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PSYCHOLOGICAL SIEGE OF YOUTH LOCATED IN TEMPORARILY OCCUPIED TERRITORIES AND STUDIING AT UKRAINIAN UNIVERSITIES

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Today, about 20% of Ukraine's territory remains under occupation by the Russian Federation, and according to NGOs, up to 1.6 million children and young people under the age of 20 are in the temporarily occupied territories. Some of them could have completed their schooling exclusively in the Russian education system [1]. Russia is systematically implementing a strategy of destroying the Ukrainian identity of young people in the temporarily occupied territories (TOT). This system includes three components: Russification (the destruction of the Ukrainian component in education), indoctrination (the imposition of Russian civic identity), and militarization (the propaganda of the culture of war) [2]. Under occupation, secondary and higher education institutions have become the main instrument of political pressure on young people. Refusing to send a child to a Russian school or enrolling them in a Ukrainian university often leads to problems with the occupation authorities for their parents. However, families are taking risks for the sake of their children's future and sending them to study remotely in Ukrainian educational institutions.

A survey of TOT students studying remotely at the Kherson Educational and Scientific Institute of Admiral Makarov National University of Shipbuilding (KhNNI NUK) shows that obtaining a diploma from a higher education institution located in the occupied territory is unpromising for them. As a result of a survey of 28 students remaining at TOT, the following was established. Young people believe that with a Russian diploma you can only get a job at TOT. They realize that such diplomas issued in the occupied territories will not be recognized in most countries of the world. Even on the territory of Russia itself, such diplomas are valued quite low. The future at TOT is seen as a "dead end" or "isolation". This creates a feeling of hopelessness. A student of the KhNNI NUK, who lives on the left bank of the Dnieper, said the following: "I want to be an energy engineer, but I don't want to work all my life only in occupied Skadovsk, Genichesk or Donetsk, or in Russia. I don't want to live constantly, as if behind bars."

It is necessary to emphasize separately the fear of mobilization for boys 18+ years old. If they study at a Ukrainian higher education institution, then, accordingly, they do not have a deferment from mobilization as students. They have a fear of being drafted into the ranks of the occupying army. This becomes an incentive for attempts to leave at any cost. At the same time, a certain part of families does not have the material resources to support a student in Europe. In addition, elderly or sick relatives often require help from young people. And it is impossible to throw them on TOT without

help and material support, and it is unrealistic to take them out for certain reasons. Therefore, in order to avoid mobilization, students of Ukrainian universities have to additionally enter universities on TOT. In addition, they often have to work to financially support their family. As a result, young people get very tired, exhausted physically and psychologically.

At the same time, it should be noted that they are more motivated and conscientious in their studies, compared to ordinary Ukrainian students. Despite the problems with the Internet connection and the danger from the occupation authorities, they attend classes and complete the assigned tasks even better. At the same time, it is necessary to create special conditions for them, provide support and allocate additional convenient time for individual classes if the student was unable to join according to the schedule. Unfortunately, such special support for students on TOT is still not provided and not funded in Ukrainian universities. Educational support for a student on TOT depends on the conscience of the teacher, his understanding of the situation and willingness to spend his own time on additional classes.

After four years of occupation, the connection with Ukraine remains, but it is transforming. Recently, restrictions on the use of Internet systems and messengers necessary for education and communication with peers in Ukraine have been tightened. However, young people are much better than the older generation at bypassing the blocking and know how to use VPN. Despite the obstacles, they continue to attend online classes at Ukrainian universities, watch Ukrainian bloggers, listen to music, maintain contacts with relatives and friends in the free territory and thus maintain a mental and spiritual connection with them.

It should be noted that for young people in the TOT, occupation is not just a change of flags, but a daily filtering of information and behavior. They must constantly lead a double life: they must teach “new history” in Russian educational institutions, maintain a conversation about the “Russian world”, and read Ukrainian news at home or in closed chat rooms. The constant feeling of danger is psychologically exhausting, because a young person in society cannot be himself anywhere”. There is no hope for a quick de-occupation anymore. At the same time, the expectation of de-occupation is mixed with hope and fear. Young people are very anxious about possible “filtering measures” and accusations of collaborationism even of those who simply went to a Russian school. War creates extraordinary stressful conditions that increase the risk of developing mental disorders. Among them, post-traumatic stress disorder, loss of loved ones, forced migration, and general instability occupy a special place [3].

Thus, young people in the temporarily occupied territories of Ukraine are simultaneously exposed to many destructive factors: psychological trauma from being in the conflict zone, systematic destruction of national identity through education and propaganda, forced militarization, and difficulties in obtaining educational and social services in the territory of free Ukraine. The mental health of young people is a key component of the future restoration and development of Ukrainian society after the war. That is why the problem of psychological support for young people with TOT studying at universities in Ukraine goes far beyond the humanitarian, acquires strategic importance and requires further thorough research.

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ТЕХНІКА «ЯК У НАС СПРАВИ?» ЯК ІНСТРУМЕНТ ВІДНОВЛЕННЯ ЕМОЦІЙНОЇ СИНХРОНІЗАЦІЇ В ПАРНИХ СТОСУНКАХ

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Сучасні пари все частіше стикаються з феноменом емоційної дистанції: щоденна комунікація зводиться до побутових питань, тоді як розмови про якість самих стосунків поступово зникають. Накопичення невисловлених очікувань і розчарувань призводить до відчуження, яке партнери усвідомлюють лише у момент серйозної кризи. У відповідь на цю потребу було розроблено авторську психологічну техніку «Як у нас справи?», спрямовану на регулярне відновлення емоційної близькості між партнерами.

Теоретичну основу техніки складають три взаємопов'язані підходи. Емоційно-фокусована терапія С. Джонсон розглядає емоційний зв'язок між партнерами як базову потребу, задоволення якої визначає якість і стійкість стосунків. Концепція усвідомленої комунікації М. Лессер акцентує на систематичному виявленні розривів між актуальним станом пари та її очікуваннями через принцип «співчутливої відповідальності». Дослідження Дж.

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