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THE FEATURES OF MUTUAL RELATIONS IN FAMILY AND ATTITUDE TO THE POLITICAL-LEGAL SPHERE IN THE CONTEXT OF MILITARY CONFLICT IN UKRAINE

Представлено результати емпіричного дослідження особливостей взаємостосунків у родині та ставлення до політико-правової сфери в умовах військового конфлікту в Україні. У дослідженні взяли участь 246 осіб різного віку (112 чоловіків та 134 жінки), які проживають в Донецьку, Маріуполі та Києві. Використано 2 авторські дослідницькі анкети та шкалу оцінки впливу травматичних подій (M. Horowitz, N. Wilner).

Емпірично встановлено, що в ситуації військового конфлікту в Україні порівняно з періодом до військового конфлікту: 1) особливо значуще відмічають негативний вплив ситуації військового конфлікту в країні на самопочуття членів їхніх сімей переселенці з зони військових дій та люди, які проживають зараз у Маріуполі; 2) підвищення агресивності і конфліктності спостерігається в учасників дослідження, які проживають зараз у Маріуполі та у переселенців із зони військових дій; 3) ситуація військового конфлікту в Україні виступає стресовою для учасників дослідження та їхніх сімей, особливо це виражено у переселенців з зони військових дій та у людей, які проживають зараз у Маріуполі; 4) достатньо сильна і дуже сильна міра розладу сну виражені в учасників дослідження, які проживають зараз в Маріуполі, у переселенців з зони військових дій та в учасників дослідження, які проживають зараз у Донецьку; 5) достатньо сильна і дуже сильна міра роздратування та злості у зв'язку з подією – військовий конфлікт в Україні – виражені у переселенців з зони військових дій, в учасників дослідження, які проживають зараз в Маріуполі та Донецьку.

Емпірично виявлено найбільш сильний вплив ситуації військового конфлікту в Україні на взаємостосунки з близькими людьми в сім'ї у переселенців із зони військових дій. Загалом на розчарування в державі вказують 39,84 % респондентів, оскільки держава не захищає своїх громадян. На думку учасників дослідження взаємовідношення між громадянином та державою повинні засновуватись: 1) на захисті прав громадян; 2) на довірі та чесності; 3) на повазі до Конституції. На відсутність довіри до влади вказують 21,95 % респондентів. Зросла агресія до політики у 10,98 % респондентів. Стали більше обговорювати військово-політичні теми 13,01 % респондентів. Уникають теми війни та військово-політичних подій 11,38 % респондентів.

Сприймають військові та політико-правові події більш критично, з меншою довірою 17,07 % респондентів.

Ключові слова: *військовий конфлікт, психологічна травма, агресивність, конфліктність, родина, політико-правова сфера.*

Представлены результаты эмпирического исследования особенностей взаимоотношений в семье и отношение к политико-правовой сфере в условиях военного конфликта в Украине. В исследовании приняли участие 246 человек разного возраста (112 мужчин и 134 женщины), проживающих в Донецке, Мариуполе и Киеве. Используются 2 авторские исследовательские анкеты и шкала оценки влияния травматических событий (М. Horowitz, N. Wilner).

Эмпирически установлено, что в ситуации военного конфликта в Украине по сравнению с периодом до военного конфликта: 1) особенно значимо отмечают негативное влияние ситуации военного конфликта в Украине на самочувствие членов их семей переселенцы из зоны боевых действий и люди, проживающие сейчас в Мариуполе; 2) повышение агрессивности и конфликтности наблюдается у участников исследования, проживающих сейчас в Мариуполе и у переселенцев из зоны боевых действий; 3) ситуация военного конфликта в Украине выступает стрессовой для участников исследования и для их семей, особенно это наблюдается у переселенцев из зоны боевых действий и у людей, проживающих сейчас в Мариуполе; 4) достаточно сильная и очень сильная степень расстройств сна выражены у участников исследования, проживающих сейчас в Мариуполе, у переселенцев из зоны боевых действий и у участников исследования, проживающих сейчас в Донецке; 5) достаточно сильная и очень сильная степень раздражения и злости в связи с событием – военный конфликт в Украине – выражены у переселенцев из зоны боевых действий, у участников исследования проживающих сейчас в Мариуполе и Донецке.

Эмпирически выявлено наиболее сильное влияние ситуации военного конфликта в Украине на взаимоотношения с близкими людьми в семье у переселенцев из зоны военных действий. В целом на разочарование в государстве указывают 39,84% респондентов, поскольку государство не защищает своих граждан. По мнению участников исследования взаимоотношения между гражданином и государством должны основываться: 1) на защите прав граждан; 2) на доверии и честности; 3) на уважении к Конституции. На отсутствие доверия к власти указывают 21,95% респондентов. Возросла агрессия к политике у 10,98% респондентов. Стали больше обсуждать военно-политические темы 13,01% респондентов. Избегают темы войны и военно-политических событий 11,38% респондентов. Воспринимают военные и политико-правовые события более критично, с меньшим доверием 17,07% респондентов.

Ключевые слова: *военный конфликт, психологическая травма, агрессивность, конфликтность, семья, политико-правовая сфера.*

Presents the results of empirical study, which was attended by 246 people of different age (112 men and 134 women), which living in Donetsk, Mariupol and Kiev. We used the following methods: 2 author's research questionnaires; Impact of Event Scale (M. Horowitz, N. Wilner).

Empirically it is shown that in a situation of military conflict in Ukraine in comparison with the period before the military conflict: 1) displaced persons from the combat zone and the people currently living in Mariupol emphasize the negative impact of the situation of the military conflict in Ukraine on the well-being of their family members; 2) increased aggressiveness and proneness to conflict has been observed among the participants of the study currently living in Mariupol and among the displaced persons from the combat zone; 3) the situation of the military conflict in Ukraine has been stressful for the study participants and their families, this is especially pronounced persons from the combat zone and the people currently living in Mariupol; 4) a fairly strong and very strong degree of sleep disorders has been observed among the participants of the study currently living in Mariupol, among the displaced persons from the combat zone and among the participants residing now in Donetsk; 5) irritation and anger in connection with the event – the military conflict in Ukraine – in rather strong and very strong degree have been observed among the participants of the study currently living in Mariupol, among the displaced persons from the combat zone and among the participants residing now in Donetsk.

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Empirical evidence shows that the most powerful influence of the situation of the military conflict in Ukraine on relations with the immediate relatives has been observed among the displaced persons from the combat zone, in comparison with other groups of research participants. 39,84% of all study participants indicate disappointment in the state, because the state does not protect the rights of citizens. Regarding the organization of the relationship between the citizen and the state respondents think that such relationships should be based: 1) on the protection of the rights of citizens; 2) on trust, honesty; 3) on respect for the Constitution. 21,95% of all study respondents indicated a lack of confidence in the government. 10,98 % of all study respondents note that they have increased aggression to politics. 13,01 % of all study respondents indicate that there is more to discuss military and political issues. 11,38 % of all study respondents have avoided the subject of war and military-political events. 17,07 % of all study respondents began to perceive military and political-legal events are more critical with less confidence.

Keywords: *military conflict, psychological trauma, aggression, conflict, family, politico-legal sphere.*

Problem definition. The military conflict in Ukraine is one of the significant psychotrauma factors that can affect family relationships and attitude to the political-legal sphere of State.

Numerous victims of the war are a tragedy for Ukraine. The trauma of war is sufficiently global for families who have been or are on the territory of military operations. Because of military operations in the east of the country, we have some problems: men die at the front or return from there crippled. Speaking of displaced persons one should mention the fact that other areas of the country are ready to accept only women, old people and children therefore, there is a rupture of family ties.

War can leave a mark on several generations. Not only adults, but especially children who survived the trauma of war, change their attitude towards the outside world. A trauma that has not been worked out in time can be at the basis of other problems, in particular aggression, violence, and all sorts of addictions.

A psychotraumatic experience is a condition that affects a person due to its intensity (severity), duration or repeatability.

Mental trauma manifests itself in disruption of the system of relations between people, it complicates personal life and destroys significant interpersonal communication. Mental trauma can manifest itself in antisocial and deviant behavior.

In every social system there are deviations in different degrees of expression. Socio-negative character of deviations is destructive both for the individual and for society. Deviant behavior of large mass of the population can make dangerous destructive tendencies for the country. The media increasingly reporting cases of government corruption, illicit enrichment, assaults, illegal use of weapons, robbery, murder, discrimination, terrorism, human trafficking, violence, aggression, violation of freedoms and rights of the people.

Now in Ukraine clearly available the problem of ensuring human rights to life, health, safety, social protection and labor. The political-legal sphere is the domain of implementation of power-political and public-legal relations. Legal

policy is a special type of policy of State. On the basis of legal policy to ensure the stability and sustainability of political system.

That's why research into the psychological characteristics of family relationships and attitude to the political-legal sphere in the conditions of military conflict is important and relevant in the modern Ukrainian society.

Analysis of the main studies and publications on the studied problem.

Modern studies show that any event significant for the person can be the cause of trauma: death of a loved one, illness, violence, injustice, deception, betrayal, disappointment, experiencing loss, crisis, conflict, frustration.

For certain people, the military conflict in Ukraine is an event of traumatic character. Long-term military events in Ukraine, which have been unfolding for a long time with the aggressor, have become an all-encompassing source of traumatic experiences for people that are not at the forefront of military events.

We know that the impact of trauma has not been recognized for a long time in psychotherapy, and that modern studies clarify its importance in the emergence of mental disorders associated with major losses.

Mental trauma – (translated from Greek – «wound», «damage», «result of violence») – is a deep and painful experience of a person associated with traumatic events of his life, extreme accumulation of excitement with which he is unable to cope or which is partially overcome by unconscious protection mechanisms leading to the formation of neurotic symptoms [Решетников, 2006: с. 23].

Mental trauma is a reactive psychic formation that causes prolonged emotional pain and has a long-term psychological effect. Trauma creates certain mental conditions that disrupt social and emotional adaptation [Коен, 2016: с. 107].

Inadequate forms of mental trauma experience cause profound disruptions in human life and development at 3 levels: a) destructurization of personal relations with the world and environment, loss of trust in life and people; b) emotional, cognitive, personality and behavioral disorders; c) psychosomatic diseases [Решетников, 2006: с. 58].

Specialists, searching for the formation of rehabilitation programs for people who have survived traumatic events in Ukraine, suggest seeing in a new way the family resource in order to overcome the consequences of traumatic events expressed in people's insecurity, uncertainty, etc. (Т. Titarenko [Титаренко, 2015: с. 163], The experience of the Ukrainian Catholic University in helping families who lost their relatives in the war, «Ukrainian Association of Specialists in overcoming the consequences of psycho traumatic events» (Psychological crisis service).

Reaction to trauma has a wide range of responses: from immediate to delayed for many years and even decades, from ordinary crying to a cruel act of revenge and retaliatory aggression.

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To unconstructive behaviors in the political sphere include: deviant, delinquent and aggressive behavior.

Deviant behavior is defined as antisocial behavior that violates certain social, cultural, ethical and legal norms [Клейберг, 2006: с. 32].

The problem of deviant behavior have devoted the works of such scientists: E. Durkheim, R. Merton, E. Fromm, A. Bandura, R. Walters, B. Bratus, N. Vinichuk, A. Zelinsky, A. Simanovsky, Y. Kleeberg, T. Korolenko, A. Cohen, V. Kudryavtsev, K. Leonhard, A. Licho, Y. Platonov, A. Khomich, A. Ivanov, M. Petrenko and others.

Delinquent behavior should be considered as a set of illegal acts or crimes. Delinquent behavior includes acts of a criminal nature.

According to the analysis of scientific works on the problem of aggression this phenomenon should be viewed as a mental condition, personality trait, object of needs, and behavioral manifestation.

Aggression as a behavioural manifestation is a behavior that is characterized by focus, first, on inflicting damage on inanimate objects, secondly, on carrying out actions that harm (physical, moral or material) living beings who have the motivation for avoiding such a relationship [Берковиц, 2001: с. 24].

Aggressiveness as a personality trait, first, acts as a motivational tendency, the impulse to commit aggressive action, and second, reflects the relatively stable willingness to aggressive actions in various situations in the presence of potentially aggressive perception and potentially aggressive interpretation as a stable personality features of Outlook and Outlook third, is characterized by the presence of destructive tendencies in relationships with other people [Кравчук, 2012: с. 286].

We think that the military conflict in Ukraine affects family relationships and attitude to the political-legal sphere.

The goal of our study: study and analyze the features of mutual relations in family and attitude to the political-legal sphere in the context of military conflict in Ukraine; identify the features of psychological problems of the individual in the situation of military conflict in Ukraine.

Presentation of the main material of the study¹

246 people have participated in our research. Among them: 33 people (5 young adults, 24 adult and 4 elderly) living in Donetsk (in the zone of military conflict); 34 people (9 young adults, 13 adult and 12 elderly) living in the city of Mariupol, in the direction of which military operations are taking place; 38 people (6 young adults, 26 adult and 6 elderly) living in the city of Kiev – the displaced persons from the conflict zone; 129 people (108 young adults, 21 adult) – students of Kiev higher educational institutions; 12 people (7 young

1 We would like to thank the ICF Caritas Ukraine for their assistance in conducting surveys in Kyiv, Mariupol.

adults, 5 adult) – students of the Ukrainian Evangelical Theological Seminary (Pushcha Voditsa).

To study the influence of military events in Ukraine on personality and his/her family we used the following methods: 2 author’s research questionnaires; Impact of Event Scale (M. Horowitz, N. Wilner).

Let us analyze the results of the study.

To the question «Has the situation of the military conflict in Ukraine affected your relationships with your immediate relatives?» 54.2 % of all study participants answered «Yes» and 45.8 % answered «No». The distribution of responses by groups of participants is presented in Table 1.

The results of the study presented in Table 1 show that the displaced persons from conflict zone have the most significant differences regarding the impact of the situation of the military conflict in Ukraine on their relationships with their immediate relatives: 70.3% answered «Yes, there is such an influence» and 29.7% answered «No».

Table 1.

The distribution of responses of study participants regarding the impact of the situation of the military conflict in Ukraine on the relationships with their immediate relatives

Groups of study participants	Yes, there is an influence (in %)	No influence (in %)
People currently living in Donetsk (5 young adults, 24 adult and 4 elderly)	47.8	52.2
People currently living in Mariupol (9 young adults, 13 adult and 12 elderly)	58.8	41.2
Displaced persons from the combat zone (6 young adults, 26 adult and 6 elderly)	70.3	29.7
Students of Kiev higher educational institutions (108 young adults, 21 adult)	43.2	56.8
Students of the Ukrainian Evangelical Theological Seminary (7 young adults, 5 adult)	33.3	66.7
All study participants	54.2	45.8

Let’s analyze the exact impact of the situation of the military conflict in Ukraine on the relationships with their immediate relatives.

Participants currently living in Donetsk say that the situation of the military conflict in Ukraine has affected them in the following way: 1) the family has become united; 2) some families have experienced disagreements and quarrels; 3) the family budget has been reduced; 4) the problem of communication with distant relatives has arisen.

The displaced persons from the conflict zone indicate that the situation of the military conflict in Ukraine: 1) has caused misunderstanding, deterioration of relations with relatives remaining in the combat zone (split in the family, no communication, aggression and irritability in communication); 2) has affected

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the parents, their relationship in the family; 3) has created difficulties with housing in connection with resettlement; 4) has created problems due to cohabitation with parents because of the relocation from the combat zone; 5) has made family members unite; 6) has caused quarrels in the family

Participants currently living in Mariupol say that the situation of the military conflict in Ukraine has affected them in the following way: 1) it has caused a break in relations with relatives (alienation, misunderstanding); 2) it has caused conflict with relatives; 3) it has united the family; 4) it has caused a deterioration in the financial situation thus affecting the relationship in the family; 5) it has caused disagreements in the family.

The students of the Ukrainian higher educational institutions indicate that the situation of the military conflict in Ukraine affected them in the following way: 1) it has caused controversy, conflicts with close relatives living in the territory of Russia regarding the ownership of the territories of Ukraine and what is happening in the combat zone; 2) the relationships between immediate relatives have been strengthened, the family has united; 3) it has caused a break in relations with relatives (they stopped communicating).

Students of the Ukrainian Evangelical Theological Seminary (students from different regions of Ukraine, in particular from Kiev, Odessa, Mariupol) note that the situation of the military conflict in Ukraine has caused some disagreement in the family.

48.0% of all participants in the study believe that members of their family have become more aggressive and more prone to conflicts in the situation of military conflict in Ukraine compared to the period before the military conflict. 52.0% of all participants in the study do not think so. The distribution of responses by groups of participants is presented in Table 2.

Table 2.

The distribution of responses of study participants on increase in aggressiveness and proneness to conflict of their family members in the situation of military conflict in Ukraine compared to the period before the military conflict

Groups of study participants	Yes, there has been an increase in aggression and proneness to conflict (in %)	There has been no such increase (in %)
People currently living in Donetsk (5 young adults, 24 adult and 4 elderly)	20	80
People currently living in Mariupol (9 young adults, 13 adult and 12 elderly)	58.8	41.2
Displaced persons from the combat zone (6 young adults, 26 adult and 6 elderly)	57.9	42.1
Students of Kiev higher educational institutions (108 young adults, 21 adult)	50	50
Students of the Ukrainian Evangelical Theological Seminary (7 young adults, 5 adult)	36.4	63.6
All study participants	48.0	52.0

As shown by the results of the study, presented in Table 2, the increase in aggression and proneness to conflict in the situation of the military conflict in Ukraine compared with the period before the military conflict has been observed among the participants of the study, currently living in Mariupol (58.8% respectively) and the displaced persons from the combat zone (57.9% respectively).

35.1 % of all participants of the study indicate that the number of conflicts in their family has increased in the situation of military conflict in Ukraine compared to the period before the military conflict. 64.9% of all participants of the study note that there has been no increase in the number of scandals in their families (Table 3).

Comparison of the results of different groups of participants shows that a significant increase in the number of family scandals in families in the situation of the military conflict in Ukraine compared to the period before the military conflict has been observed among the participants of the study currently living in Mariupol (47.1%, respectively).

Table 3.

The distribution of responses of study participants regarding the growing number of scandals in their families in the situation of military conflict in Ukraine compared to the period before the military conflict

Groups of study participants	Yes, there has been an increase in the number of family scandals (in %)	There has been no such increase (in %)
People currently living in Donetsk (5 young adults, 24 adult and 4 elderly)	30.8	69.2
People currently living in Mariupol (9 young adults, 13 adult and 12 elderly)	47.1	52.9
Displaced persons from the combat zone (6 young adults, 26 adult and 6 elderly)	39.5	60.5
Students of Kiev higher educational institutions (108 young adults, 21 adult)	25.0	75.0
Students of the Ukrainian Evangelical Theological Seminary (7 young adults, 5 adult)	33.3	66.7
All study participants	35.1	64.9

84.4% of all participants of the study note that in the situation of the military conflict in Ukraine they have become more anxious in comparison with the period prior to the military conflict (Table 4).

As shown by the results of the study presented in Table 4, in all groups of participants there has been a significant increase in the level of anxiety in the situation of the military conflict in Ukraine compared to the period before the military conflict. The situation of the military conflict in Ukraine has significantly influenced people's perception of life events.

The distribution of responses of study participants regarding the increase of their anxiety in the situation of military conflict in Ukraine compared to the period before the military conflict

Groups of study participants	Yes, there has been an increase in their anxiety (in %)	There has been no such increase (in %)
People currently living in Donetsk (5 young adults, 24 adult and 4 elderly)	80.8	19.2
People currently living in Mariupol (9 young adults, 13 adult and 12 elderly)	85.3	14.7
Displaced persons from the combat zone (6 young adults, 26 adult and 6 elderly)	86.8	13.2
Students of Kiev higher educational institutions (108 young adults, 21 adult)	79.5	20.5
Students of the Ukrainian Evangelical Theological Seminary (7 young adults, 5 adult)	100	0
All study participants	84.4	15.6

The participants of the study currently living in Donetsk note that: 1) they have begun to value their lives, their loved ones and all people more; 2) they have re-evaluated their values; 3) some of them have been living for the day, in constant anxiety; 4) they have become more easy-going in their attitude towards life in general.

Displaced persons from the combat zone indicate that: 1) they have had a re-evaluation of values, they have changed their attitude towards life; 2) they have begun to value life more; 3) they have developed distrust, uncertainty about the future, perception of life through the prism of despair; 4) they have become more interested in politics; 5) their attitude towards Russia has changed.

The people currently living in Mariupol think that: 1) they have begun to value their relationships and life itself more; 2) they have made a re-evaluation of values, they have understood that the most important thing in life is their family; 3) they have become nervous, more sensitive; 4) they have begun to be more interested in politics; 4) they have become less gullible, more careful; 5) they have understood that everything in life is very changeable, unstable, dangerous.

Students of the Ukrainian higher educational institutions note that: 1) they have begun to think more about family, their loved ones; 2) they have had a re-evaluation of their values; 3) they have become more serious, they have begun to evaluate the events more critically, with less confidence; 4) they have become more skeptical towards the flow of information; 5) they have understood that there is no stability. Students of the Ukrainian Evangelical Theological Seminary note that: 1) they have become more serious; 2) they have got an understanding that many things in life are very unstable. 74.6% of all participants in the study indicate that the situation of the military conflict in Ukraine has been stressful for their family and for them personally (Table 5).

Table 5.
The distribution of responses of study participants regarding the assessment of the situation of the military conflict in Ukraine as stressful for their family and for them personally compared to the period before the military conflict

Groups of study participants	Yes, the situation of the military conflict in Ukraine has been stressful for them personally and for their families (in %)	No (in %)
People currently living in Donetsk (5 young adults, 24 adult and 4 elderly)	72.7	27.3
People currently living in Mariupol (9 young adults, 13 adult and 12 elderly)	80.0	20.0
Displaced persons from the combat zone (6 young adults, 26 adult and 6 elderly)	85.7	14.3
Students of Kiev higher educational institutions (108 young adults, 21 adult)	74.4	25.6
Students of the Ukrainian Evangelical Theological Seminary (7 young adults, 5 adult)	33.3	66.7
All study participants	74.6	25.4

The results of the study presented in Table 5, show that the displaced persons from the combat zone (85.7% respectively) and the people currently living in Mariupol (80.0% respectively), consider the situation of the military conflict in Ukraine especially stressful for their families and for them personally.

63.2% of all study participants have noted that the situation of the military conflict in Ukraine has negatively affected the well-being of their family members (Table 6).

Table 6.
The distribution of responses of study participants regarding the assessment of the impact of the situation of the military conflict in Ukraine on the well-being of their family members

Groups of study participants	Yes, it adversely affects (in %)	No (in %)
People currently living in Donetsk (5 young adults, 24 adult and 4 elderly)	57.1	42.9
People currently living in Mariupol (9 young adults, 13 adult and 12 elderly)	74.2	25.8
Displaced persons from the combat zone (6 young adults, 26 adult and 6 elderly)	75.0	25.0
Students of Kiev higher educational institutions (108 young adults, 21 adult)	56.8	43.2
Students of the Ukrainian Evangelical Theological Seminary (7 young adults, 5 adult)	33.3	66.7
All study participants	63.2	36.8

As shown by the results of study presented in Table 6, the displaced persons from the combat zone (75.0% respectively), and the people currently living in Mariupol (74.2 % respectively) emphasize the negative impact of the situation of the military conflict in Ukraine on the well-being of their family

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members. Let's analyze the results of the study: how much military conflict in Ukraine, as a life event, has exhausted the participants of the study.

Something that reminds about the event – the military conflict in Ukraine – causes rather strong and very strong feelings among the participants of the study who are currently living in Mariupol, among the displaced persons from the combat zone and among the participants residing now in Donetsk (Table 7).

Table 7.

The distribution of responses of study participants regarding the evaluation of the intensity of feelings associated with the situation of the military conflict in Ukraine

Groups of study participants	0 (unnoticed) (in %)	1 (not very strong) (in %)	2 (bearable) (in %)	3 (rather strong) (in %)	4 (very strong) (in %)
People currently living in Donetsk (5 young adults, 24 adult and 4 elderly)	14.3	7.1	32.1	35.7	10.7
People currently living in Mariupol (9 young adults, 13 adult and 12 elderly)	12.5	18.8	31.3	15.6	21.9
Displaced persons from the combat zone (6 young adults, 26 adult and 6 elderly)	0.0	16.7	27.8	36.1	19.4
Students of Kiev higher educational institutions (108 young adults, 21 adult)	20.0	36.7	33.3	10.0	0.0
Students of the Ukrainian Evangelical Theological Seminary (7 young adults, 5 adult)	0.0	33.3	66.7	0.0	0.0
All study participants	10.1	21.0	34.1	22.5	12.3

Comparison of data on the degree of sleep disorders in connection with the event – the military conflict in Ukraine – shows that a fairly strong and very strong degree of sleep disorders has been observed among the participants of the study currently living in Mariupol, among the displaced persons from the combat zone and among the participants residing now in Donetsk (Table 8).

Table 8.

The distribution of responses of study participants on the evaluation of the degree of sleep disorders in connection with the situation of the military conflict in Ukraine

Groups of study participants	0 (unnoticed) (in %)	1 (not very strong) (in %)	2 (bearable) (in %)	3 (rather strong) (in %)	4 (very strong) (in %)
People currently living in Donetsk (5 young adults, 24 adult and 4 elderly)	24.1	20.7	24.1	17.2	13.8
People currently living in Mariupol (9 young adults, 13 adult and 12 elderly)	15.2	12.1	24.2	27.3	21.2

Displaced persons from the combat zone (6 young adults, 26 adult and 6 elderly)	16.7	25	13.9	27.8	16.7
Students of Kiev higher educational institutions (108 young adults, 21 adult)	70.0	13.3	6.7	10.0	0
Students of the Ukrainian Evangelical Theological Seminary (7 young adults, 5 adult)	33.3	33.3	33.3	0	0
All study participants	30.7	19.3	18.6	19.3	12.1

Irritation and anger in connection with the event – the military conflict in Ukraine – in rather strong and very strong degree have been observed among the participants of the study currently living in Mariupol, among the displaced persons from the combat zone and among the participants residing now in Donetsk (Table 9).

Table 9.

The distribution of responses of study participants on the evaluation of the degree of irritation and anger in connection with the situation of the military conflict in Ukraine

Groups of study participants	0 (unnoticed) (in %)	1 (not very strong) (in %)	2 (bearable) (in %)	3 (rather strong) (in %)	4 (very strong) (in %)
People currently living in Donetsk (5 young adults, 24 adult and 4 elderly)	17.9	14.3	28.6	28.6	10.7
People currently living in Mariupol (9 young adults, 13 adult and 12 elderly)	9.4	15.6	25.0	31.3	18.8
Displaced persons from the combat zone (6 young adults, 26 adult and 6 elderly)	13.9	11.1	19.4	36.1	19.4
Students of Kiev higher educational institutions (108 young adults, 21 adult)	26.7	30.0	26.7	13.3	3.3
Students of the Ukrainian Evangelical Theological Seminary (7 young adults, 5 adult)	0.0	33.3	66.7	0.0	0.0
All study participants	15.2	18.8	28.3	25.4	12.3

Rather strong and very strong emotions about the event – the military conflict in Ukraine – are expressed by the study participants living now in Donetsk, by the displaced persons from the combat zone, and by the study participants currently residing in Mariupol (Table 10).

Table 10.

The distribution of responses of study participants regarding the evaluation of the degree of expression of thoughts in connection with the situation of military conflict in Ukraine

Groups of study participants	0 (unnoticed) (in %)	1 (not very strong) (in %)	2 (bearable) (in %)	3 (rather strong) (in %)	4 (very strong) (in %)
People currently living in Donetsk (5 young adults, 24 adult and 4 elderly)	24.1	6.9	17.2	37.9	13.8
People currently living in Mariupol (9 young adults, 13 adult and 12 elderly)	15.6	25.0	21.9	28.1	9.4
Displaced persons from the combat zone (6 young adults, 26 adult and 6 elderly)	2.8	30.6	19.4	30.6	16.7
Students of Kiev higher educational institutions (108 young adults, 21 adult)	40.0	36.7	16.7	6.7	0.0
Students of the Ukrainian Evangelical Theological Seminary (7 young adults, 5 adult)	33.3	33.3	33.3	0.0	0.0
All study participants	20.9	25.9	20.1	23.7	9.4

Rather strong and very strong feelings and constant «readiness» – something terrible must happen again in connection with the event – the military conflict in Ukraine – are expressed by the participants of the study currently living in Donetsk, by the students of the Ukrainian Evangelical Theological Seminary, by the displaced persons from the combat zone, and by the study participants residing now in Mariupol (Table 11).

Table 11.

The distribution of responses of study participants regarding the evaluation of the degree of expression of thoughts in connection with the situation of military conflict in Ukraine

Groups of study participants	0 (unnoticed) (in %)	1 (not very strong) (in %)	2 (bearable) (in %)	3 (rather strong) (in %)	4 (very strong) (in %)
People currently living in Donetsk (5 young adults, 24 adult and 4 elderly)	24.1	3.4	24.1	31.0	17.2
People currently living in Mariupol (9 young adults, 13 adult and 12 elderly)	25.0	21.9	21.9	18.8	12.5
Displaced persons from the combat zone (6 young adults, 26 adult and 6 elderly)	28.6	14.3	20.0	20.0	17.1
Students of Kiev higher educational institutions (108 young adults, 21 adult)	43.3	26.7	20.0	10.0	0.0
Students of the Ukrainian Evangelical Theological Seminary (7 young adults, 5 adult)	66.7	0.0	0.0	33.3	0.0
All study participants	33.3	15.2	19.6	21.0	10.9

Let us analyze the results of the study participants in terms of their current understanding of life.

The participants of the study living now in Donetsk note that they see the meaning of life: 1) in the family; 2) in prosperity and peace; 3) in serving people.

Displaced persons from the combat zone indicate that they see the meaning of life: 1) in living not only for oneself; in loving and being useful to other people; in being loved; in children; 2) in life itself; in salvation of their soul; 3) in peace on earth, in the health of relatives; 4) in bringing benefit to the family and other people; 5) in interesting and creative work, in self-realization.

Participants currently residing in Mariupol see the meaning of life: 1) in children; 2) in peace; in peaceful, stable life; 3) in self-realization; in favourite and interesting work; 4) in love.

Students of the Ukrainian higher educational institutions see the meaning of life: 1) in self-realization; in doing one's thing; 2) in creation of a happy family; in love; 3) in the course of life; 4) in development of society; in one's own spiritual development; 5) in the use for the world.

Students of the Ukrainian Evangelical Theological Seminary see the meaning of life: 1) in the service of God; in their calling; 2) in their care of children; 3) in self-realization; 4) in being at peace with oneself, with neighbors; in being with God.

Related respondents to the political-legal sphere of the state in a situation of military conflict in Ukraine showed that 39,84% of all study participants indicate disappointment in the state, because the state does not protect the rights of citizens.

21,95% of all study respondents indicated a lack of confidence in the government. 10,98 % of all study respondents note that they have increased aggression to politics. 13,01 % of all study respondents indicate that there is more to discuss military and political issues. 11,38 % of all study respondents have avoided the subject of war and military-political events. 17,07 % of all study respondents began to perceive military and political-legal events are more critical with less confidence.

Regarding the organization of the relationship between the citizen and the state 29,27 % of all study respondents think that such relationships should be based on the protection of the rights of citizens. 24,80 % of all study respondents think that the relationship between the citizen and the state should be based on trust, honesty. 19,51 % of all study respondents think that the relationship between the citizen and the state should be based on respect for the Constitution.

Conclusions on the conducted study. Situation of the military conflict in Ukraine has seriously affected the relationships with immediate relatives. The most powerful influence of the situation of the military conflict in Ukraine on relations with the immediate relatives has been observed among the displaced persons from the combat zone.

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Increased aggressiveness and proneness to conflict in the situation of military conflict in Ukraine compared to the period before the military conflict has been observed among the participants of the study currently living in Mariupol and among the displaced persons from the combat zone.

The situation of the military conflict in Ukraine has been stressful for the study participants and their families, especially for the displaced persons from the combat zone and the people currently living in Mariupol.

The situation of the military conflict in Ukraine has significantly influenced people's perception of life events.

The situation of the military conflict in Ukraine has adversely affected the well-being of family members. Displaced persons from the combat zone and the people currently living in Mariupol emphasize the negative impact of the situation of the military conflict in Ukraine on the well-being of their family members.

A significant percentage of respondents indicates disappointment in the state, because the state does not protect the rights of citizens.

Regarding the organization of the relationship between the citizen and the state respondents think that such relationships should be based: 1) on the protection of the rights of citizens; 2) on trust, honesty; 3) on respect for the Constitution.

In the future we plan to conduct studies of the characteristics of non-constructive forms of behavior in the political-legal sphere in the conditions of military conflict.

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ПСИХОЛОГІЧНЕ ЗДОРОВ'Я СТУДЕНТІВ ВНЗ ЯК НЕОБХІДНА УМОВА УСПІШНОГО ПРОФЕСІЙНОГО НАВЧАННЯ

Статтю присвячено теоретичному огляду поняття психологічного здоров'я загалом та відповідно до вікових особливостей студентів у контексті професійної підготовки. Розглянуто основні підходи до трактування психологічного здоров'я у вітчизняних та зарубіжних джерелах. Виділено розбіжності в поняттях психічне та психологічне здоров'я. Наведено зв'язок поняття психологічне здоров'я з суміжним поняттям психологічне благополуччя. Здійснено теоретичний пошук зв'язку психологічного здоров'я з успішним професійним навчанням. Акцентовано увагу на тому, що психологічне здоров'я є умовою успішного професійного навчання, яке в свою чергу сприяє становленню професійної ідентичності, формуванню соціально-професійного аспекту Я-концепції та переживанню особистісного і професійного благополуччя. З іншого боку, навчальна активність в студентському віці є і ресурсом психологічного здоров'я. Відмічено динамічність психологічного здоров'я та пов'язаність з активністю суб'єкта, в тому числі з навчально-пізнавальною.

Ключові слова: психічне та психологічне здоров'я, психологічне благополуччя, професіогенез, професійне навчання, навчально-професійна діяльність, успішність.

Статья посвящена теоретическому обзору понятия психологического здоровья в целом и в соответствии с возрастными особенностями студентов в контексте профессиональной подготовки. Рассмотрены основные подходы к трактовке психологического здоровья в отечественных и зарубежных источниках. Выделены расхождения в понятиях психическое и психологическое здоровье. Приводится связь понятия психологическое здоровье со смежным понятием психологическое благополучие. Осуществлен теоретический поиск связи психологического здоровья с успешной профессиональной учебой. Акцентируется внимание на том, что психологическое здоровье является условием успешной профессиональной учебы, которая в свою очередь способствует становлению профессиональной идентичности, формированию социально-профессионального аспекта Я-концепции, переживанию личностного и профессионального благополучия. С другой стороны, учебная активность в студенческом возрасте является и ресурсом психологического здоровья. Отмечается динамичность психологического здоровья и его связь с активностью субъекта, в том числе с учебно-познавательной.

Ключевые слова: психическое и психологическое здоровье, психологическое благополучие, професіогенез, профессиональная учеба, учебно-профессиональная деятельность, успешность.