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POST-TRAUMATIC COGNITIONS OF STUDENTS OF NTUU "IGOR SIKORSKY KYIV POLYTECHNIC INSTITUTE" REVEALED DURING STUDIES DURING MARTIAL LAW IN UKRAINE

The psychological state and mental health of students is extremely important during military operations. Many experiences exhaustion, devastation, fatigue, anxiety and panic. There are several methods to control yourself in critical conditions, how to help loved ones and maintain a healthy mental state in critical conditions. In military situations, our body works at maximum capacity. Stress hormones, whose task is to mobilize the body in a critical situation, also have their "expiration date". There may be strong mood swings from anxiety, anger, a surge of optimism to complete devastation and exhaustion. It is important to realize that these are absolutely natural states that replace each other over time. Each of them can and should be worked on. Panic is an attack of severe fear, anxiety and internal tension. Panic paralyzes a person or, on the contrary, pushes him to reckless actions. During panic, opposite reactions are observed: some want to run, others, on the contrary, want to hide in a corner. It is important to remember that this is the state in which the enemy wants to see us, because in it we are most vulnerable, so it is imperative to take measures to restore a normal mental state.

Acute attacks of panic and anxiety are usually followed by a feeling of apathy. Such periods may not be long, but they also need to be worked through. It is important to remember that apathy is a natural "chemical" rollback after a surge of stress hormones.

In a critical situation, it is necessary to remain calm. Try to maintain relationships and help your loved ones and those who are nearby, because this increases your ability to survive and resist, and gives meaning to your actions.

Key words: *method, questionnaire, post-traumatic stress disorder, war, students, influence, psyche.*

Бойко Г.Л., Козлова Т.Г., Шарафутдінова С.У. Посттравматичні когніції студентів НТУУ «Київського політехнічного інституту імені Ігоря Сікорського» виявлені під час навчання в часи військового стану в Україні. *Психологічний стан та психічне здоров'я студентів надзвичайно важливі під час військових дій. Багато хто відчуває виснаження, спустошення, втому, тривогу та паніку. Існує кілька методів, як контролювати себе в критичних станах, як допомогти близьким та підтримувати здоровий психічний стан у критичних умовах. У військових ситуаціях наш організм працює на максимальну потужність. Гормони стресу, завдання яких – мобілізувати організм у критичній ситуації, також мають свій «термін придатності». Можуть спостерігатися сильні перепади настрою від тривоги, гніву, сплеску оптимізму до повного спустошення та виснаження. Важливо усвідомлювати, що це абсолютно природні стани, які з часом змінюють один одного. Над кожним з них можна і потрібно працювати. Паніка – це напад сильного страху, тривоги та внутрішньої напруги. Паніка паралізує людину або, навпаки, штовхає її на необдумані дії. Під час паніки спостерігаються протилежні реакції: одні хочуть бігти, інші, навпаки, хочуть сховатися в кутку. Важливо пам'ятати, що це стан, у якому нас хоче бачити ворог, адже в ньому ми найбільш вразливі, тому вкрай важливо вжити заходів для відновлення нормального психічного стану. Гострі напади паніки та тривоги зазвичай супроводжуються відчуттям апатії. Такі періоди можуть бути недовгими, але їх також потрібно пережити. Важливо пам'ятати, що апатія – це природний «хімічний» відкат після сплеску гормонів стресу. У критичній ситуації необхідно зберігати спокій. Намагайтеся підтримувати стосунки та допомагати своїм близьким і тим, хто поруч, адже це підвищує вашу здатність виживати та чинити опір, а також надає сенсу вашим діям.*

Ключові слова: *метод, опитування, посттравматичний синдром, війна, студентство, вплив, психіка.*

Formulation of the problem. Health is one of the main factors of human well-being. A person is exposed to various stressful situations every day, which cause various emotions from joy to anger. Human emotional stress affects his health, since emotions have a direct and feedback connection with all systems and organs of a person and originate directly in the central nervous system, which controls all vital functions. Therefore, any changes in the activity of the respiratory system, cardiovascular system, digestion, endocrine glands or skeletal and smooth muscles lead to changes in the emotional background of a person. In turn, the state of the emotional background can also affect the vital functions of the body. This article discusses the questionnaire

method created by E.B. Foa, A. Ehlers, D.M. Clark, D.F. Tolin, S.M. Orsillo in 1999 to assess the emotional state of a person. It helps to determine the presence of a stressful state and prevent stress-related diseases.

Analysis of literary sources. The works of such authors were studied, who studied this topic very thoroughly and analyzed a lot of literature: Boyko G. L. [1], Bereziak K. M. [2], Mishchuk D. M. [3], Latenko S. B. [4].

There are various methods, ways and technical devices for recording and assessing emotional stress. For express diagnostics of stress, a number of oral scales and questionnaires are used, aimed at determining the levels of anxiety and depression. Among specialized tests, first of all, it is necessary to highlight the test questionnaire created by E.B. Foa, A. Ehlers, D.M. Clark, D.F. Tolin, S.M. Orsillo [1]. Usually, tests aimed at determining the level of stress are implemented in the form of computer programs that allow automating the testing process. It should be noted that among the applied testing technologies, two main directions can be distinguished: explicit and implicit testing. The first direction involves direct presentation of questions, drawings and other visual images to a person. The second direction implements implicit presentation of test information.

The questionnaire was used in different faculties for first-year students of the KPI University with the aim of further understanding the students' stress resistance, their predisposition to depressive states and identifying the prerequisites for the state of post-traumatic syndrome (tab.1).

Students were asked to choose the answer options depending on how they were feeling now. Students were offered a questionnaire, the results of which are shown on this table (tab.2).

(tab.1)

	Age (in years)	Height (in cm)	Weight (in kg)	Negative thoughts about yourself	Negative thoughts about the world	Eating yourself
Age (in years)	1	0,037183	0,010311	0,094316	0,056004	0,069496
Height (in cm)	0,037183	1	0,446662	-0,02325	-0,01986	-0,05162
Weight (in kg)	0,010311	0,446662	1	0,035372	0,042926	0,014962
Negative thoughts about yourself	0,094316	-0,02325	0,035372	1	0,719305	0,826738
Negative thoughts about the world	0,056004	-0,01986	0,042926	0,719305	1	0,682037
Eating yourself	0,069496	-0,05162	0,014962	0,826738	0,682037	1

From this correlation it is clear that war undoubtedly has a great negative impact on the emotional state of students. Their attitude to the universe and what is happening in it. The table shows that the majority of respondents have clear signs of PTSD, which in the future will negatively affect life if they are not dealt with and mental manifestations are not corrected within the normal range [2].

Life during war is one of the hardest tests for any person. But the most difficult path lies with young people who have just begun their adult life, and the war has taken away all the mechanisms they are accustomed to. It is obvious that young people in Ukraine strive for peace and stability. They want to live in a country where there is no war and conflict, where they can build their future without constant fear and danger. Teenagers want education and development in order to be able to build a successful career and become useful members of society.

At the same time, it is worth understanding that the war has changed Ukrainian youth much more than the coronavirus pandemic. According to the results of our survey among first-year students of all faculties and specialties, almost 40% of young people are afraid for their lives and health - and their loved ones - in connection with the war [3]. Many of them report anxiety due to the uncertainty of the future, moving to other countries and cities, as well as power outages and the lack of stable communication.

At the same time, most young people note that music, communication, social networks and walks help them to distract themselves from fears and worries the most. And also sports and computer games.

Since the war began, Ukrainian teenagers have become bolder and more confident in themselves and the country. The war is the biggest center of teenagers' experiences, but despite this, 93% of young people believe in themselves and are convinced that they are making efforts to realize themselves.

Even in times of complete instability, almost 70% know what they want to become in the future, and almost a quarter (23%) have finally found what they want to do during a full-scale war.

The study also showed that teenagers who are now staying in Ukraine are making this choice quite consciously. Even if their current experience is extremely difficult.

In addition, young people are already striving to be part of the restoration of Ukraine - 90% of students noted that they want to be useful during the post-war restoration of the country. In particular, they strive to get involved in the development of the economy, infrastructure, and see their benefit, in particular, through volunteer activities [1].

The survey showed that 95% of young Ukrainians believe in their country's victory, while 86% see their future in Ukraine. It is also worth noting that most students are ready to study in Ukraine and live in their homeland. At the same time, only 8% want to go abroad and stay there.

Taking into account the survey results, it can be concluded that at the moment the war is intertwined with the lives of students, constantly supporting their fear for the future and anxiety for themselves and their families.

It is also important to note that during the war, Ukrainian youth continue to strive for a better life, justice, and the development of their talents and skills. They fight for their rights, actively participate in the social and political life of the country, and take the initiative in solving the problems they face [4]. Ukrainian youth are the hope and future of the country, and their ambitions and aspirations play an important role in shaping positive changes in society.

Chronic stress can have a serious impact on the brain and body. In particular, long-term exposure to stress hormones such as cortisol can lead to changes in the brain structures responsible for memory and emotional responses. This can have long-term consequences for mental health. At the same time, there is hope that people have the ability to recover and grow even after difficult experiences. This is called post-traumatic growth. Many people under stress can find the strength to discover new opportunities for themselves and grow.

Self-help tips for stress. Maintain social connections: Connect with loved ones and friends. Exercise: Regular exercise can help reduce stress and improve your mood. Practice relaxation techniques: Meditation, deep breathing, yoga, and muscle relaxation can help reduce tension in the body [1]. Maintain good sleep hygiene: Good sleep is important for the body to recover. Eat a balanced diet: A good diet can help maintain both physical and mental health. Seeking professional help: Psychotherapy can be helpful in managing stress and overcoming trauma. Make time for hobbies and recreation: Do things that bring you joy and help you unwind.

Conclusions. The advantage of the above-mentioned test is the simplicity and speed of the research and processing of the results. The disadvantages of this method are the obviousness for the subject of the questions, which often disrupts the reaction to the examination in the form of a perceived distortion of the answers in cases where a person has a need to look in the eyes of the experimenter in a certain positive way. Since the possibility of identifying and correcting such distortions in the mentioned tests is not provided, the reliability of the results is low. Secondly, this type of test does not allow for dynamic observation of the subject, since during the first study the answers are easily remembered and often automatically reproduced during repeated surveys, which distorts the results of repeated testing.

The psychological and social impact of war on young people is one of the most pressing and complex issues of our time. In many conflict zones, young people face cruelty, horror and loss, which has a negative impact on their physical and mental health, emotional state and social integration. Constant fear and anxiety create constant tension, while physical injuries and lack of accessible medical care make their daily lives difficult. War has a negative impact on the social integration of young people, leading to isolation and loss of ties with society. However, despite all the difficulties, young people continue to strive for a better life and future, demonstrating resilience, perseverance and aspiration to develop in creative and cultural spheres to contribute to the restoration of peace and sustainable development.

Living in conditions of constant stress cannot but affect mental health. The war has forced many Ukrainians to become familiar with anxiety, panic and despair. These feelings can be disguised as apathy, irritation, and ordinary fatigue for a long time, but there is a risk that one day this avalanche will cover you completely. To prevent this from happening, you need to be able to work with emotions and know self-help tools. It is necessary to know why all our reactions to crisis situations are normal, how to cope with emotions during war and how stress affects our well-being and health.

It is important to understand that adaptation to stress is a multifaceted process. On the one hand, a person can indeed develop certain stress-coping mechanisms that help him function in conditions of chronic danger. This may include both psychological strategies and physiological adaptations. At the same time, adaptation does not mean a complete absence of stress. Even if we have learned to live in conditions of constant tension, our body and psyche continue to experience the influence of these stressors.

Our body literally prepares us for immediate action: adrenaline helps us react faster to danger, increasing our alertness and improving reaction speed, and blood flow to the muscles improves blood supply to large muscles to prepare the body for fight or flight.

The psyche also reacts - vigilance increases - we become more sensitive to sounds, movements and other danger signals. And the brain concentrates on the immediate threat, which can affect the ability to think logically. There are cases when a person experiences dissociation - he feels a certain alienation from the situation or even from himself. In this way, the psyche tries to reduce the emotional impact of traumatic events. But the opposite happens when a threatening event can be imprinted in the memory very clearly. This is also a protective reaction, and its role is to help the body react more quickly to similar situations in the future. In fact, this ability of the body can lead to symptoms of post-traumatic stress disorder. Even after a traumatic situation has occurred, people feel exhausted, because all the body's resources were thrown into survival. Therefore, it is important to find time for recovery and rest.

Scientific research confirms that stress and suppressed emotions can "settle" in our bodies. This phenomenon is known as "somatization," when emotional stress manifests itself through physical symptoms such as muscle tension, headaches, or stomach problems. Blocking emotions such as fear, pain, or frustration can lead to chronic stress and physical exhaustion.

Therefore, it is important to find ways to express and experience these emotions. Indeed, in this context, working with the body will be helpful. It is definitely worth adding physical activity, jogging, gym classes, yoga, and other types of activity will do. All of them help reduce stress levels and help release accumulated tension in the body, increase the level of endorphins, which improve mood.

Massage is also great for relaxing muscles and reducing the manifestations of stress. Other relaxation techniques include deep breathing, meditation, and yoga. Working with a psychotherapist will also be effective. He will teach you to experience and express emotions and then reduce their negative impact on the body. And of course, to properly tolerate emotions.

Students need to know first and foremost that all emotions have a right to exist, no matter where they are or what they are going through. Each of us is going through our own challenges and experiences. Don’t discount your emotions just because someone else might be going through an even more difficult situation.

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FACTORS AND CIRCUMSTANCES INFLUENCING THE EMOTIONAL STATE OF STUDENTS

The problem of psychological health in the modern world of constantly developing technologies, automation of work and the predominance of mental work over physical is becoming increasingly evident in society and, in particular, in man. A huge part of workers in the intellectual sphere of work, for example, programmers, show signs of depressed mood, are often exposed to stress and depression. According to statistics from the European Regional Office of the World Health Organization, about 5-6% of the causes of serious diseases in Europe are work-related stress. Also, the share of all students' health and well-being problems associated with stress, depression and anxiety is about 18%. In addition to everyday causes of stress and anxiety related to work, a great influence on the psychological health of students is the lack of physical activity for a long time on a permanent basis. The need to spend a full academic day without physical activity at the university, while being mentally active, creates many problems for the student's health, both physical and psychological. Workers in a field that is more classified as physical than mental, in which there is no need to spend a lot of time on mental exertion, have noticeably fewer such problems. Thus, workers in the field of physical labor are less susceptible to stress, mood problems and depression. The same trend is noticeable among senior students, so it is safe to say that physical activity affects the psychological health of all segments of the population. According to the results of the study, during stress, the human body begins to actively produce hormones such as adrenaline and noradrenaline, the main function of which is to survive.

Key words: *Students, stress, emotional state, psyche, help.*

Дакал Наталія. Чинники та обставини, що впливають на емоційний стан студентів. *Проблема психологічного здоров'я в сучасному світі технологій, що постійно розвиваються, автоматизації праці та переважання розумової праці над фізичною стає все більш очевидною в суспільстві і, зокрема, у людині. Величезна частина працівників інтелектуальної сфери праці, наприклад програмісти, виявляють ознаки пригніченого настрою, часто піддаються стресам і депресіям. Згідно зі статистичними даними Європейського регіонального бюро Всесвітньої організації охорони здоров'я, близько 5-6% причин серйозних захворювань в Європі є стресом, пов'язаним з роботою. Також, частка всіх проблем студентів пов'язані зі здоров'ям і самопочуттям, пов'язаних зі стресом, депресією і тривогою, становить близько 18%. Окрім повсякденних причин стресу та хвилювання, пов'язаних з роботою, великий вплив на психологічне здоров'я студентів має відсутність фізичної активності протягом тривалого часу на постійній основі. Необхідність проводити повний навчальний день без фізичної активності в університеті, проявляючи розумову активність, створює багато проблем для здоров'я студента, як фізичного, так і психологічного. У працівників сфери, більшою мірою класифікованої як фізична, ніж розумова, в якій немає потреби витрачати багато часу на розумове навантаження, таких проблем помітно менше. Таким чином, працівники сфери фізичної праці менш сприйнятливі до стресів, проблем з настроєм і депресії. Така ж тенденція помітна і серед студентів старших курсів, тому можна з упевненістю сказати, що рухова активність впливає на психологічне здоров'я всіх верств населення. Згідно з результатами дослідження, під час стресу організм людини починає активно виробляти такі гормони, як адреналін і норадреналін, основна функція яких – вижити.*

Ключові слова: *студенти, стрес, емоційний стан, психіка, допомога.*

Formulation of the problem. This is due to the fact that a stressful state is a protective reaction to external stimuli. As a result, the normal functioning of the nervous system and the body as a whole is disrupted. During stress, the body prepares for physical activity for the purpose of survival. Therefore, physical activity is a natural way to combat stress and its consequences.

Analysis of literary sources. The theme was used in the works of the following authors: Boyko G., Kozlova T., Sharafutdinova S. [1], Dakal N., Kachalov O. [2], Gavrylova N., Mohunko O. [3], Yefremenko V., Syrovatko Z. [4].