problems that arise from it can we develop coherent and effective strategies for its resolution.

Key words: *war, fear, anxiety, stress, health, influence, mental state.*

Сироватко Зоя. Активізація механізмів, що сприяють стресовим факторам під час війни в Україні, їх вплив на психічний стан жінок викладачів Національного технічного університету «Київського політехнічного інституту ім. Ігоря Сікорського». Методи боротьби та корекція поведінки. *Війна - мій найбільший дитячий страх. У дитинстві я ніколи не могла дивитися фільми з фашистами. Мені завжди було страшно, боляче і глибоко моторошно, коли такий фільм показували по телевізору. У дорослому віці я також не дивилася ці фільми, бо моя підсвідомість десь далеко всередині знала, що це зло може повернутися, і тоді не буде де сховатися. Зараз, працюючи викладачем в університеті та викладаючи гуманітарну науку, я знаю багато технік, які повинні заспокоювати, давати відчуття тиші, спокою та рівноваги, але коли насувається темна хмара, і вона не одна з торнадо, громом і блискавкою, якою б сильною ти не намагалася бути, війна нікого не щадить, і треба намагатися вчитися з нею жити до поки вона не закінчиться.*

Актуальність цієї статті полягає в тому, що як жінка-викладач, я пройшла через усі можливі стадії стресу, про які раніше говорила лише на парах. Я хочу поділитися своїм досвідом, що навіть у темні дні потрібно шукати світло і точно знати, що воно тебе знайде. Не можна здаватися, не можна опускати руки, потрібно крок за кроком допомагати собі знаходити сили для боротьби зі злом, яке є як зовні, так і всередині нас у вигляді тривоги, неспокою та постійного безсоння. Ця стаття актуальна, оскільки багато жінок, включаючи викладачів, щодня борються зі своїми страхами, поганими новинами, депресією, відсутністю апетиту або, навпаки, тягою до їжі, роблячи все можливе, щоб боротися і не збожеволіти від того, що відбувається в сьогоденні. Одним з найсуттєвіших наслідків війни є її вплив на психічне здоров'я цивільного населення. Загальні дослідження населення вказують на певне зростання захворюваності та поширеності психічних розладів. Жінки страждають більше, ніж чоловіки. Інші вразливі групи включають дітей, людей похилого віку та інвалідів. Показники поширеності пов'язані зі ступенем психологічної травми та фізичною та емоційною підтримкою. У країнах, що розвиваються, часто використовуються культурні та релігійні стратегії подолання. Війна має катастрофічний вплив на здоров'я та благополуччя народу. Дослідження показали, що конфлікти спричиняють більше смертей та інвалідності, ніж будь-яка серйозна хвороба. Війна руйнує суспільства та сім'ї і часто порушує соціально-економічний розвиток народу. Наслідки війни включають довгострокову фізичну та психологічну шкоду дітям і дорослим, а також зменшення матеріального та людського капіталу. Смерть внаслідок війни - це початкова стадія. Окрім смерті, до інших наслідків належать зубожіння, недоїдання, інвалідність, економічний-соціальний занепад та психосоціальні захворювання і це лише деякі з них. Тільки завдяки глибшому розумінню конфлікту та численних проблем психічного здоров'я, що виникають у його результаті, можливо розробити узгоджені та ефективні стратегії його вирішення.

Ключові слова: *війна, страх, тривога, стрес, здоров' я, вплив, психічний стан.*

Formulation of the problem in general form. According to estimates from the World Health Organization, in situations of armed conflict worldwide, 10% of people experiencing traumatic events will develop serious mental health problems, and another 10% will develop behaviors that interfere with their ability to function effectively. The most common disorders are depression, anxiety, and psychosomatic problems such as insomnia or back and abdominal pain. Numerous studies examining the effects of war on the mental health of civilians reveal several key risk factors. Women are particularly vulnerable to the psychological consequences of war. There is evidence of a high correlation between the experiences of mothers and children during war. It is now known that maternal depression in the prenatal and postnatal periods predicts poor infant growth. Social support and traditional partners play a significant role in promoting the psychosocial well-being of mothers in war-affected regions. The link between gender-based violence and common mental disorders is well established. At the same time, despite their vulnerability, women's resilience to stress and their important role in providing for their families are well-established.

Analysis of literary sources. The topic of stress during war and the mechanisms that influence stress tolerance and regulation of the mental state of female teachers, students, and simply people living in a state of war was studied by the following authors: Gavrylova N.E., Mokhunko O.D. [1], Yefremenko V.M., Syrovatko Z.V. [2], Syrovatko Z.V. [3], Soga S.M., Mykhailenko V.M., Dobrovolskyi V.E. [4].

Review of previously unsolved parts of the overall problem. There is evidence of a higher incidence of psychological problems associated with war trauma among students. Of all ages, first-year students are the most vulnerable. A direct correlation has been proven between the degree of trauma and the incidence of psychological problems. The greater the impact of trauma, both physical and psychological the more pronounced the symptoms of mental disorders. The occurrence of a wide range of psychological symptoms and syndromes in populations in conflict situations has been widely documented by existing research. However, research also provides evidence of the resilience of more than half the population in the face of the worst trauma in war situations. At the same time, it is important to note that, with the appropriate tools and information, anyone can learn techniques to help them cope with anxiety on their own. In this article, I will offer a few recommendations for a female teacher who feels overwhelmed, exhausted, and extremely preoccupied with the uncertainty and fear that often arise during war.

The purpose of the study. The military conflict in Ukraine has become a serious test for our country and its population, marking the beginning in 2014 after the annexation of Crimea by Russia and the events in eastern Ukraine. Donetsk and Luhansk have become hotbeds of armed conflict with illegal armed formations. In 2022, the situation only worsened when the aggressor country launched a full-scale invasion of Ukraine, deepening the humanitarian crisis and increasing the scale of the disaster. The duration of this military conflict has been almost 12 years, during which time it has led to significant human losses, covering both the civilian population and military personnel. Many people have been forced to

leave their homes and become internally displaced people in their own country. War not only has material and physical consequences, but also seriously affects the mental health of the nation. After two years of martial law, there is a noticeable deterioration in the mental state of the entire population. Military events cause stress reactions and trauma that persist long after the cessation of hostilities [3].

Presentation of the main research material. Steps to take to help yourself in a long-term, complex, stressful situation that lasts for a long time and has no specific end date. It is necessary to limit communication on social networks as much as possible. Social media is a wonderful way to stay in touch with family and friends. Social media interactions can virtually eliminate the barriers associated with distance. However, as with many other aspects of life, too much of this communication can have a negative impact. Many people have long had a morning "ritual" of checking their social media accounts within seconds of waking up. While this "ritual" can become a habit that's difficult to break, caution should be exercised regarding information obtained from social media [2].

Disinformation, negativity, and offensive language have unfortunately become the norm on virtually every major social platform. An overload of information (which in wartime can be unverified rumors or deliberate disinformation spread by enemy agents) can lead to significant anxiety and stress regarding specific war-related topics. If someone notices that social media use is having a negative impact on them, they should consider limiting the amount of time they spend viewing new social media posts each day. They should also look for ways to reduce their social media use. Necessary steps: Set time limits for social media use (e.g., 30 minutes per day or 15 minutes per session); also, determine the maximum amount of new information you can consume from the Internet (e.g., read 5 articles or visit 3 websites); delete accounts or websites that cause the most stress from your browser bookmarks; and stop following profiles whose content increases your anxiety about the war. Understanding the harmful effects of news is essential. We all want to be informed, but the 24-hour news cycle makes it easy to get lost in bad news, especially about war. Smartphones inform billions of people through notifications and pop-ups about every recent event, which in wartime situations can often be traumatic. The latest news is available whenever a person wants to find it. Therefore, it's important to find ways to stay informed about war and current events without triggering anxiety symptoms or making a person feel overwhelmed (perhaps turning off automatic news notifications and checking news at more appropriate times) [4].

It's important to remember how much a person allows themselves to be immersed in the news each day. Setting limits on the amount of disturbing information related to war can be helpful, especially if such information evokes intense negative emotions. What you need to do: set a daily news consumption limit; choose trusted websites and bookmark them in your browser; turn off notifications during the workday to avoid distractions; and remove resources that trigger anxiety or exacerbate fear from your bookmarks. At the same time, if you live with someone who constantly consumes news and they know it increases your anxiety, you should communicate your needs. You need to find a solution that will help you both stay informed while also allowing you to remain as mentally healthy as possible during this time [1].

Verifying information, you hear or read is crucial. Digital access makes finding information easier. Fortunately, this allows you to verify sources and the veracity of news. Quickly fact-checking alarming information using several other sources can be a great way to keep your anxiety in check. Always be aware of clickbait (shocking or eye-catching headlines used to entice users to click on a link). Always take the time to ensure quotes are in context, facts are not embellished, and headlines are not intentionally misleading. This is a very useful habit, especially during combat. What you should do: always verify information, especially negative ones; be aware of bias (often intentional) in the sources of such information; always read the "about us" section of any website; it's a good idea to analyze URLs domains like ".edu" and ".org" usually indicate reliable information, but if it ends in "lo" or ".co," you should be cautious about the site's content. Trust your own experience and intuition if something sounds too sensational or unbelievable, it might be worth doing a little digging online to verify the information's veracity. Only reputable and reliable web resources should be used for verification [3].

There are certain ways to identify anxiety triggers. Knowing what triggers anxiety the first step is to learn to control it. If you feel irritated and anxious when scrolling through social media, avoid it. If a certain person's Facebook posts are stressful, stop following them. If a particular news program constantly makes you worry about war, consider changing your source of information. Identifying your own anxiety triggers is a powerful way to take control of your life and negative emotions or depression. This is effective both during specific stressful periods (such as war) and when coping with stressors that arise in everyday life.

What needs to be done: identify things that cause strong anxiety about the war and avoid them; at the same time, identify sources of information that provide a sense of control; avoid sources of information that cause strong anxiety about the war; and avoid conversations or interactions with people that increase feelings of anxiety [4,8].

Psychotherapy can be an invaluable tool when dealing with feelings of anxiety, worry, and fear. If you experience severe, persistent anxiety due to war events, don't hesitate to seek psychological help from a qualified doctor. Psychotherapists or clinical psychologists can teach people specific techniques to help prevent and manage anxiety symptoms. During psychotherapy sessions, people learn not to believe everything they think, especially thoughts of worry or automatic negative thoughts. Learning to identify these thoughts and how to cope with them can be key to overcoming war anxiety. If a doctor prescribes anti-anxiety medications, ensure they are taken in sufficient quantities and taken as directed.

In the case of severe and prolonged anxiety caused by war, you should consult a psychotherapist or psychiatrist. You should be prepared for long-term self-improvement psychotherapy isn't always easy, but it's beneficial when a person is willing to cooperate with a specialist. You should be patient psychotherapy doesn't improve the situation overnight. It's a long-term process that requires commitment and step-by-step follow-through with a specialist. Experiencing stress during war is a normal psychological reaction. Learning to manage stress effectively is important. One of the most effective ways to reduce chronic stress during war is physical activity. Regular exercise or physical activity can help reduce tension, improve mood, and

promote better sleep. Furthermore, physical activity gives a sense of control over one's body and mind, which is especially important during war [1].

Therefore, incorporating physical activity into your daily routine can help reduce stress and promote improved mental and physical health. Practicing relaxation techniques such as meditation, deep breathing, and progressive muscle relaxation can also help people overcome stress and depression during wartime. These approaches can help reduce stress, promote relaxation, and increase a sense of well-being. Furthermore, practicing relaxation techniques can help people develop a sense of inner peace and calm, which is essential for coping with the stress and uncertainty of war. Thus, incorporating relaxation techniques into your daily routine can help people manage stress levels and promote better mental health.

Maintaining a healthy diet and getting adequate sleep are also important coping mechanisms for stress and depression during wartime. A well-balanced diet can help maintain physical health and provide the energy needed to cope with the stress of war. Similarly, adequate sleep is essential for physical and mental recovery. Eating well and getting enough sleep can be challenging during wartime, but it's essential for managing stress levels and promoting better mental and physical health. Therefore, a healthy diet and adequate sleep can help manage stress levels and promote overall well-being [3].

Some coping mechanisms include engaging in hobbies or activities that bring joy and happiness can be an effective way to reduce stress. Furthermore, setting boundaries and prioritizing self-care can help manage stress and prevent burnout. It's important to remember that self-care isn't selfish, but rather necessary for maintaining good mental health. Mindfulness practices, such as meditation and self-compassion, can also be helpful in managing stress and depression during war. Mindfulness practices can help you become more aware of your thoughts and emotions, allowing you to better manage your reactions to stressors and reduce overall stress levels. Furthermore, physical activity can be an effective way to reduce stress and improve mental health during war. Exercise releases endorphins, which can help improve mood and reduce anxiety. It's important to seek professional help if stress and depression become overwhelming during war [4].

Conclusions. During war, people often face a range of mental health issues that can impact their overall well-being. Common problems include shock, anger, depression, mood swings, and sleep disturbances. The constant tension and chronic stress that accompany wartime can exhaust the nervous system and lead to physical and mental health problems. It's important to understand the impact of war on mental health and take steps to combat stress and anxiety. First and foremost, it's essential to mobilize and draw on your own psychological and physical resources. Contemporary patterns of violent conflict around the world indicate that civilians account for a huge percentage of casualties, and that terrorizing the entire population is used as a means of social control by the aggressor. The Ukrainian people are also forced to endure the deliberate destruction of their economic, social, and cultural world. How such events are perceived by people caught in a military conflict zone or living in a country subjected to military aggression is crucial for overcoming extremely negative experiences and seeking psychological support. These are complex and dynamic processes, the outcomes of which are shaped by social, cultural, and political factors.

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