

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.

REFERENCES

1. Гідденс Е. Соціологія / Пер. з англ. – К.: Основи, 1999. 155 с.
2. Каретна О., Прохоренко Є., Яценко М. Соціологія сім'ї та шлюбу: навч.-метод. посіб. [Електр. видання]/О. Каретна, Э. Прохоренко, М. Яценко; Нац. Ун-т «Одес. юрид. академія». – Одеса : Фенікс, 2023. – 94 с. – (Сер. «Навч.-метод. посібники»).
3. Федоренко Р. П. Психологія сім'ї: навч. посіб. / Раїса Петрівна Федоренко. – Луцьк : Вежа-Друк, 2015. – С. 66–67.
4. Якуба О. О. Соціологія: Навчальний посібник для студентів. Х. : Константа, 1996. 192 с.

A. Bonhar, R. Velychko, O. Osadcha

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),

which is typical for people in these periods, and protect our psyche, and possibly our lives.

Fear in times of war is normal and natural, as it helps us to understand the danger and its intensity and to do our best to survive. Fear is not dangerous, but war is. As you know, everyone has different reactions to danger. The most common ones are to “act”, “freeze” or even “fall” from severe pain, from which it seems that you will never return. The lack of predictability, security and control only increases fear and terror, activates all defense mechanisms and ultimately blocks all the emotions we feel to protect ourselves.

In psychology and psychiatry, post-traumatic stress disorder (PTSD) is a disorder characterized by the repeated experience of an external traumatic event, accompanied by symptoms of increased arousal and avoidance of stimuli related to the trauma.

PTSD involves the following symptoms: persistent and intrusive memories of the event, including thoughts, images, or perceptions; recurrent dreams about the event; behavior and feelings as if the traumatic event is happening again; intense psychological distress when there are external/internal stimuli that resemble stimuli from the traumatic event; physiological reactivity to internal/external stimuli that resemble an aspect of the traumatic event [2].

There is a milder and shorter-lived form of stress response – acute stress disorder, also known as psychological shock – a psychological response to a horrific, traumatic, or unexpected experience.

It is known that one of the mechanisms of adaptation to anxiety is the experience of empirical experience, i.e. independent perception of events and phenomena of reality, as a result of which a person gets used to what is happening. However, for people who are not direct witnesses to these events (e.g., emigrants or displaced persons), the process of adaptation is somewhat more difficult, as they do not have this empirical experience. Therefore, anxiety in such persons may be constant, and their inherent sense of guilt only worsens their psycho-emotional state [3].

Another key phenomenon is the so-called emotional seesaw of war. The famous Ukrainian psychologist V. Stancyshyn believes that we are all stuck in the flow of our own emotions. Not because there is something wrong with us, but because there is something wrong with the circumstances around us. We hate and want revenge, we get irritated by small things, we work ourselves to

exhaustion, we lose our sense of purpose and sink into apathy, we joke to keep our morale up, we rejoice in victories, we root for Ukraine. And all this within one day, and all this every day. We are fine. We are on a swing – we have ups and downs. It's just that the swing is very high now and the flight is extremely fast. But the war will pass. We will get down from this swing and stand on our land again. We will stand firmly, feeling calm and strong. The emotional swing will be behind us [3, c. 234].

REFERENCES

1. Livin Mark, Noon Ilya. In simple words. How to understand your emotions. 2nd edition. K.: Nash Format, 2021. 264p.
2. Vary M.Y. General psychology: Textbook/ For students of psychology. and a teacher. Specialties. 2nd ed., ed. and additional. K.: Center of educational literature. 2007. 968 p.
3. Stanchyshyn V. Emotional seesaw of war. Reflections of a psychotherapist about the war. K.: Vikhola, 2022. 288 p.

V. Chierniaieva, O. Gudzenko, I. Suima

ANTI-CRISIS MANAGEMENT AS A SYSTEM OF ACTIVITIES IN PUBLIC ADMINISTRATION

In the modern world, in the context of globalization, the need to solve effectively various socio-economic crises that dictates the need for deep changes in the system of public administration of Ukraine. The relevance of the topic is determined by the fact that the state system in our country goes through large-scale reform. In Ukrainian reality, the term «crisis management» has recently emerged. The reason for the emergence of the term is to form a new type of economy and find Ukraine in the area of crisis development. There are several definitions of «crisis management» in modern economic literature.

Hussarina N. V. gives the following definition: anti-crisis management is a collection of management systems that involves systemic and complex nature, which is aimed at preventing or eliminating negative phenomena for the enterprise, taking into account the use of the overall management potential, development and implementation that allows to eliminate difficulties, to keep and to improve positions [1, p.43].

Anti-crisis management will be defined as management activities, which in