

about M. Ende's book, where he told them about the good country Lummerland and the bad country Kummerland. The latter resembles modern countries that threaten the whole world with weapons.

Ukrainian students found positive examples of people who are not afraid of anyone or anything in the characters of Jim Button and Luke the engine driver. Today, Ukrainian children play with them to overcome challenges.

Ukrainian youth read and sing the works of S. Zhadan. He created the rock band «Zhadan and the Dogs». Zhadan's poem «Metro» about people hiding from missile attacks became a popular song.

Continue to investigate the Ukrainian students' perception of the war, as well as their emotional needs during and after the war; to conduct surveys according to B. Bloom's taxonomy in different regions of Ukraine at least once every six months.

Thus, the use of art therapy during war is a powerful way to promote and restore the psychological well-being of students. We plan to further introduce art therapeutic technologies to ensure the well-being of Ukrainian students, invite art therapy specialists for online meetings, and organize a space to ensure well-being during the war.

## REFERENCE

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## POSTTRAUMATIC GROWTH AS THE BASIS OF PERSONAL WELL-BEING IN A STRESSFUL SITUATION

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Considering the conditions of modern life, it can be noted that today a person constantly falls into stressful situations and remains influenced by various stressogenic factors, and traumatic events occur not only with individual individuals, but also with entire groups and

even countries. It should also be emphasized that the war currently taking place in our country has led to a change in the structure and nature of stressogenic factors, when, along with strong physical stressors, a large number of psycho-emotional factors of varying degrees of intensity appear, which act on a person almost continuously, are layered each other and potentiate their pathological effect.

Today, many people receive psychological injuries, and their psyche undergoes significant negative changes, the consequences of which are various disorders, in particular, the development of posttraumatic stress disorder (PTSD), as an extreme reaction to a strong stressor. PTSD usually manifests itself as a long-term reaction to stress and can begin to manifest itself long after the traumatic event; however, if the stressor has a powerful and long-lasting effect, the probability of rapid development of PTSD increases [2].

Therefore, the issue of timely diagnosis of the presence of psychological injuries and their consequences, in particular, posttraumatic stress disorders, is more timely than ever, as it allows not only to detect the problem in the early stages, but also to respond to it in time, carrying out appropriate preventive, corrective and therapeutic measures.

Based on the above, the question of finding effective ways and reserves for post-crisis recovery of the individual becomes relevant. As such a reserve, in our opinion, we can consider the phenomenon of posttraumatic growth, which is defined as the experience of positive changes that occur to a person as a result of encountering difficult life circumstances [4].

Being not a new idea in psychology, the very term «posttraumatic growth» was introduced into scientific circulation only at the end of the last century, however, today, this topic is in high demand and is actively researched. At the same time, attention is focused on the resources and ability of the psyche to adapt, cope with adversity and turn it into a potential for change, which will contribute to the emergence of a number of additional positive consequences.

The analysis of research results shows that there are certain sex-age characteristics of post-traumatic personality growth [3]. So there are also age-related features of rethinking the meaning of life. It has been established that young people more easily transform negative emotions into positive life experiences, adapt to changes faster, while life priorities and changes are most difficult to rethink in late adulthood.

Taking into account the importance of posttraumatic growth as a prerequisite for personal well-being in stressful situations, our study aimed to identify the characteristics of post-traumatic growth in young people. We selected this group because it is young people who are considered as the development potential of any society.

The research was conducted in the form of a survey, using a google-form; the form of research is remote. 178 students of the H.S. Skovoroda Kharkiv National Pedagogical University and the Donetsk National Medical University of the Ministry of Health of Ukraine were involved in the study. The age of the subjects is 17-28 years. All participants were informed about the purpose of the study and gave consent to participate. The Posttraumatic Growth Inventory was used as an instrument [1].

The obtained results indicate the following features of post-traumatic growth. Thus, according to the «Personal Strength» scale, 17.4% of the subjects demonstrated high scores, signifying an improved understanding of how to navigate life's challenges, along with increased feelings of strength and confidence. Low scores on this scale were found in 28.7% of the subjects, which indicates that they do not feel strong and able to survive crisis situations.

According to the «New Possibilities» scale, 18.0% of the subjects scored high, suggesting that they have developed new interests, increased self-confidence, and a sense of empowerment to influence their lives. On the other hand, 31.5% scored low on this scale, indicating that they do not feel confident in themselves and in their lives, after experiencing a crisis situation they feel confused.

According to the «Improved Relationships» scale, 19.7% of the subjects scored high, which indicates that they began to feel closer to others, are able to openly express their emotions, in particular to empathic response, and feel the need for support from relatives. Low scores were found in 25.2% of the subjects, which indicates a lack of desire to establish close relationships with people, an inability to express one's own emotions, a tendency to rely only on oneself.

Based on the «Spiritual Growth» scale, 18.5% of the subjects displayed high indicators, suggesting that they began to better understand spiritual problems. Conversely, 16.3% of the subjects exhibited low indicators, signifying absence of qualitative spiritual changes, their inability to understand spiritual problems.

According to the scale «Appreciation for Life», 28.7% of the subjects scored high, which indicates a change in their life priorities, valuing their time and life in general. Conversely 29.2% of the subjects

scored low, which indicates the absence of qualitative changes in their life priorities, lack of desire to live their own lives meaningfully.

Upon assessing the posttraumatic growth index using the Posttraumatic Growth Inventory results, it was observed that 23.0% of the subjects exhibited high values of the index, while 46.4% displayed average values, and 30.9% had low values. It can be concluded that only a fourth of the individuals surveyed have sufficient internal resources for recovery and post-traumatic growth, and are able to adapt to changes quite easily and feel confident in their own abilities to solve their life problems. Other subjects who showed low results need special attention, because they are at risk of developing complications during the experience of traumatic events, in particular, PTSD.

Thus, we can say that experiencing a traumatic experience can not only cause negative consequences, but can also be a powerful resource for personal development, and posttraumatic growth actively influences symptom relief, a person's physical condition and post-traumatic adaptation. This raises an important question about expanding the possibilities for promoting post-traumatic growth and supporting it in the process of providing psychological support and psychotherapeutic assistance.

Looking ahead to future research, there is a need to identify the factors contributing to the development of high levels of post-traumatic growth in young individuals. Additionally, the creation and implementation of psychological support programs for young people facing stressful situations is considered.

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