

PREVENTION OF EMOTIONAL BURNOUT AMONG THE UKRAINIAN YOUTH IN WARTIME

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The majority of the population of Ukraine now lives in such an extreme situation as war. The stability of the world to which we are accustomed is destroyed. Such emotions, inclinations and thoughts naturally arise, which we do not even imagine in peacetime. Conditions that arise in such situations can be accompanied by anxiety, fear or panic. Subjectively, people can feel rather unpleasant states of detachment from themselves, from their mental and physical experiences. It is as if they are observing their lives from a distance [1].

As a result of the internal accumulation of negative emotions without a corresponding "discharge" or "liberation" from them, emotional burnout occurs. It leads to the depletion of the emotional-energetic and personal resources of a person.

The purpose of our work was to study the psycho-emotional state of the population living in the Kharkiv region, where hostilities have been ongoing for 8 months, and their ways of dealing with their feelings and emotions.

To study the manifestation of the main signs of post-traumatic syndrome, we used a well-known questionnaire PCL-5 in our own modification. 160 people who were on the territory of Ukraine during the invasion took part in the survey answering questions in software "Google Forms" [2]. Among the respondents, the majority (72.5%) were women aged 18-24.

76.9% of people said that they are bothered by disturbing and obsessive thoughts related to the military events in Ukraine. Excessive indifference or emotionlessness is noted by 21.4% of respondents, 37.1% of people noted this condition partially, and 41.5% didn't note this phenomenon at all. 41.3% of people noted that it is difficult for them to talk about their feelings and express their thoughts, 35.6% of respondents didn't note any changes, and 23.1% of respondents noted that, on the contrary, they began to tell loved ones more often about their feelings.

In our opinion, the suppression of emotions is very dangerous and can worsen not only the psycho-emotional state, but also lead to problems at the somatic level. People can suppress the expression of an emotion, but they cannot destroy it. It remains to live deep in a person, being unmanifested, and does not disappear until it is expressed outside. A positive way to transform emotions is to express them through active actions. Emotions can be translated into physical exercises, sports, because this always contributes to the release of emotions. Psychologists advise to break dishes, tear paper, and make any active movements. An easy way to express emotions is to just scream loudly. Of course, it is better to do this without prying eyes. Rampant emotions can be poured into creativity - for example, to draw. Breathing practices give a good effect. As recommended by a famous psychologist Andrew Carnegie: «Get busy. Keep busy. It's the cheapest kind of medicine there is on this earth — and one of the best» [3].

References:

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