

УДК 159.98

DOI: 10.31733/15-03-2024/2/543-544

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### **MENTAL ASPECTS OF OVERCOMING THE CONSEQUENCES OF MILITARY AGGRESSION**

The population of Ukraine found themselves in extremely difficult emotional and psychological conditions. The superhuman suffering of the military and the civilian population requires us to develop certain tools for mastering the aggression we have faced over the years from the invaders. How not to lose emotional and psychological health in the conditions of the destruction of our people? It seems to us that the way out is to take responsibility for one's emotional and mental outbursts and integrate them into a constructive channel, to accept an individual challenge, if necessary, to balance one's irrationality and rationality. In this case, moral and ethical attitudes acquire special relevance and significance. Morality is understood as ensuring law and order in the bosom of statehood. In this way, we can and should be obliged to reduce the impact of individual aggression as a phenomenon that "poisons" the world. We believe that neither the influence of biological factors (for example, human nature is prone to aggression), nor the influence of the state ideology of the occupying state can be an excuse or a legitimate reason for the social manifestation of human aggression. Aggression is an individual-cultural phenomenon, where a person's worldview manifests itself, which represents its socio-cultural determinism. A person who consciously directs his mental-emotional strength to the assimilation of moral-legal and spiritual-intellectual values practically makes it impossible for his personal immersion in a state of individual aggression against society and its values. A person should act in any circumstances based on the observance of humanistic values and the idea of a person as the highest goal of a democratic country [1].

In Ukraine, as a result of the military invasion of the Russian Federation and the declaration of martial law, many people face complex psychological consequences. In general, war is an event that exhausts us physically and mentally. Regardless of how our psyche is able to adapt to any difficulties, every day of hostilities in our native country becomes a test for us. In such a difficult time, it is important to support yourself, your family and friends in order to maintain your health – both physical and mental.

After the wave of emotions that we all experienced, our psyche slowly stabilizes. We think about what will happen next, how to act in the new reality, get used to uncertainty and still make plans for the future. We realize that everything has changed and we have to live according to the new conditions.

It is very important to enter the adaptation phase, in which we will act rationally, consciously and more sustainably. According to scientific research, we should consider some of the following aspects that will help us as active participants in the educational process:

1. Stress resistance and resilience: Building these skills is a key task. It is important to learn to reinterpret trials positively and develop inner resilience.

2. Psychological support: Psychological service should play an important role in the education system. It should ensure timely and systematic provision of psychological and socio-pedagogical support to all participants of the educational process.

3. Programs for teachers: Development of remedial and developmental programs for practical psychologists and social teachers is an important step. For example, the "Safe Space" program contributes to the creation of a safe environment and the formation of resilience in children of various ages [2].

Currently, Ukraine is experiencing a difficult situation, and support for participants in the educational process is extremely important. For the rehabilitation of psychological health, you can implement the following ideas in life proposed by specialists who put into practice their ideas.

1. Group Support: Group sessions help participants share their emotions, experiences and mutually support each other. Group support can take place both online and offline. [3]

2. Individual psychotherapy: Psychotherapists help deal with complex emotions, fears and anxieties. Individual counseling can be a useful tool for overcoming the consequences of military aggression.

3. Art therapy: Using art (painting, sculpture, music) helps to express emotions and find a way to relax. Art therapy can be especially helpful for those who have difficulty with verbal expression.

Social support is also an important aspect, which consists of the following:

1. Family support: Family is an important resource for coping with stress. It is important to support each other, communicate openly and help solve problems.

2. Communication with friends: Friends are those who understand us and can help. Don't be afraid to share your feelings with them.

Overcoming the consequences of military aggression is a difficult process, but it is possible. It is important to remember that we are not alone in our society and supporting each other will help us overcome all challenges [3].

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УДК 614.843

DOI: 10.31733/15-03-2024/2/544-547

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### **ПІДВИЩЕННЯ РІВНЯ ПОЖЕЖНОЇ БЕЗПЕКИ БАГАТОПОВЕРХОВОГО ЖИТЛОВОГО БУДИНКУ**

Рівень пожежної безпеки об'єкту характеризується рівнем пожежної безпеки людей, при якому виключається можливість впливу на них небезпечних чинників пожежі. Для визначення ймовірності впливу небезпечних чинників пожежі на людей у разі пожежі проводять відповідні розрахунки за методом у додатку А ДСТУ 8828-2019. «Пожежна безпека. Загальні положення [1].

У роботі досліджено тривалість евакуації у разі виникнення пожежі з багатоповерхового житлового будинку. Відповідно об'ємно-планувальні рішень у програмному забезпеченні PyroSIM та Pathfinder [2,3] розроблено геометричну модель багатоквартирного житлового будинку (рис. 1):

- поверховість – 5;
- кількість під'їздів – 3, з одним виходом у кожному під'їзді, приміщення відокремлені протипожежними перегородками;
- висота поверху 2,7 м;
- 3 сходових клітини, по 1 у кожному під'їзді