

## **CREATING OF MOTIVATION FOR THE LEARNING PROCESS DURING THE WAR**

The student's attitude to studying at a medical university largely depends on the factors of choosing a profession and attitude to the learning process itself. In the presence of professional motivation, the student's cognitive activity has an included and persistent character. A medical student is interested in studying and this causes him positive emotions and a desire to work. The motivation to achieve success determines the love and admiration for one's work and the learning process itself. Students show initiative and create a creative cognitive atmosphere around them. They demonstrate readiness for successful, productive educational and professional activities. The motivation of self-affirmation, the desire to demonstrate one's real and possible achievements helps the successful learning of students.

The long-awaited admission to study their favorite profession, the new "adult" student status and student life inspire students to study. But, not everything is rosy, given the current situation of a full-scale war in Ukraine. Some students don't understand how to study offline and why study and do assignments when cities are being shelled, destruction, death, fear are everywhere, and the future is even more uncertain. Inactivity and low involvement is justified by high psychological stress and inability to work due to experiences.

The apathy of students may well be related to the fact that we are all locked in the boundaries of the events that are happening right now. But it is worth remembering that all wars end sooner or later, so we should try to look into the future, beyond the dark place in which Ukraine temporarily found itself. Therefore, it is worth directing students' eyes to the future. Teach them to predict, anticipate, make

plans. Martial law should not be perceived as a long vacation or a time when certain things (for example, homework) can be abandoned.

In conditions of stress due to war, the body of each of us mobilizes, sometimes loss of strength, desire, apathy appears. To survive stress, we need a lot of resources, so our body takes them from reserves, which must be regularly restored. If you are resting and can't bring yourself to do something, then give yourself time to gather strength. In a day or several, try to return to business in the volumes that you can handle. Keep track of how much time you devote to preparing the task well. Distribute it, depending on your observations and strengths. I have to remind myself that if I take too much, I will become weak and need more resources. Conversely, the better I keep the balance between helping myself and others, the longer I will stay in the rut and not burn out [2].

The most common problem for students is concentration and it is often lost due to sirens and explosions, but also in relative safety. It is important to remember that things beyond our control should not take up all our resources. Now we focus on what helps us get closer to victory every day: household chores, communication with loved ones, acquiring useful skills. One of the most common feelings experienced by Ukrainians in safety is the so-called "survivor's guilt syndrome." It also affects our motivation to learn. How to deal with it step by step:

- realize that fear for your own life and the lives of those closest to you, panic, and fleeing from the epicenter of danger are the first natural reactions. They are automatic and ensure biological survival at an instinctive level;
- self-doubt and one's abilities are a common cause of loss of strength and reluctance to do something. Remind yourself of your achievements and strengths. Praise yourself for the skills you have developed well and start taking action;
- benefit those who depend on you: relatives, elderly people, pets;
- you are able to gradually expand your influence, help physically and provide psychological support to those around you;

- unite with like-minded people, get involved in volunteering (without harming yourself), informational, physical or humanitarian aid;
- if you have the opportunity to prepare homework with someone in a pair or group, be sure to use it;
- do what you like. When motivation is at zero, it is difficult to just get up and start doing labor-intensive work, so to start cognitive processes, start with a warm-up. Such warm-ups can be the things that bring you pleasure. These actions will improve your mood and help restore inspiration, as a result, you will have more strength to implement work tasks;
- maybe now is the time to start studying your emotional intelligence and pay attention to its development;
- celebrate even small victories. This will help build positive skills. You don't have to buy a cake every time. It is enough to simply note that something good has happened;
- if problems arise, focus on solving the problem. It is important to focus not on the problem itself, but rather on its solution. Consider all possible options;
- monitor your health. Feeling bad is a great distraction from work and lowers productivity. Engage in dancing, sports, be outdoors;
- work on the cohesion of the student group.

Motivation to study largely depends on teachers. Right now, the task of teachers is to help students create a safe space. One of the biggest challenges for teachers was that with the beginning of the war, the activity of students in the educational process decreased significantly. Thus, it is necessary to strengthen the motivation of students to study, since the psychological state of the participants in the process, as well as the physical opportunity to continue studying, is not always positive [1, c. 154].

Currently, many participants of the educational process are involved in volunteering, work or are in the ranks of the Territorial Defense or the Armed Forces

of Ukraine. Students join the study and, which is exciting to some extent, show quite a good result. It is worth allocating time to teachers for individual work with such students.

The most valuable thing for students of higher education, especially the first courses, during the war is understanding interaction, communication. They always want to be heard and seen. Therefore, in order to stimulate mental activity, it is necessary to give the opportunity to speak. It is important for the teacher to remember that motivation in the brain arises from two stimuli: reward and danger. A reward is something that causes us positive emotions. And danger is something that causes fear. Instead, the reward motivates a person to learn complex things and skills. Therefore, it is worth coming up with a system of rewards for activity.

Our front is training, because we have to become better, smarter and later rebuild our country, applying our knowledge.

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