

Mental Health of the Individual in the Conditions of Martial Law

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Abstract: *The article presents the results of a study of the peculiarities of the mental health of an individual in the conditions of martial law. The article describes the main factors of the military state that cause mental injuries and their psychological consequences for military personnel. Some aspects of human behavior in emergency situations and military operations are distinguished. The positive, neutral and negative vectors of the influence of psychological factors of war on the participants of the war were identified and their content was revealed. The relevance of the study is determined by the course of recent events in Ukraine, in particular, Russia's wars against the Ukrainian people. The adaptive and maladaptive factors of the nature of adaptive psychological qualities that are formed in combatants in the conditions of military affairs as aspects of the neuropsychological manifestation of personality are characterized. The situation of the psychological return of combatants to peaceful living conditions was separately considered and the need to organize appropriate measures for social and psychological rehabilitation was substantiated. Data on foreign approaches and experience of such rehabilitation of war veterans are presented. Current problems of psychological diagnosis of combat post-traumatic stress disorder are considered. The importance of the formation of mental health during the war is emphasized. The purpose of the article is to study the mental health of an individual in the conditions of martial law as an aspect of neuropsychological perception of reality.*

In the research process, the method of analysis, synthesis, research and scientific method was used. The result of the study is the determination of the characteristics of the neuropsychological state of the individual in the conditions of martial law.

Keywords: *Adaptation; military aggression; neuropsychological factor of behaviour; socio-psychological readaptation of combatants; PTSD.*

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Introduction

Studies of human behavior in emergency situations show that if an ordinary person in the most dangerous situations of a natural disaster, man-made disaster, war, etc., as a rule, can act according to the instinct of self-preservation (escape, hide, do nothing, etc.), then a military man in the most dangerous moments of battle forced to act against the instincts of self-preservation, against the needs of one's own body, in the name of transpersonal purpose and interests. He is obliged to continue to carry out the combat task, first to overcome the resistance of his nature and innate regulators of activity.

Even at the beginning of the 20th century. in psychology it was stated that if a layman who is threatened by accidental danger, avoiding it, does not lose face and still enjoys general respect", then "a fighter who left the battlefield or refused to go into battle is exposed not only to general contempt, but also strict liability under the criminal law.

In this regard, it can be argued that along with the external war, there is an internal war in the soul of every warrior, a struggle between fear and duty. And this internal war often turns out to be more difficult and dramatic than the external one. A person who fears for his life is in constant tension, trying to predict the time and nature of his death (Ibrahim, 2010).

Factors affecting a combatant combine a variety of threats. Thus, extreme combat factors can be purposefully created by the enemy and manifest as a result of miscalculations in the organization of hostilities and their comprehensive support.

Such a situation is the reason for the implementation of mental rehabilitation measures for military personnel who are in crisis situations and constantly struggle on the one hand with the enemy, and on the other with the choice of life and death, the struggle with instincts. The formation of mental health in combatants is part of the military strategy.

The action of the threatening factors of the battle has a long-term nature. If an ordinary person in a natural disaster zone and even during hostilities can find an opportunity to rest, then a serviceman is constantly in a dangerous situation, regardless of whether he is on the line of contact with the enemy or in his own, enemy rear.

During the war, it is difficult for people to perceive events, so it is necessary to psychologically adapt to the realities of life (Kaidalova, 2011). From the first days of participation in military operations, adaptive processes arise in military personnel, which shape their behavior accordingly.

Thus, the adaptation of a serviceman to military operations takes place at the level of the body's neuropsychological reactions to crisis life conditions. Instincts are suppressed by constant challenges of reality that require a quick reaction. Therefore, the military mental service is a necessity for any state.

The purpose of the study is to study the peculiarities of the formation of mental health in the period of military operations.

Neuropsychological factors in the formation of a person's perception of military actions

The motivation for military activity is complex and contradictory. In it, broad social motives are presented in a condensed form and are not always understood by the military (Lunyachek, 2008). The pressure created under the condition of the development of an acute intrapersonal conflict prompts a person to make a choice. The work of adaptation mechanisms is manifested in three vectors of their influence on the soldier's psyche as an aspect of neuropsychological action.

1. A favorable influence on war participants is formed as an aspect of neuropsychological action:

- self-analysis and self-awareness of one's abilities and needs;
- formation of behavioral skills in the conditions of military operations;
- creation of a favorable environment for horse racing in extreme conditions;
- acquiring stress-resilience skills.

In the process of adaptive activity, the warrior's psyche is radically restructured, "militarized," acquires the properties of "hypersensitivity," "hyperreactivity," "superunderstanding," etc. These transformations occur at the psychophysiological, neuropsychological, and socio-psychological levels and sometimes reach abnormal manifestations (Moiseyuk, 2007). In a person in the conditions of war, a "special psychological organ" is formed, as it were, which allows one to instantly understand the "logic" of the movements of elements of the field of vision, sound stimuli, the meaning of words, gestures and actions of other people, etc.

The habit of open, simple behavior leads to untrained psychological defense mechanisms due to their inactivity. Returning such a "psychologically naked" person to civilian life without prior special training means creating conditions for overcoming social maladjustment and preventing post-traumatic syndromes.

2. The negative aspect of the consequences of hostilities is associated with the escalation (formation) of hostilities, which creates some specific needs:

- the need to be understood by society, the immediate environment regarding the motives that were driving forces for them in the war; arguments explaining the necessity and social significance of participation in brutal violence (Karasiyevych & Maksymchuk, 2021);

- the desire to interact in society with a higher status, the status of a defender, a man-warrior;

- the need for recognition of a person who honestly and conscientiously fulfilled his civil and military duty;

- the need to get rid of unnecessary mental tension accumulated during the war.

3. The negative vector of the impact of war is manifested in the process of persistent psychotraumatization of servicemen (Malykhin & Sushentseva, 2021).

War "specializes" in destruction, not creation. A person is very vulnerable to psychotraumatic factors of combat.

All three vectors of the impact of war on a person lead to a radical restructuring of his psyche. However, the complex of adaptive reactions acquired during the war becomes maladaptive outside the combat zone. It should be emphasized that the return of a person unprepared for peaceful living conditions with traces of war recorded in the psyche can lead to repeated psychotraumatization (Sarancha et al., 2021). Mental trauma caused by an unprepared encounter with a peaceful society, which has become incomprehensible and alien, can be stronger than combat mental trauma, which is also formed as a neuropsychological factor.

In these conditions, three problems emerge acutely for the fighting armed forces and the state:

- First, how to return psychologically complete citizens to society and at the same time protect society from their possible aggression and uncontrolled spontaneous militancy.

- Secondly, how to protect war veterans, in fact - people with a "bare", unprotected psyche, from the traumatic impact of a brutal peaceful life for them (Demchenko et al., 2021).

- Completion of the legal and psychological aspect of the war.

Several criteria for the end of the war, which are fundamentally different from each other, have been established in public consciousness and practice.

The first of them is the signing of a peace treaty between the warring parties and is the most effective, understandable and understandable act that legally resolves the issue of ending the war.

In some cases, a spiritual and moral criterion used to determine the actual end of a war, according to which, for example, the war ends when the body of the last soldier who died on the battlefield is buried.

Perhaps it is quite legitimate to use a psychological criterion in the formulation of a war that ends when the last soldier psychologically returns home from it.

Numerous studies of domestic and foreign psychologists show that the physical transfer of a soldier from the battlefield to a peaceful environment does not always mean his intellectual, emotional, "sensory" return to the environment of everyday connections and relationships.

Thus, the question of the need to ensure an organized, controlled psychological return of combatants to civilian life arises.

This problem is relatively new and arose in fact only at the end of the 20th century and was caused by the emergence of a new type of wars - wars of low intensity. An example can be an example of Russia's war in Ukraine: at a time when fierce battles are going on in one part of the country, a completely normal peaceful life can continue in another. Under these conditions, a soldier of the warring party may find himself several times during one day either in combat or in peaceful conditions. As a result, there is a clash of identities and a constant reconfiguration of the psyche.

Determination of the peculiarities of adaptation of a serviceman to the conditions of peaceful life as an aspect of psychology

The quick but unprepared return of the participants of modern wars to peaceful living conditions gives rise to a number of psychological problems. In modern conditions, in the morning, a soldier can participate in a combat encounter in a combat zone, in the afternoon he can replace him at a combat post, and by the evening he can be in a peaceful environment. It is difficult to predict the reaction of a soldier who has just left the battle and the consequences of conflict situations.

Previously (after the First and Second World Wars), combatants returned to their country for a long time, repeatedly shared their memories with each other, each of them repeatedly acted for their friends as a therapist, consultant, understanding listener. In the course of these personal conversations, the psychological mechanisms of response, cognitive and meaningful processing of the traumatic experience under the conditions of

effective emotional support, integration of this experience into the personal history and real life of the combatant were activated.

Today's psychologically unreacted return of combatants acts as a decompression sickness. A veteran with a "military psyche" who finds himself in a peaceful society is like a person without skin (without the famous Freudian "protective layer" of the personality), and any touch on his personality causes pain and "bleeding" (Cosgrove, 2006).

The need to overcome the psychological consequences of war is understood, for example, in the USA, where a strategy of organized psychological return of war veterans to a peaceful society has been developed. After leaving the theater of operations, American soldiers are rehabilitated in so-called post-deployment camps for 90 days. It should be noted that the Armed Forces of Ukraine also conduct readaptation activities with military personnel after returning (Gygli et al., 2019).

In domestic psychology, there are grounds for developing the theoretical foundations of socio-psychological readaptation - a specially organized, long-term period of psychological measures that ensure the transition of the psyche of combatants who began a peaceful life from a military to a peaceful way of functioning, their gradual inclusion in the system of peaceful social relations time.

Correctional measures as a method of mental health formation in the conditions of martial law

In the conditions of martial law, a person loses control, does not feel meaningful lines of life, that is why "post-traumatic stress disorder" is formed in him. Many experts recognize the weakness of the official concept of PTSD, pointing to problems in the definition, assessment of symptoms and epidemiology, the consequences of combat operations are used in the concept of "post-traumatic stress reactions", "psychological consequences of stress", "psychological crisis". Based on the fact that a large number of war veterans hide their symptoms for fear of losing their jobs as "psychotraumatists", US military psychologists have proposed renaming "combat PTSD" to "psychological trauma" because the term "PTSD" has a significant potential for psychiatric stigmatization and can cause veterans have a fear of "labeling" and, as a result, the risk of hiding existing symptoms of the disorder.

Thus, it is clear that existing perceptions of the prevalence of PTSD are inaccurate (Gardner, 1983). The very term "post-traumatic stress

disorder" is traumatogenic, its symptoms seem ambiguous, and methods and procedures for its diagnosis need to be clarified (Giddens, 1991).

Today, it is already obvious that exclusively drug-based approaches in the treatment of PTSD have low effectiveness. Adherence to this approach led to the catastrophic distribution of various kinds of "psychiatric drugs" among the soldiers.

Thus, the fact of a combatant's physical return to civilian life does not coincide with his psychological integration into the system of social ties and relations in peacetime, and in the latter case is a more complex, long-lasting, less pronounced and, in a certain sense, non-obvious phenomenon (Dewey, 1938).

In view of the research, it is necessary to carry out social and psychological readaptation of veterans, the essence of which is cognitive and meaningful processing of traumatic information and experience, response to traumatic material in conditions of emotional support, solving personal problems of veterans and eliminating PTSD symptoms, (Kaplan, 2005).

According to current concepts, social and psychological readaptation of combatants includes:

- a special period of activity of military units and units, a kind of "psychological quarantine";
- creation of a readaptation environment for combat veterans in the military unit and the military serviceman's family (Peha, 2008);
- Identifying combat veterans with signs of chronic stress, post-traumatic stress (PTSD), personality crisis and carrying out psychological rehabilitation measures with them.

"Psychological quarantine" involves:

- cognitive and semantic processing, structuring of traumatic and subtraumatic combat experience, response to psychotraumatic situations;
- meeting the specific needs of veterans, in particular, the analysis of combat operations in which servicemen participated, if possible, a positive assessment of the contribution of each of them to solving combat tasks (Gray, 2008);
- psychological preparation of veterans for typical psychotraumatic situations of peaceful life (Eidelson, 2012);
- gradual transition of the psyche from the "military" to the "peaceful" mode of functioning (change in the level of vigilance, mental tension, psychological readiness, reactivity, etc.);
- reduction of combat tension (involvement of servicemen in dynamic, non-boring and uncomplicated everyday official activities);

- identification of servicemen who have received combat mental trauma and providing them with psychological assistance;
- Gradual, step-by-step involvement of people with a "non-military" mentality in contacts with combat veterans undergoing rehabilitation.

Creating an adaptive environment involves:

- Meeting the special needs of veterans (decent reception of combatants in the places of permanent deployment of their units and units, at the place of residence; public recognition of the social significance of their participation in combat operations, recognition of their new, higher social status; acceptance by them of understanding the specific values of combat brotherhood, peculiarities of mental reactions and behavior of veterans, etc.) (Frances, 2012).

- cognitive and semantic processing of traumatic information and response to psychotraumatic situations.

- creation of a system of socio-psychological support for veterans.

- Gradual "erasure" of the social stratification of veterans based on the criterion of participation in hostilities.

Thus, in the implementation of socio-psychological readaptation of war veterans, work with society on preparing veterans for their return to civilian life is of great importance (Pentagon Reworking PTSD Strategy, 2013). It is his desire and ability to perceive and assimilate people with a "bare psyche" that largely depends on whether the psychological consequences of participation in the war will develop, for example, in the form of post-traumatic stress disorder (PTSD).

Conclusions

A study conducted to determine the peculiarities of the perception of people, in particular military personnel, of the conditions of martial law, which involves a special response caused by neuropsychological features of personality development. In the course of the study, the concept of neuropsychological factors of personality development, the concept of martial law, post-traumatic syndrome, adaptation, de-adaptation and re-adaptation of servicemen as a method of formation of mental health in servicemen were defined.

The article analyzes the theoretical and methodological approaches of domestic and foreign researchers who conducted scientific research on military topics, in particular, the work of psychologists on the adaptation of military personnel to peaceful life is analyzed. The purpose of the study was to determine the mental health of an individual. The study confirms the

special need for the organization of events that are effective factors in the formation of a healthy self-perception in society and the role of society in the formation of personality.

Based on the research, it was determined that it is necessary to combine the efforts of the psychological services of law enforcement agencies to conduct research aimed at clarifying the psychological reality and psychological consequences of war, methods of their detection and correction in order to organize assistance to veterans of military operations.

The results of the study became the basis for determining the most optimal aspects of the formation of a mentally healthy personality, which is able to overcome post-traumatic syndrome and can form new values, new horizons of life space. The research results do not cover all aspects, but they are a serious basis for identifying more effective methods of influencing self-regulation and self-control.

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