

положення» Цивільного кодексу України: у період дії в Україні воєнного, надзвичайного стану строки, визначені статтями 257–259, 362, 559, 681, 728, 786, 1293 цього Кодексу, продовжуються на строк його дії. Чинна редакція статті 259 Цивільного кодексу України «Зміна тривалості позовної давності». 1. Позовна давність, встановлена законом, може бути збільшена за домовленістю сторін. Договір про збільшення позовної давності укладається у письмовій формі. 2. Позовна давність, встановлена законом, не може бути скорочена за домовленістю сторін [1]. По інших цивільно-правовим зобов'язанням, на відміну від договорів позики, у кожному випадку необхідно доводити, що прострочення відбулося саме у зв'язку з обставинами непереборної сили. До обставин непереборної сили (форс-мажору) законодавство України прирівнює, зокрема, і війну (оголошену та неоголошену), дії іноземного ворога, загальну мобілізацію, військові дії, збройний конфлікт.

Оскільки права людини мають гарантуватись навіть під час воєнного стану, існує потреба детального вивчення можливості відстрочення виконання цивільно-правових зобов'язань для осіб, які проживають на окупованих територіях, постраждали під час військових дій та зазнали інших негативних наслідків після вторгнення агресора.

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PSYCHOLOGICAL WELL-BEING AS A SUSTAINABLE DEVELOPMENT GOAL IN THE CONDITIONS OF WAR

In recent decades, the persistent efforts of environmentalists, technologists, doctors, and educators of Ukraine and the world have focused on achieving the Sustainable Development Goals. The concept of sustainable socio-economic development was formulated in 1987 in the report of the World Commission on

Environment and Development. The essence of the concept is to meet the real needs of people without creating a threat to meet the needs of future generations [6]. According to the definition of Ye. Buriak and colleagues, the sustainable development of Ukraine is a socially-oriented process of economic development with the provision of economic and social security, as well as the effective reproduction of natural resources [1, p. 142].

At the same time, the war in Ukraine, which can be considered a huge humanitarian catastrophe in modern Europe, poses a serious threat to the achievement of the Sustainable Development Goals. As noted by I. Gayuduky and A. Holoborodko, the implementation of GOAL 1: No Poverty is hindered by the negative economic effect of the war, which exacerbated the negative consequences of the global pandemic. Ukraine faced a significant increase in food and energy prices, unemployment, and inflation. Likewise, the environmental, economic, and social factors associated with military actions significantly complicate the implementation of GOAL 2: Zero Hunger, GOAL 6: Clean Water and Sanitation, GOAL 7: Affordable and Clean Energy, as well as GOAL 8: Decent Work and Economic Growth and other goals [3, pp. 270–272].

Let's focus on the problem of implementing GOAL 3: Good Health and Well-being. According to the 2030 Agenda for Sustainable Development, the target 3.4 of the SDG 3 (health and well-being) is a treatment and promote mental health. This suggests that psychological well-being of personality should be considered as a special care object. In this regard, it is possible to talk about the psychological dimension of the sustainable development issue. According to I. Eloff, psychology can even be considered fundamental for achieving all Sustainable Development Goals [2, pp. 86–87]. However, the psychological aspects of sustainability are still insufficiently understood.

Psychologists from Ukraine and around the world are working fruitfully to develop ways to restore the subjective well-being of people. However, most efforts are now focused on rapidly reducing stress and depression, rather than correcting the cognitive and personal causes of such conditions or preventing the long-term effects of the war on mental health. We agree with P. Schmuck & C. Vlek that it is now appropriate to pay more attention to empirical research in the framework of the «useful psychology of sustainable development», which implies the study of motivation, lifestyle visions, societal scenarios, the readiness of personal contribution to a collective problem, and behavior change strategies [5, pp. 67–69]. Such approach means clarifying of personal views on possibilities of rational activity, aimed on supporting of own mental health, and psychological mechanisms of reasonable behavior options in the conditions of war.

According to O. Moskalenko and I. Blokhina, threats to the psychological well-being of an individual increased significantly during the war. Military operations provoked a state of extreme confusion among the population. The uncertainty of life, the unknown of the future, and the absence or destruction of plans and prospects led to growing emotional stress and increased anxiety.

According to the authors, acceptance of uncertainty and frustration tolerance are criteria for mental well-being under such conditions. Acceptance of uncertainty helps the individual to avoid despair, not to give up, and to activate and mobilize all available individual resources for self-help. Frustration tolerance allows you to adequately evaluate and tolerate frustrating situations while demonstrating constructive behavior on the way to overcoming frustration barriers [4, pp. 92–96]. In our opinion, such personal qualities as optimism, internality, self-organization, as well as recognition of responsibility for one's own emotional state also contribute to self-maintenance of psychological health and self-dependent return to a state of mental equilibrium.

Therefore, it is extremely important to plan effective psychological assistance strategies aimed at multifaceted diagnosis and restoration of psychological well-being internal factors, such as acceptance of uncertainty, frustration tolerance, optimism, internality, etc. We consider caring for psychological health as a more important condition for achieving Sustainable Development Goals in Ukraine.

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