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DOI: 10.61718/sgv59.05

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PSYCHOCORRECTIONAL AND PSYCHOPROPHYLAXIS MEASURES REGARDING THE MENTAL HEALTH OF UKRAINIAN YOUTH

The article is devoted to the consideration of the possibilities of correcting the mental state of Ukrainian students and preventing possible disorders in conditions of high stress. Keywords: mental health, emotional state, anxiety, depression, stress resistance, psychocorrection, psychotraining.

Relevance.

Modern Ukrainian students are in difficult socio-political and economic conditions, which causes a high level of psycho-emotional tension, anxiety and stress reactions. War, information pressure, uncertainty of the future and the need to adapt to new educational formats significantly affect their mental state. In these conditions, the use of psycho-correctional measures, in particular psycho-trainings, aimed at reducing emotional tension and developing psychological self-regulation skills, becomes relevant.

The aim of the article is to analyze possible psychocorrectional and psychoprophylactic measures used in the mental health care system of Ukrainian youth.

Results.

The concept of emotional (mental) state belongs to the structure of psychology as a relatively stable mental process with manifestations of feelings, mood, attention, etc. In difficult war conditions, self-regulation becomes an indispensable tool for maintaining mental health.

Students in Ukraine are in a state of emotional overload, they experience excessive both positive and negative emotions that affect cognitive processes and adaptation. That is why it is important to create a comfortable and emotionally safe educational environment to stabilize the psycho-emotional state [1].

Studies of the psycho-emotional state of young students during the war found that many Ukrainian students have symptoms of anxiety, depression, and PTSD with various risk factors, including female gender, first-year students, and previous trauma. Returning home after displacement was a protective factor [2]. In 2023, over 80% of students experienced anxiety, and up to a third had symptoms of PTSD and depression [3].

A significant number of students demonstrate psychological disorders such as anxiety, depression, PTSD, which confirms the urgency of psychosocial support. Psychotherapeutic and psychocorrectional programs used in the comprehensive correction of mental disorders in victims of military actions are an extremely relevant area of psychological research in modern Ukraine, given the scale of traumatic experiences experienced by a significant part of the population due to the war.

Psychotherapy programs are systematic methods of treating mental disorders through conversations, therapeutic techniques, and building a trusting relationship between the patient and the specialist. They include cognitive behavioral therapy (CBT), Gestalt therapy, psychoeducation, and group therapy.

Psychocorrectional programs are a set of measures aimed at changing or mitigating negative psychological states, behavioral reactions, and the emotional sphere, especially when it comes to PTSD, anxiety disorders, and depression.

Comprehensive correction measures are intended for military personnel (with combat experience), civilians who have survived occupation, shelling, loss of loved ones, children and adolescents who have witnessed or been victims of

violence during the war, internally displaced persons who have lost housing, stability, and social ties. Therefore, they can be applied to various vulnerable groups.

The main components of an effective program are usually diagnostics of the psycho-emotional state, individual and group psychotherapy, work with trauma (EMDR – eye movement desensitization and reprocessing), art therapy, body-oriented methods, support from a psychiatrist (if medication is needed), and support from the family and social environment.

Among the various forms of psychocorrectional work, psychological trainings occupy an important place: self-regulation (autogenic training, biofeedback); communicative – group socio-psychological techniques; personal growth. The implementation of such practices is aimed at optimizing the emotional state and reducing psycho-emotional tension.

Self-regulation, communication and motivation trainings are quite effective for improving the emotional state and adaptation.

Self-regulation training includes breathing exercises, relaxation, autogenic training, biofeedback. Communication training includes role-playing games, empathy training, active listening, assertive behavior. The development of stress resistance is promoted by special exercises that improve stress tolerance and provide group support, emotional stability is supported by the emotional safety of the environment.

Self-regulation, communication and motivation trainings are quite effective for improving emotional state and adaptation. Thus, on November 18, 2023, NTU "KhPI" (Kharkiv) held a training "Enrichment of emotional state and reduction of stress level", where students used self-regulation, relaxation and positive thinking techniques. Participants noted an expansion of the "window of tolerance to stress" and an increase in motivation to support each other [4].

A study by Ukrainian scientists demonstrated that comprehensive psychocorrectional trainings contributed to the restoration of adaptive resources of the individual under the influence of the war situation [5].

Comprehensive trainings are essentially holistic programs that cover the emotional, cognitive, and social aspects of mental health. Like other comprehensive psychocorrection programs, they have the potential to fully restore emotional resources and reduce stress reactions.

Psychoeducation classes are aimed at forming positive thinking, developing resources, motivation, and visioning the future.

Our practical experience also confirms the positive impact of psychocorrectional and psychoprophylactic influences, which can be carried out as a separate event or included in the work of a student scientific circle on psychotherapy.

Conclusion

1. Analysis of professional literature indicates the existing disorders of the mental state of Ukrainian youth and the positive impact of psychocorrectional influences.

2. Practical projects, such as KhPI, show real results in increasing stress tolerance, feedback and cohesion.

3. The introduction of psychocorrectional and psychoprophylactic in the implementation of psychological support for student youth will be effective in protecting the mental health of Ukrainian youth.

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