With a lack of funds, students may experience stress, which negatively affects their learning and academic performance. A student may miss out on opportunities for development associated with additional classes, attending lectures and other forms of activity, since he cannot afford to pay for them.

Many students may face financial problems, which leads to a growing sense of fear and anxiety about their financial situation. They may feel unfair and dissatisfied with their situation, which in turn can lead to increased levels of stress and depression. In addition, economic instability can affect the quality of housing that students can afford and the quality of food, which negatively affects their physical health and immunity. Such conditions can significantly worsen the quality of life of a student, exacerbate existing psychological problems and cause new ones [1].

Conclusions. Universities and educational institutions play an important role in supporting the psychological well-being of students. They can provide access to psychological services, conduct stress management training programs, and create a supportive environment for students. The psychological well-being of students is a key element in their success in their studies and life. Students face various challenges, but with the right support and strategies for maintaining psychological health, they can successfully cope with them. Educational institutions and society as a whole should work to create conditions for supporting the psychological well-being of students to help them achieve their academic and life goals.

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ACUTE REACTIONS OF STUDENTS' PSYCHE TO STRESSFUL SITUATIONS IN CONNECTION WITH MILITARY ACTIONS AND MILITARY AGGRESSION OF RUSSIA AGAINST UKRAINE

Stress is a complex psycho-emotional state in which a person does not control himself. He is confused and lost, his speech is impaired, confusion appears, anxiety develops. An acute stress reaction occurs as a natural phenomenon. It is a consequence of prolonged experiences that are difficult to ignore. A person is in constant anxiety: he is scared, he feels heavy, he cannot concentrate, sleep normally. His entire body is in constant tension. This condition does not go away for weeks and results in a number of symptoms. The characteristics of stress directly depend on the personality, habits, and close environment. The stronger it is, the fewer negative processes occur in its life. A person has a simple reaction to stress only in cases where he has high stress resistance. He knows how to distance himself from difficulties, overcome difficulties without harming himself. Emergency response methods are abnormal reactions caused by constant internal tension. A person does not rest, does not discharge, does not calm down: internal organs, nervous and cardiovascular systems suffer due to constant stress. Acute reactions are the result of neglecting psychological problems that are a consequence of unfavorable environmental factors.

Emergency response methods are abnormal reactions caused by constant internal tension. A person does not rest, does not discharge, does not calm down: internal organs, nervous and cardiovascular systems suffer due to constant stress. Acute reactions are the result of neglecting psychological problems that are a consequence of unfavorable environmental factors.

The body reacts to stress, it defends itself from a difficult moral and physical environment, signals that obsession is not beneficial. Therefore, acute symptoms are not the main problem, but only its manifestation. Psychological troubles entail physiological changes.

Key words: *students, stress, war, mental state, depression.*

Хоружева Л.Є., Юнак В.Г., Доценко Л.З., Михайленко В.М., Журавльов С.О. Гострі реакції психіки студентів на стресові ситуації у зв'язку з військовими діями та військовою агресією Росії проти України. *Стрес – це складний психоемоційний стан, при якому людина не контролює себе. Вона розгублена та втрачена, у неї порушується мова, з'являється сплутаність свідомості, розвивається тривога. Гостра стресова реакція виникає як природне явище. Це наслідок тривалих переживань, які важко ігнорувати. Людина перебуває в постійній тривозі: їй страшно, вона відчуває важкість, вона не може зосередитися, нормально спати. Все її тіло знаходиться в постійній напрузі. Цей стан не проходить тижнями та призводить до низки симптомів. Характеристики стресу безпосередньо залежать від особистості, звичок та близького оточення. Чим він сильніший, тим менше негативних процесів відбувається в її житті. Проста реакція на стрес у людини виникає лише у випадках, коли вона має високу стресостійкість. Вона вміє дистанціюватися від труднощів, долати труднощі, не завдаючи шкоди собі. Методи екстреного реагування – це аномальні реакції, спричинені постійною внутрішньою напругою. Людина не відпочиває, не розряджається, не заспокоюється: через постійний стрес страждають внутрішні органи, нервова та серцево-судинна системи. Гострі реакції – це результат ігнорування психологічних проблем, що є наслідком несприятливих факторів навколишнього середовища.*

Методи екстреного реагування – це аномальні реакції, спричинені постійною внутрішньою напругою. Людина не відпочиває, не розряджається, не заспокоюється: через постійний стрес страждають внутрішні органи, нервова та серцево-судинна системи. Гострі реакції є результатом ігнорування психологічних проблем, що є наслідком несприятливих факторів навколишнього середовища.

Організм реагує на стрес, захищається від складного морального та фізичного середовища, сигналізує, що одержимість не йде на користь. Тому гострі симптоми є не основною проблемою, а лише її проявом. Психологічні проблеми тягнуть за собою фізіологічні зміни.

Ключові слова: *студенти, стрес, війна, психічний стан, депресія.*

Analysis of literary sources. The topic has been studied and analyzed by the following authors: Gavrylova N., Mohunko O. [1], Yefremenko V., Syrovatko Z. [2], Uskova S., Prus N., Golubeva V. [3], Sabirov O., Abramov S. [4].

Where does an acute reaction to stress come from? It stems from the causes of the nervous state, which determine the general symptoms. If a person experiences problems at work, then his aggression and internal tension are completely directed at work. Troubles at home provoke changes in the behavior of the stress victim, which affect the household. Changes in behavioral factors during stress occur gradually. Whatever the root cause of stress, it develops gradually: the victim gets hung up on one thought or process - this is a problem that becomes a stress factor; internal tension builds up around the disturbing thought; the victim throws all his strength into thinking about the problem, neglecting other areas of life; the daily routine, sleep is disrupted, the first changes in the behavior of the stress victim appear; fatigue accumulates; spontaneous aggression appears, which alternates with complete apathy; the person withdraws into himself [2].

A person's reaction to stress depends on how self-confident a person is, how often he or she seeks help, and what level of adaptability and susceptibility he or she has. A dozen factors create resistance to stress and allow one to quickly overcome difficulties. If this does not happen, and an adaptation disorder or mental disorders appear, then it will be impossible to get rid of stress without additional methods (medicinal and therapeutic treatment).

What does stress look like? A complex psycho-emotional state manifests itself over time in the form of a number of symptoms: if at the initial stages changes in the personality's behavior are barely noticeable, then after a few days they begin to catch the eye. Stress manifests itself when a person cannot cope with their emotions and obsessive thoughts. General symptoms of a severe stress state: isolation and alienation; sleep disturbance: a person is sleepy during the day, and cannot fall asleep at night due to anxious thoughts; eating disturbances – the stress victim overeats or starves; rapid mood swings (apathy quickly gives way to excessive activity); decreased ability to work; decreased concentration.

The reaction to severe stress is built as a defense, which intensifies with the influence of the stress factor. The stronger it affects the individual, the less chances it has to get rid of anxious thoughts. Psychological reactions to stress depend on: the upbringing of the individual; its social role; the standard of living (material and social living conditions); harmony in other areas. If problems are leveled by successes in other areas of life, it is easier to survive stress. Internal tension is more difficult for adults who have not known parental support and care since childhood. Such individuals grow up with complexes and lack self-confidence: they perceive any difficulties in an exaggerated manner, as confirmation of internal fears. The emergence of an excessive reaction to a stressful state in such cases is an inevitable process. The more responsibility a person bears, the stronger the external pressure. It creates all the prerequisites for anxiety. People in leadership positions work a lot and worry a lot. Types of acute stress reactions depend on the time of their development. There are two phases of acute reaction: excitation; inhibition. Adaptive behavior of a person changes after passing two phases, when the stressful state turns into "apparent death". The nervous system experiences a great load during the first phase, when all human reactions are exacerbated [1]. Forms of stress reaction help in diagnosing a person's condition. If he has an attack and needs urgent medical care, general symptoms during excitement or inhibition (only acute reaction to a difficult situation) will help to establish the correct diagnosis. During the excitation phase, a person is active - his actions are spontaneous and chaotic. He gesticulates a lot, tries to explain something in a raised voice. The nervous system of the phobia victim is in a state of strong excitation. It tries to relieve the load, so it pours out

aggression on the outside world. Against the background of strong overexcitation, a person's concentration is impaired. He does not understand what is being said to him in response, what they are trying to convey to him. The victim's arguments seem very convincing to her, although his speech is very confusing and emotionally charged. At this stage, the reaction to stress does not allow a person to calm down until the stress factor disappears - the situation or person that caused an acute defensive reaction. The second phase is the opposite of excitement. In this phase, a person does not react to anything, he is not concerned with either the problem or its solution. The victim cannot remain in an excited state for long, so indifference is a kind of escape from reality for him. This is the only way to reduce the level of anxiety. At this stage, even an acute reaction is accompanied by stupor and apathy. A person cannot quickly react to changing circumstances - everything that happens to him seems unreal, distant. Inhibition concerns facial expressions, gestures, speech [3].

A certain reaction occurs to a stressful state: symptoms that signal a problem, but do not prevent a person from leading a full life. An acute reaction to stress occurs less often and is a sign of dangerous mental changes. Mental reactions that cannot be controlled pose a threat to a person and his immediate environment. Acute symptoms resemble a panic attack, when the person is unconscious. He shakes, his heartbeat increases, and his pulse quickens. The tremor of the lower and upper extremities occurs spontaneously when a stress factor appears. A person cannot calm down. One thought about the cause of a difficult psycho-emotional state causes fear and corresponding symptoms.

It is more difficult to cope with the symptoms that accompany all processes of human life. Overeating or starvation affects the general well-being of a person. Hyperphagia (uncontrolled food consumption) is a reaction to stress. This is a psychological need to find a monotonous process that will distract from disturbing stressful thoughts for a while. Sleep disorders are also observed due to psychological causes of stress [4]. A person who does not know how to let go of grievances, the past and mistakes continues to live with them. For the subconscious, experiences about what happened are equivalent to stress that is happening right now. Panic attacks and fear cause thoughts, internal attitudes of the stress victim. This process can last for years until the body is completely exhausted.

The causes of stress and the reasons why an acute reaction occurs may differ. If a person is prone to nervousness and apathy against the background of decreased stability, then attacks of aggression, panic and depression occur for a number of reasons: mental disorders; difficult living conditions; suppressed fears; experienced trauma. Depressive disorder develops only after a long manifestation of acute symptoms: the longer a person tolerates the influence of obsessive thoughts, the more he is susceptible to stress. Diagnosis of a disease with an acute reaction of the body is carried out only after visiting a psychologist who will determine the main psychological cause of stress. Due to military aggression in the country, Russia's attack on Ukraine, modern students suffer from mild and severe forms of mental disorders. In connection with these events, we decided to study the psychological state of first- and second-year students of NTUU "Igor Sikorsky Kyiv Polytechnic Institute". The students were offered a questionnaire of posttraumatic cognitions (Posttraumatic Cognitions Inventory, PCTI) [1].

Description of the methodology. A questionnaire created by E.B. Foa, A. Ehlers, D.M. Clark, D.F. Tolin, S.M. Orsillo in 1999 to assess three types of posttraumatic cognitions: 1) negative thoughts about oneself; 2) negative thoughts about the world around us, 3) self-blame. The theoretical basis of the questionnaire is the determining role of negative and dysfunctional cognitions in the etiology and course of posttraumatic stress disorder (PTSD). In particular, E.B. Foa and colleagues (1998) determined that thoughts about the dangerousness of the world and one's own incompetence led to the development of PTSD in women who have become victims of sexual violence. A. Ehlers, D.M. Clark (2000) proved that a person's negative attitude towards a traumatic event causes the emergence of PTSD symptoms in them. According to the authors, such negative assessments (primarily about one's own personality and the dangerous world) lead to a constant sense of threat, which forms PTSD symptoms and intensifies anxiety [10]. A state of helplessness at the time of trauma can lead to the so-called "mental defeat", that is, a state in which a person loses the ability to maintain the idea of himself as a human being endowed with strong-willed qualities. It should be noted that the feeling of helplessness underlies criterion A of PTSD (DSM-5) and is associated with severe fear, inability to influence the environment, manage the situation, and control what happens during the traumatic event. Currently, the technique is successfully used in the diagnosis of victims of violence, in a comprehensive study of symptoms of emotional burnout (in particular, among emergency doctors, intensive care doctors, firefighters, etc.). The students were asked the following uncomfortable but very important questions [2].

The methodology has the following type of questionnaire:

№		
1	The event happened because of my actions	
2	I don't believe I will do the right thing	
3	I am a "weak"	
4	I can't control my anger and am capable of terrible things	
5	I can't handle the slightest difficulties	
6	I used to be a happy person, but now I'm constantly unhappy	
7	People can't be trusted	
8	I'm constantly on guard	

9	I feel "dead" inside	
10	We never know who can hurt us	
11	I have to be extra careful because you never know what might happen next	
12	I'm inadequate	
13	If I keep thinking about this event, I'll never be able to cope with it	
14	The event happened because it always happens to people like me	
15	My reactions after the event indicate that I'm going crazy	
16	I'll never be able to feel normal emotions again	
17	The world is dangerous	
18	Someone else could have prevented the event from happening	
19	I'm constantly getting worse than I was before	
20	I feel object, not person	
21	Someone else wouldn't be in this situation	
22	I can't rely on others	
23	I feel isolated from other people	
24	I have no future	
25	I can't stop the bad things happening to me	
26	People aren't who they seem	
27	My life is ruined by trauma	
28	Something is wrong with me	
29	My reactions after the event show that I'm a loser	
30	There's something about me that drew this event to me	
31	I feel like I don't know myself anymore	
32	I can't rely on myself	
33	Nothing good will happen to me	

The results show the ratio of anxious and calm states in the Kyiv region (tabl.1)

	Valid	Mean	Minimum	Maximum	Std.Dev.	CV
Age (in years)	200	17,93	16	30	1,186	
Height (in cm)	201	174,32	153	197	9,565	
Weight (in kg)	200	66,46	38	110	14,287	
Problem solving	201	24,46	13	33	4,345	17,77
Finding social support	201	20,08	11	33	4,46	22,2
Avoiding problems	201	19,25	11	33	3,95	20,51

Levels of mental problems (tabl.2)

	very low	low	average	high	%
Вирішення проблем	3	50	125	23	2-25-62-11
Пошук соц.підтримки	13	63	116	9	6-31-58-5
Уникнення проблем	33	138	24	6	16-69-12-3

Conclusive. Low psychological stability depends on stress, and the victim's behavior depends on their stability. These are interconnected concepts: if a person knows what events frighten him, he can change his attitude towards them. Stress is helplessness, ignorance, incompetence. There is a problem (physical or psychological) that a person cannot cope with. This is not just an obstacle, but a factor that changes the person's opinion of the world around him. Mental stability is built on self-confidence: even if a person makes mistakes and has troubles, he knows that problems are not eternal. He is confident in himself, his environment, and the variability of conditions. People who are not afraid of the future or the unknown have high resistance to problems: if changes are coming, the person is ready to adapt and change. This is an adaptive person, sociable and receptive. It is not difficult for him to find a new place, so difficulties do not cause much stress.

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PSYCHOLOGICAL MANIFESTATIONS OF STRESS AND AGGRESSION, AS ONE OF THE WAREHOUSE REACTIONS OF THE PSYCHE TO MILITARY ACTIONS IN UKRAINE

Destructive aggression should be understood as purposeful destructive behavior that contradicts the norms and rules of human existence in society. Such behavior entails damage to animate or inanimate objects of attack, causes physical harm to people or causes them negative experiences, a state of tension, fear, depression.

Some psychologists tend to see aggression in any human behavior that contains a threat or causes harm to others; others believe that aggression must include the intention to offend or insult, and not just lead to such consequences; according to others, aggression should be considered as an attempt to cause bodily or physical harm to other people. Psychologists pay special attention to the consideration of social determinants of aggression, the manifestation of destructive aggression.

Considering aggression to be an exclusively behavioral reaction, psychologists Baron R., Richardson D., suggest considering it as a behavioral model, and not as an emotion, motive or attitude. Psychologists explain this approach to defining the term aggression by the fact that such factors as negative emotions, the desire to insult or harm, and even negative attitudes undoubtedly play an important role in behavior that results in causing harm and damage to another person, but their presence is not a necessary condition for such actions.

Indeed, anger is not always a condition for attacking others; aggression can manifest itself in a state of complete cold-bloodedness, and emotional excitement, and it is not at all necessary to experience hatred and hostility towards those at whom the aggressor's actions are directed. Thus, despite considerable disagreement regarding the definitions of aggression, most social and psychological scientists tend to accept the definition that aggression is any form of behavior aimed at insulting or causing harm to another living being who does not wish such treatment. It is obvious that aggressiveness is the result of behavior that contradicts the generally accepted moral, legal and emotional norms of society.

Key words: *students, stress, aggression, mental reactions, military actions.*

Єфременко Вікторія, Сироватко Зоя. Психологічний прояв стресу та стану агресії, як одна із складових захисних реакцій психіки на військові дії в Україні. *Під деструктивною агресією слід розуміти цілеспрямовану деструктивну поведінку, що суперечить нормам і правилам існування людини в суспільстві. Така поведінка тягне за собою пошкодження живих або неживих об'єктів нападу, завдає фізичної шкоди людям або викликає у них негативні переживання, стан напруги, страху, депресії.*

Деякі психологи схильні бачити агресію в будь-якій поведінці людини, яка містить загрозу або завдає шкоди іншим; інші вважають, що агресія повинна містити намір спеціально образити чи ображати, а не просто призводити до таких наслідків; на думку інших, агресію слід розглядати як спробу заподіяти тілесну чи фізичну шкоду іншим людям. Особливу увагу психологи приділяють розгляду соціальних детермінант агресії, прояву деструктивної агресії.