

CHANGES IN FAMILY STRUCTURES

Over the past few decades, significant changes have occurred in the family structure that previous generations could not have imagined. Today, diversity in family forms has become a common feature of our time. Marriages are entered into with less enthusiasm, and a preference is given to a later age for this commitment. The divorce rate has significantly increased, leading to a rise in the number of single-parent families. "Reconstituted families" are formed through second marriages or new relationships, including children from previous unions. More and more people are opting for cohabitation before, and often instead of, marriage. In short, the family world looks entirely different now than it did fifty years ago. While the institutions of marriage and family still exist and remain an important part of our lives, their nature has changed dramatically [1].

Psychological models of the basic family can be classified according to the person responsible for the family: father, mother, or a child who has reached the age of competence [3].

In our time, the role of the man in many families has diminished, if not reduced to a minimum. On the one hand, he has lost his former authority, and on the other hand, having dispensed with patriarchal height and inaccessibility, he usually does not become closer to the children. Not so many families now where the father is just "a stranger among his own." Modern statements by teenagers, for example, of this nature, no longer cause surprise: "A man is not like a woman, he works much less but eats much more" [3].

One of the main trends in the modern development of families is the reduction in the number of children. According to the results of sociological research, both men and women express a desire to have fewer offspring on average than was the case in their families. This is explained not only by changes in the status of women, her increased activity, not only by the level of material well-being of the family but also by the tension and conflict in family relationships. One of the most important social problems is the establishment of understanding in the family, its unity, and the ability to overcome difficulties [4].

There is a trend towards the development of nuclear families, meaning the separation of families with children from their relatives. Modern young families increasingly express a desire to live independently of the older generation and manage their household independently. This dynamic has both positive and negative aspects. On the one hand, couples learn mutual respect and responsibility for their actions, but, on the other hand, it may be difficult to achieve mutual understanding without sufficient family experience and advice from parents. An additional negative aspect may be a limited focus on one's own parents [2].

In conclusion, the last decades are marked by radical changes in the family structure. Diversity in forms has become the norm, with new trends emerging in marriages and child-rearing. The role of the man in the family is being redefined, and the desire to have fewer children becomes common. The development of nuclear families has both positives and negatives, fostering understanding but potentially limiting attention to parents. All these changes reflect a new character of the family institution in our time.

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CHARACTERISTICS OF THE PSYCHO-EMOTIONAL STATE OF AN INDIVIDUAL IN WARTIME

Fear, anger, anxiety, pain, disgust and despair, as well as confusion, powerlessness, shame, guilt, apathy, sadness, joy, excitement – all these are the leading feelings and states in the current emergency and military situation. One of the key tasks of maintaining one's mental health is to understand and accept one's emotions. This will reduce the risk of post-traumatic stress disorder (PTSD),