

УДК 159.932.31+364-786

DOI: 10.31733/15-03-2024/2/413-414

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**INTERCONNECTION OF PSYCHOLOGICAL
AND PHYSICAL CONSEQUENCES OF MILITARY AGGRESSION:
A COMPREHENSIVE APPROACH TO REHABILITATION**

In today's world, full of instability, conflicts and military aggression leave behind not only ruins, but also deep wounds in the mental and physical state of those who find themselves in their epicenter. The relationship between psychological and physical well-being is becoming an important area of study, as it not only shapes individual experience, but also determines how to overcome conditions such as post-traumatic stress, anxiety, as well as physical injuries and chronic diseases that require attention and a systematic approach.

Understanding this issue can be an important step in developing effective rehabilitation strategies and providing support to those affected by war so that they can return to full life and accept their place in society.

The relevance of studying this relationship is increasing due to the growing number of veterans and civilians facing mental disorders and physical problems after military actions.

The purpose of this study is to analyze and reveal the relationship between the psychological and physical consequences of military aggression in order to overcome the negative impact on mental and physical health.

The study covers veterans, civilians, and children who witnessed or were victims of military conflicts. The findings can be used to improve approaches to their comprehensive rehabilitation and take into account their physical and mental recovery needs.

To achieve this goal, the following tasks need to be solved:

- based on the information and analytical review, analyze the impact of physical problems on mental health and general condition of the body.

- determine the impact of psychological trauma on quality of life and social adaptation.

In recent years, the problem of the relationship between the psychological and physical consequences of military aggression has been paid attention to in scientific studies by domestic and foreign researchers: O. V. Timchenko, A. S. Vovkanych, G. M. Boyko, O. L. Ivanov, I. Y. Pinchuk, D. Brier, K. Scott, and others.

The following methods and techniques were used to conduct the research:

- questionnaires and interviews: Collecting data on psychological states and experiences of veterans and victims;

- a short scale of anxiety, depression and PTSD (adapted by I.O. Kotenev) is intended for the initial screening of these symptoms in people who have experienced any kind of mental trauma.

This interaction determines the complexity and multifaceted nature of the impact of military conflicts on the health and mental state of victims. The studies emphasize the need for a comprehensive approach to rehabilitation, as it contributes not only to physical recovery but also effectively affects the psychological state and quality of life of victims of military events.

Thus, war can result in a variety of mental disorders, such as post-traumatic stress disorder (PTSD), depression, anxiety, adaptive and somatic disorders. These mental challenges can

affect the emotional state, interpersonal relationships, and overall functional state of war trauma survivors.

The next factors are the physical consequences of military aggression, which include injuries, disabilities, chronic diseases and physical exhaustion. Victims of armed conflict may face limited physical functionality and require intensive medical and rehabilitation support.

The relationship between mental and physical health is manifested in the way that psychological health can affect physical health and vice versa. Stress, depression, and other mental factors can cause or exacerbate physical illnesses, and physical injuries can affect mental health.

The psychosomatic aspects of the interaction between psyche and physiology indicate the mutual influence of emotional and mental state on physical health. This interaction can cause or exacerbate physical illnesses, as well as reflect the impact of physiological conditions on mental well-being. Understanding the psychosomatic aspects is key to developing effective treatment and rehabilitation strategies, as they define an integrated approach to overcoming the consequences of military aggression [1].

The interaction of psychological factors on the course of physical illness is manifested in how emotional state, stress, and other mental aspects can affect the nature and chronicity of physical illness. Psychological factors can affect the immune system, promoting or weakening the fight against the disease, and influence the choice and effectiveness of treatment. Taking this interaction into account is important for a full understanding and effective treatment of patients [3].

A comprehensive approach to rehabilitation means using integrated strategies that cover both psychological and physical aspects of overcoming the consequences of military aggression. It is aimed at ensuring full recovery and support for victims and takes into account the interconnection between their physical and mental state.

The results obtained indicate prospects for further research in the field of psychological support for military personnel. It is advisable to study the effectiveness of new approaches to identifying and preventing professional burnout, taking into account the dynamics of the modern military environment.

1. Our study of the relationship between the psychological and physical consequences of military aggression suggests the importance of a comprehensive approach to rehabilitation. Post-traumatic stress and other mental disorders, as well as traumatic injuries and chronic diseases, leave a significant mark on the physical and mental state of victims.

2. The importance of a psychosomatic approach becomes apparent given the interconnection between the psyche and physiology in terms of their impact on overall health. Psychological factors can determine the course of physical illnesses, and physical trauma affects mental well-being.

3. Medication plays a key role in comprehensive rehabilitation, but it should be coordinated with social and vocational rehabilitation. This contributes to the return of victims to a full life and their integration into society.

Thus, understanding the relationship between the mental and physical aspects of war trauma will allow us to develop more effective rehabilitation strategies and improve the quality of life of survivors.

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