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THE FORMATION OF A CULTURE OF CARE FOR MENTAL HEALTH AS A COMPONENT OF THE PERSONALITY OF A UKRAINIAN IN THE CONDITIONS OF WAR

Корнієнко Вікторія. *Формування культури турботи про психічне здоров'я як складова особистості українця в умовах війни*

Ключові слова: *психічне здоров'я, підходи, стресові ситуації, психологічна культура*

Thus, according to Gradus Research, it was determined that after experiencing crisis and stressful situations, only about nine percent of people seek psychological help, and the reason for such a low percentage is the disturbing thoughts that relatives and friends will start to avoid them, to be ashamed of them, and 48% mention the fear of not getting or losing the desired job.

Currently, it is known that there are many provisions in the existing codes and other legal documents, which, according to the standards and evidence base of the WHO, do not contribute to the improvement of the mental health care system, because they have such negative phenomena as discrimination, stigma, inconsistent with modern medicine and science terminology, coercive measures of treatment and so on. This speaks of the outdated orientation of our legislation, which forms in people's minds a comparison of mental disorder with the principles of penal medicine and is a continuation of the theme of a low percentage of appeals to psychologists and other specialists for the recovery of mental health.

A large number of scientists who studied the impact of the war on human psychological health emphasize the changes that took place in the Ukrainian community both emotionally and cognitively. So, even before the beginning of the full-scale invasion of Russia, many Ukrainians had a number of psychological problems, such as social and isolation phobias, PTSD, syndrome, abandonment, losses, information stress, which arises as a response of the body to the flow of information around it, etc. After February 24, the number of psychological problems greatly increased and expanded, and the number of people suffering from such conditions increased hundreds of times, more than 15 million Ukrainians reported a deterioration in their mental health since the beginning of the war (according to the latest study of the International Organization for Migration) [1, 2, 5, 6].

Currently, in modern science, there are the following approaches to the study of mental health problems:

- a norm-centric approach, according to which health is considered as a set of

average statistical norms of perception, thinking, emotional response and behavior in combination with normal indicators of an individual's somatic state;

- the nosocentric approach involves the assessment of human behavior, actions and activities from the standpoint of finding and identifying deviations from the norm, identifying disease symptoms;

- the phenomenological approach interprets the problems of health and illness as fundamental principles of individual existence, which is based on understanding and compassion;

- a holistic approach, where health is perceived as a value acquired by a person in the process of its formation;

- the sociocultural approach defines health as a sociocultural variable, and its characteristics are relative and determined by specific social conditions and people's mentality;

- a discursive approach, where health is considered as a product of a certain discourse with its internal logic of flow;

- sociological approach - analysis of statistical data on the state of health of the population [4-7].

Therefore, in the case of experiencing a stressful situation in the patient's life, a system of significant relationships, higher regulatory mechanisms is activated, which is manifested, on the one hand, in characteristic ways of perception, experience, and evaluations, and on the other hand, in the features of adaptive behavior.

In the scientific guide, stress is a protective reaction of the body to external stimuli, a change in the social environment or traumatic events. Thanks to the feeling of stress, our body is able to adapt to changes and overcome certain difficulties [1, 2, 5-7].

Thus, according to N.S. Kostruba, experiencing stress related to martial law can both harm the mental health of the civilian population and mobilize internal and external resources to overcome its psychological consequences in the form of changes and improvements in interpersonal relationships, changes in life position and identification of strengths of one's own character [1, 3, 5].

We agree with the opinion of such scientists as Klapchuk, H.V. Dzyak, I.V. Muravov, I.V., who claim that a healthy lifestyle is not enough to be healthy and consider health as a combination of philosophical, pedagogical and psychological knowledge in the medical context, which are integrated into the culture of health as a personal attitude to a healthy form of human life [1, 3, 5].

The well-known Ukrainian scientist, Academician S. D. Maksimenko also emphasizes that the concept of mental health covers ways of harmonizing a person, his desires, ambitions, abilities, ideals, feelings and consciousness [3, 5, 7].

This gives us the right to emphasize that one of the important factors of mental health is the conscious cultural attitude of a person to all manifestations of his life activities. Therefore, a certain level of mental culture will enable a person to raise his mental functioning to a higher level.

It has been proven that mastering psychological culture will enable a person to increase his personal growth, allow him to cope with difficult life situations, preserve and strengthen his mental health.

And the powerful informational stress associated with the war events in the country, the constant complication of daily life, put before a person a difficult and important task - to master the culture of mental health in order to preserve socio-psychological adaptation and psychological well-being. An important prerequisite for this is knowledge of these symptoms, the patterns of their manifestation and development, in order to diagnose the pathology as soon as possible, correct it, and even better - to prevent it [1, 3, 5].

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