

PREVENTION OF EMOTIONAL BURNOUT AMONG THE UKRAINIAN YOUTH IN WARTIME

Olga I.Gerasimenko

ORCID ID: 0000-0001-6927-5449

PhD, associated professor of Department of Hygiene and Ecology No 1
Kharkiv National Medical University

Maryna I.Mokriakova

Assistant of professor of Department of Hygiene and Ecology No 1
Kharkiv National Medical University

Volodymyr Ya. Avramenko

Student of II Medical Faculty
Kharkiv National Medical University

Ukraine

Life in wartime forces many people to abandon a proper sleep regimen. Constant air-raid warning, anticipation of disaster, bad premonitions, worries for relatives - all this negatively affects the human health. Residents of occupied territories and regions where hostilities are actively taking place, especially feel the disturbance of their biological clock: lack of night sleep leads to lethargy, daytime sleepiness and reduced work capacity.

Lack of sleep and daytime sleepiness are undesirable and even dangerous for people whose work requires increased concentration of attention. Any sleep disturbances, including military desynchronosis, are extremely dangerous for people who have chronic diseases. Sleep disturbances lead to acceleration of the disease complications. This is especially true for those suffering from diseases of cardiovascular and central nervous systems [1].

First of all, this applies to patients with high blood pressure, because a constant failure of the biological clock can cause a hypertensive crisis. In some cases, this risk is complicated by the impossibility of providing quality medical care. Since we

are unable to remove the stressor, we need to find new tools for self-regulation, therefore, in period of constant stress or trouble, it is always better to distract yourself and pour your anger, anxiety, hatred, fear, sense of uncertainty and energy into something positive, because constant stress affects all body functions - from general metabolism to functions of immune and reproductive systems [2].

Therefore, the purpose of our research was to study the specifics of violations of the normal biorhythmic activity of people during wartime, as well as to develop preventive measures to ensure the stability of the internal clock.

The following methods were used to solve the relevant tasks: questioning using a self-developed questionnaire, statistical and analytical methods. 100 people aged 18 to 55 who are in Ukraine participated in the study.

According to the results of the survey, 62% of people had a significant deterioration in their general state of health, which was initially accompanied by long-term insomnia, and later it began to lead to unexpected consequences. Evidently, desynchronization was one of the causes of various deteriorations of health. A third of the respondents noticed the appearance of new diseases and exacerbation of chronic ones. According to the survey, 80% of respondents had impaired concentration and increased inattentiveness.

Bud Winter's recommendations were used to improve the state of the nervous system and the quality of sleep [3]. Participants of this study were asked to go to bed and wake up at the same time, do breathing exercises listening to their own breathing, trying to inhale and hold their breath, and then exhale slowly. They started by completely relaxing the muscles of the face, including the tongue and jaw, then they had to lower and relax the shoulders, chest, arms, stomach and legs. Despite its simplicity, the mentioned technique works in most cases. Some people needed a little more practice to learn to relax quickly, but within a few weeks they had noticeable progress.

Thus, we are convinced that the war has an effect on all body systems, in particular on the central nervous system, causing a failure of the "biological clock". However, by practicing the technique of conscious muscle relaxation, the

respondents were able to significantly improve the quality of sleep and thereby contribute to the restoration of biorhythms.

References:

1. Poon SH, Quek SY, Lee TS.J. (2021) Insomnia Disorders: Nosology and Classification Past, Present, and Future. *Neuropsychiatry Clin Neurosci.* 33(3):194-200. doi: 10.1176/appi.neuropsych.20080206.

2. Марков, А.Р. (2016) Індивідуально-психологічні особливості й поведінкові паттерни як мішені психологічної корекції дезадаптивних станів у цивільного населення в умовах консцієнтальної війни. *Науковий вісник Херсонського державного університету. Серія «Психологічні науки».* Т. 2, № 6. С. 182-193.

3. Winter, Lloyd Bud (1981) *Relax and Win: Championship Performance* by Lloyd Bud Winter. Oak Tree Pubns; 1st edition. Retrieved from: <https://www.goodreads.com/book/show/28343524-relax-and-win>