

# **PECULIARITIES OF COPING STRATEGIES AMONG MEDICAL UNIVERSITY STUDENTS IN WARTIME**

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In view of the significant increase in the level of stress in Ukrainian society during the war, as well as the adverse health consequences caused by it, approaches to reducing and coping with stress are becoming very relevant. One of the important stress-forming factors is the way of responding to the surrounding events, due to the psycho-physiological characteristics of a person [1]. In this regard, it is relevant to study a set of ways to deal with stress, which are called coping or coping strategies in psychology.

A coping strategy is a mechanism for coping with stressful situations, which is designed to make the anticipated stressor or conflict more tolerable and minimize distress. The use of certain strategies to solve problems is an important element for forming the further well-being of a person [2]. Coping strategy includes three main areas of mental activity: emotional, cognitive processing and behavioral areas of coping with stress.

The purpose of this study was to identify and define coping strategies used by medical students to overcome stressful situations.

A survey was conducted using the E. Heim method [3] among 50 students of medical university, and the results were analyzed. PubMed and Google Scholar were used as the main databases for literature searches.

Medical students were asked to answer a survey consisting of three sections with a series of statements about the characteristics of coping with stress and situations of high emotional tension. The levels of students' use of cognitive, emotional, and behavioral strategies were investigated. The most popular cognitive coping strategy used by students is maintaining self-control, which indicates self-confidence and belief in one's own abilities. The options "I try to analyze, think through everything and explain to myself what happened" and "I do not lose self-control and control over myself in difficult times" were chosen by 24 % and 20 % of respondents, respectively.

The study of the coping strategy in the emotional sphere showed that the relative majority of students (40 %) demonstrate a significant level of optimism, what appears in the expectation of good results and an interested approach to life. This indicates readiness to find a way out of difficult stressful situations, confidence in overcoming difficulties. Also, among a certain part of medical students (22 %), there is suppression of emotions, which is characterized by a state of hopelessness, a feeling of aggression and self-blame.

Among the behavioral coping strategies, the retirement method is the most frequently used. Medical students show avoidance of stress, passivity, escape from negative emotions (46 % in total). 26 % of respondents, when experiencing a stressful situation, isolate themselves, try to stay alone with themselves. At the same time, a certain part of the respondents choose adaptive coping mechanisms, namely, they immerse themselves in their favorite business, trying to forget about the difficulties" (16 %) and use cooperation with people significant to them to overcome difficulties (16 %). The solution to problems for helping to cope with alcohol, the

choice of taking medication to compensate for the problem - is guarded in a small number of people.

The results of the conducted research led to the conclusion that the majority of medical university students are able to use adaptive coping strategies to combat stress. Students are able to control themselves, have endurance and sufficiently high self-esteem, which is very important for overcoming any difficult situations in life and professional spheres.

### **References:**

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