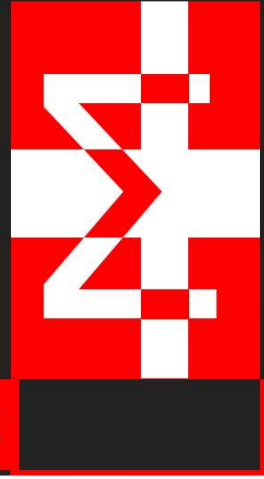


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DER SAMMLUNG WISSENSCHAFTLICHER ARBEITEN

ZU DEN MATERIALIEN DER II INTERNATIONALEN WISSENSCHAFTLICH-PRAKTISCHEN KONFERENZ

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КОМПОЗИЦІЯ ВІТАМІН D3 ІЗ ТРИБЕСТАНОМ ЯК КОРЕКТОР СТАТЕВОЇ ПОВЕДІНКИ ТА СПЕРМОГРАМИ ЩУРІВ ІЗ ГОНАДОПАТІЄЮ

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SUSTAINABILITY AS A RESOURCE FOR MAINTAINING MENTAL AND PHYSICAL HEALTH IN CONDITIONS OF MARTIAL STATUS AND DURING ACTIVE COMBAT FIGHTING

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Introduction. During martial law, during active hostilities, an individual's mental health is increasingly at risk. There is the challenge of finding resources to deal with stress and mental health. In times of stress, it is important to take care of your own health and master coping strategies that allow you to cope with stress and overcome difficulties [1; 5].

Opinions on maintaining resilience in overcoming stressful situations (during martial law, during active hostilities) are divided. Some researchers give a significant role to attitudes, self-efficacy, optimism, satisfaction. Others consider viability as a resource aimed at maintaining activities, where motivation is its main component.

At the same time, in martial law, during active hostilities, there are two main forms of self-control – object (aimed at regulating the external conditions of psychomotor actions taking into account performance criteria and regulatory and technical requirements) and sub ' entry (associated with the control of internal emotional and mental states and current physical and psychosomatic well-being) [2; 4].

Control of internal emotional states, well-being, and willingness to take risks are important for persons under martial law, during active hostilities.

Presenting main material. To test the assumption, a comparative analysis of viability indicators was performed (according to the results of the study on the "Sustainability Questionnaire" by S. Muddy, adapted by E. Osin and O. Rasskazova) and social and work adaptation (according to the "Scale of Social and Work Adaptation"). The starting point for the study was the idea that regular physical activity (work) or other activities that involve physical activity in combination with the need for willpower increase the adaptive mechanisms of the individual to stressful situations (during martial law, during active combat) [3; 6].

Thus, the interviewed respondents were asked to assess their moral and mental state (denial, anger, bargaining, depression, and acceptance) in the first 30 days of

hostilities (on a scale from 0 to 100). The analysis revealed an unexpected tendency to demonstrate relatively low rates of viability in all groups of subjects. However, the structure of viability in groups with different time volumes of involvement in physical (labor) activities has significant differences (Fig. 1).

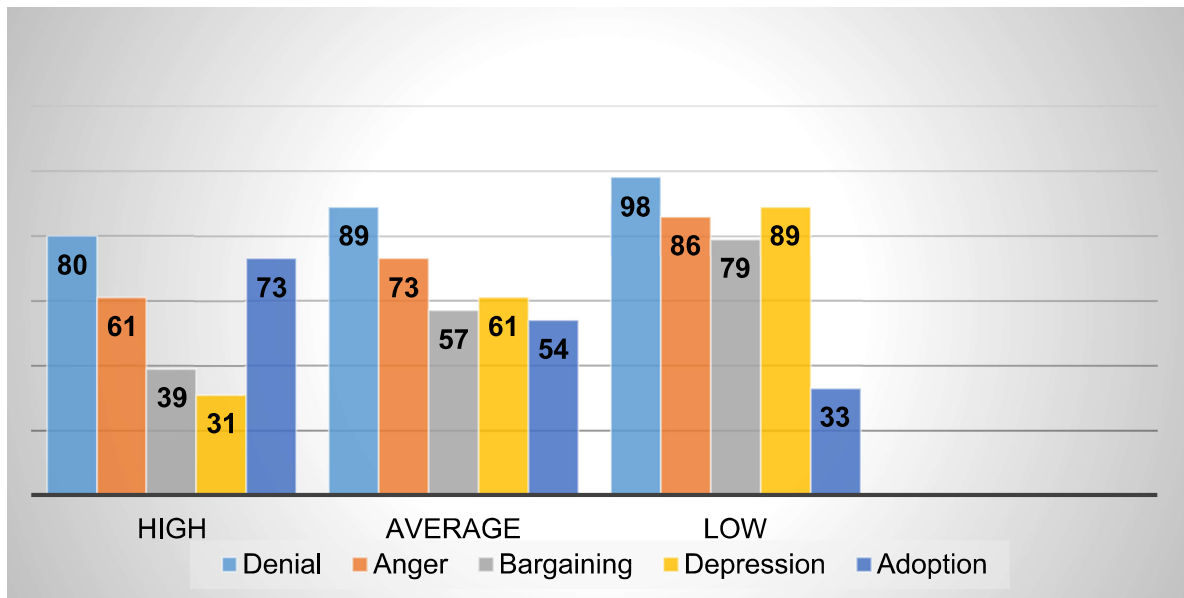


Fig. 1. The structure of the viability of persons with different time of involvement in physical (labor) activities (in martial law, during active hostilities)

So, consider a group with an average time of involvement in physical (labor) activities.

Denial is often the initial stage, in the form of temporary protection, manifested by numbness and shock. Therefore, it may be accompanied by a decrease in thinking and acting. The first hours, days and even weeks a person simply refuses to accept what happened. At this stage, it is important for a person not to run away from the problem, but it is important to talk about what worries family and friends, to seek support. It is also important to give yourself time to experience this stage, because during this period a person can gather a lot of information about the problem, which will help him in the next stage. Thus, the denial of reality in this group was at level 89 (respondents refused to believe what was happening).

When there is an awareness that change is real and nothing can be changed, denial often turns to anger. People tend to get angry, feel pain and look for the culprits, blaming someone or something for what is happening to them. At this stage, you should try to stop constantly remembering the events of the past in your memory. Anger in this group was at level 73.

Bargaining, an attempt to postpone the inevitable – the characteristic behavior of people who are experiencing painful changes. They begin to bargain to remove unwanted changes or find a way out of the situation. At this stage, a person makes promises or makes some agreements to get a little more to live by the old rules, to act in the direction in which he is accustomed. Bargaining is often associated with misunderstandings. In this group, the auction was at 57.

Depression occurs when the realization comes that bargaining does not bring results, and changes are approaching that are becoming more real. When you can

already feel the breath of all the losses that will lead to a number of inevitable sad changes in life, and everything we are so used to, we will have to leave. This schedule causes people to be depressed, sad, afraid, sorry, etc. Depression – easily from hopelessness and the energy of life leaves the body, a person loses the meaning of his life. It often seems that this is the lowest point in life, from which there is no way out. Therefore, outwardly a person may show indifference, isolation, repulsion of others and lack of excitement about something in life. During this period, a person seeks compassion and understanding from others. Depression in this group was at level 61.

Adoption. No matter how deep a person is, suffering is, slowly but steadily, he returns to normal life. At first, she will take a step forward and two steps back, but gradually she will begin to realize what has happened and will use hidden “reserves of forces”. The person will be surprised to find that life has not stopped. At the stage of acceptance, a person not only learns to live in new conditions, but also motivates others, helps those who find themselves in difficult situations, inspires by their own example. The acceptance of the inevitable in this group was at level 54.

It was found that people who use daily physical (work) activities show average vitality, which may indicate a sufficient level of internal stress and the need to find other additional ways to overcome stressful situations.

For the group with low involvement in physical (work) activities, the indicators of vitality in general are quite low, as evidenced by the high level of internal stress.

Denial of reality in this group was at level 98 (respondents generally refused to believe what was happening). Anger in this group was at level 86. In this group, trading was at 79. Depression in this group was at level 89. Acceptance of the inevitable in this group was at level 33.

The general low indicators of viability of this group may be evidence that the subjects do not use physical (labor) activities as a resource in response to high stressful situations.

Subjects, groups involved in excessive physical (labor) activities. The following results were shown. Denial of reality in this group was at level 80 (respondents also found it difficult to believe what was happening). Anger in this group was at level 61 (indicating an attempt to accept what was happening). The bargain was at 39 (respondents tried to act more in an uncertain situation). Depression in this group was at level 31 (is evidence that the person was constantly busy). Acceptance of the inevitable was at level 73 (moral and volitional qualities at a high level). The dominant component in the structure of viability of this group is the acceptance of risk. This is an existential cognitive attitude to understanding any life situation, and hence a willingness to make unpredictable changes. Such readiness can be a sign that a person is ready to take responsibility.

Knowing the above five, stages of accepting the inevitable greatly simplifies the wide range of emotions and experiences that people may experience during change. After all, it gives people reassurance – relief from the fact that they understand what is happening to them. In addition, the awareness of the fact that these reactions, feelings and experiences are normal and not signs of weakness – fills a person with strength and inspiration to accept what happened.

Conclusions. Analysis of the results of the study allows us to talk about the tendency to demonstrate relatively low rates of viability in all groups of subjects. This is primarily due to the nervous and stressful situation (martial law, active hostilities).

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