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V International research & training conference

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dimensions**

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In cooperation with
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CONFERENCE PROCEEDINGS
V International research & training conference
‘Public health – social, educational and psychological dimensions’
8-9 August 2019. Lublin, Poland

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SPIRITUAL AND RELIGIOUS SUPPORT IN THE HEALTH CARE INSTITUTIONS IN POLAND

Health care facilities provides holistic and complementary support for all their service users. Most of an activity are concentrated for people using inpatient institution e.g. hospital, long-term care, nursing home, hospice. Every outpost has own specific, depends of the health condition of the patients and stage of the illness. It has influence for any kind of functions and duties in medical, psychological, social and spiritual involvement. The last domain after a time of marginalization during totalitarian time in Poland is recovered for anew. The government regulations gave the solid background to spiritual and pastoral counseling in any kind of health care institutions. The scientific research in hospices in Poland points out of the expectations of the care receivers in this area especially the forms of support. The test results have indicated the necessity of spiritual and religious care and have suggested expanding entity of them.

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PHYSICAL ACTIVITY OF NURSES. COMPARATIVE STUDY

Nurses are important promoters of health in society, so they must consciously take care of their health to serve as spokespersons for a healthy lifestyle and role models. Physical activity is one of the significant dimensions of health-related behaviors and a healthy lifestyle. The purpose of this research was to compare physical activity in the free time of nurses and women performing other professions.

The research included 100 nurses and 100 women doing other professions. The respondents were tested with the matched pair-selection method, taking into consideration two variables: a place of residence and age. The survey questionnaire that was used was prepared for the purpose of a smaller study. The research revealed that the main difference relates not to the forms of physical activity, but its frequency and this is usually related to the age of the participants. The most common forms of physical activity in both groups are walking and cycling.

However, nurses practice them with much less frequency. The essential reason for this is because they have significantly less free time, both on working days and holidays. The main motive of physical activity for nurses is health (52%) while in the control group - pleasure (35%). Nurses also significantly more often perform prophylactic and are convinced about the necessity of leading a healthy lifestyle.

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ROLA SPORTU W PROCESIE REHABILITACJI OSÓB Z NIEPEŁNOSPRAWNOŚCIĄ THE ROLE OF SPORT IN THE PROCESS OF REHABILITATION OF PEOPLE WITH DISABILITIES

Ludwig Guttmann has already discovered the value of sport in the rehabilitation of people with disabilities. In addition to the positive effect on the body, he also began to recognize the psychosocial benefits of practicing sports by people with disabilities. Guttmann's innovative approach to rehabilitation is also being developed today. The conducted research indicates that the inclusion of sport for rehabilitation accelerates the process of adaptation and compensation, strengthens functional fitness in everyday life. In the biological aspect, practicing sports is to improve the overall physical condition, increase muscle strength and counteract deformations. Sport also affects the integral functioning of the individual, stimulates active life, is a source of joy, relaxes and distorts negative visions related to their own dysfunction. It gives the disabled person a chance to escape from the monotony of everyday life. As a result, a disabled person may re-enter social roles and realize himself on many levels of life.

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PSYCHOLOGICAL FACTORS OF PUBLIC HEALTH ORGANIZATION

The empirical study in which 50 middle and lower level managers took part, substantiates the importance of the interrelation of the peculiarities of their time perspective and indicators of social intelligence in the provision of public health and the development of a trade organization.

The research uses J. Gilford's Social Intelligence Methodology and F. Zimbardo's Time Perspective Questionnaire. According to the results of the study, most managers demonstrate average social intelligence indicators, which are more appropriate for their professional activities

compared to high or low social intelligence indicators. According to the time perspective test, it is estimated that less than half of employees have a balanced time perspective, namely: high indicators of positive past, which indicate a positive reconstruction of their past; the indicator of the future has a value above the average, and the indicator of fatalistic present - a low value, indicating that they have certain plans, the implementation of which one can achieve independently.

Table 1. Correlation matrix of indicators of social intelligence and time perspective of personality (N = 50)

Social intelligence Components of time perceptions	Subtest 1	Subtest 2	Subtest 3	Subtest 4	Composite rating
Negative past	-0,041	-0,586**	-0,164	-0,285*	-0,373**
Hedonic today	0,261	0,114	0,403**	0,295*	0,397**
Future	0,066	0,039	-0,135	-0,108	-0,058
Positive past	0,107	0,410**	0,392**	0,306*	0,444**
Fatalistic Present	-0,416**	-0,64**	-0,28*	-0,268	-0,565**

** Correlation is significant at the level of 0.01

* Correlation is significant at the level of 0.05

The connection between the indicators of social intelligence and the indicators of the balanced time perspective of the participants of the study, its negative correlation with the fatalistic present (hopelessness and helplessness, belief in the fact that a person is not able to manage his life) is empirically proven. correlation with positive past (positive experience of interpersonal relations in the past, understanding of causal relations of relationships, behavior, ability to perceive also negative and not quite pleasant memories as necessary for building relationships in the present and predicting future actions); negative correlation with a negative past (the perception of the past through the prism of negative does not give the opportunity to assign necessary experience, anxiety and aggression reduce empathy and understanding of others); correlation with the hedonistic present (the opportunity to get pleasure in today's life, to establish good relations with others, to communicate with friends, to treat relatives with care, which positively affects the development of social abilities).

The presented results can be used in the work of the practical psychologist organization to develop a program for optimizing public health, based on the psychological factors of its optimization.

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ŚRODOWISKO RODZINNE HAZARDZISTÓW ODBYWAJĄCYCH KARĘ POZBAWIENIA WOLNOŚCI – WYNIKI BADAŃ JAKOŚCIOWYCH

Abstract. Badania prowadzone na świecie potwierdzają istnienie korelacji między uprawianiem hazardu, a popełnianiem przestępstw, w związku z czym w populacji osób osadzonych można spodziewać się osób uprawiających hazard oraz uzależnionych od niego. Prawidłowość ta potwierdza się także w Polsce, w której w świetle badań aż 29% więźniów może być uzależnionych od hazardu. Pomimo eksploracji problemu powiązania przestępczości z graniem, niewiele jest badań pogłębiających wiedzę na temat samych hazardzistów popełniających przestępstwa. Referat prezentuje wyniki badań jakościowych przeprowadzanych wśród osadzonych hazardzistów. Celem było scharakteryzowanie funkcjonowania rodzin graczy oraz próba wyjaśnienia roli rodziny w rozwoju zaangażowania w gry hazardowe.

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PSYCHOLOGICAL PECULIARITIES OF LANGUAGE USE AMONG UKRAINIAN MIGRANTS IN POLAND SPEAKING UKRAINIAN AND RUSSIAN LANGUAGE

The article presents results of the study and practical analysis of the phenomenon of the influence of ethnolinguistic identity on the formation of the language image, as well as the psychological well-being and personal health of Ukrainian-speaking and Russian-speaking Ukrainian migrants in Poland.

Research suggests that language revitalization and the use of the mother tongue throughout the stages of an individual's development are not only closely linked to improvements in psychological well-being and higher self-esteem, but also to higher indexes of health; there appears to be a strong correlation between language loss, deterioration in indigenous health, symptoms associated with post-traumatic stress.

The research attempted to reveal the value of the welcoming status of linguistic identity to achieve the psychological well-being of a personality in a modern multicultural society. The prospects for studying the impact of ethnolinguistic identity and psychological well-being and the personal health of representatives of Ukrainian language communities and migrant groups with prediction of possible spheres of application of the obtained results are also described.

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ETYCZNE ZASADY JAKO PODSTAWA DZIAŁALNOŚCI PSYCHOLOGA

Badanie zostało poświęcone zrozumieniu problemu etycznych zasad działalności zawodowej psychologa. Przeanalizowano treść podstawowych norm etycznych, które regulują działalność psychologów w kodeksach etycznych zawodowych w Europie i Ukrainie, wśród których przede wszystkim: szacunek dla osoby, ochrona praw człowieka, poczucie odpowiedzialności, uczciwość i szczerść w stosunku do klienta, kompetencje zawodowe.

Empiryczne badanie postaw psychologów i klientów wobec etycznych aspektów poradnictwa psychologicznego przeprowadzono za pomocą kwestionariusza autorskiego opartego na kodeksie etycznym psychologa. Główne zasady kodeksu Europejskiej Federacji Zawodowych Stowarzyszeń Psychologicznych (poszanowanie praw i godności klienta, odpowiedzialność, kompetencje, uczciwość) zostały wybrane jako kategorie analizy treści wypowiedzi psychologów i klientów.

Badania analizy treści niedokończonych zdań wykazało, że postawy psychologów na temat etycznych zasad działalności są skorelowane z przepisami kodeksu etycznego, a także z treścią postaw klientów. Została ustalona różnica w zakresie znaczenia zasad etycznych oraz emocjonalnych aspektów interakcji, zaleceń psychologa, które można wyjaśnić ze względu na różne skupienie uwagi psychologów i klientów w procesie konsultacji. Psychologowie koncentrują się bardziej na pewnych "ramach" i regułach interakcji, a klienci - na faktycznym wsparciu emocjonalnym. To pokazuje różne strony procesu doradczego, które są połączone ze sobą. Więc wymagania etyczne, nie będące przedmiotem pracy psychologa z klientem, zapewniają bezpieczeństwo, zaufanie, współpracę - dokładnie te warunki, które są podstawą skutecznej pomocy psychologicznej klientom.

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EFFICIENCY OF THE PROGRAM OF NORMALIZATION OF EATING BEHAVIOR AND WEIGHT CORRECTION

In the early 21st century obesity became a social problem in many countries, including Ukraine, where over 32 % of the population is overweight. Overweight is associated with an increase of the risk and frequency of many diseases and a significant deterioration of the individual's quality of life. Today, the researchers both theorists and practitioners identify in their works that the disorders of eating behavior are to a large extent the result of disturbance of the

body image, and that is why both psychocorrection and psychotherapy of the body image and the "I" image are necessary for a complex correction of these disorders. The purpose of the work is to study the effect of the program of normalization of eating behavior and weight correction on the «I» image of overweight women. For the psychological diagnostics of the features of the «I» image, we chose the following methods: 1) Questionnaire of self-relation of V. V. Stolin, 2) The Color-A-Person body dissatisfaction Test (CAPT) of V.G. Sakharova, 3) Applied research questionnaire «Peculiarities of body self-perception» of V. Shebanova. Diagnostics after the program of normalization of eating behavior and body weight correction has established its effectiveness, namely: a) a significant improvement of global self-esteem ($p \leq 0,01$), increase of self-esteem ($p \leq 0,05$), self-acceptance ($p \leq 0,01$), self-interest ($p \leq 0,05$), improvement of self-understanding ($p \leq 0,01$); b) all women showed increased satisfaction with their body and its individual parts ($p \leq 0,01$); c) despite the objective weight reduction, women continue to feel discomfort about their appearance in some situations. Thus, normalization of eating behavior and weight correction by deliberate making efforts greatly improves the perception of one's own body and general self-relation of overweight women.

Key words: eating disorders, obesity, overweight women, the «I image», the body image, normalization of eating behavior, weight correction.

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SELF-IMAGE AS A FACTOR IN AN INDIVIDUAL'S VICTIMISED BEHAVIOUR

At the present stage of our society, we can hear or read more and more in mass-media about people's violent actions, which can be linked with many factors, primarily, with the armed conflict in the eastern Ukraine, having worsened living situations of many Ukrainian citizens. The signs of this difficult, transitional stage of Ukrainian society are: social tension, uncertainty, the restructuring of all areas of social life, causing various kinds of contradictions that are transferred from the outside into people's inner world. These negative conditions result primarily in decreased psychological well-being of various categories of the population and lead to their victimization.

At the same time, as the psychological client-oriented practice shows, whatever difficult life situation have an individual, he/she always can choose different variants of own behaviour: regress or progress, or many other options between these two extremes. A life vector, chosen by an individual, depends on adequacy of his/her self-image.

Formation of self-image determine an individual's tendency to show (or not) victim behaviour. Victimhood is a systemic personal quality that involves self-doubt, inadequate self-esteem, and a sense of inferiority; helplessness in solution of difficult life situations with the tendency to evade problem solving.

The experience of work with socially maladapted minors testifies that they are characterized by: readiness for self-sacrifice, a tendency to ignore their own needs and to assume responsibility for the actions of other people. All these qualities lead to assimilation by them of victimised behavioural patterns and require long psychotherapeutic interventions.

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BURN-OUT, THE DARK TRIAD AND WELL-BEING OF UKRANIAN MILITARY VOLUNTEERS

Topicality of the civil charity activity in warring Ukrainian society stipulated the interest to the problem of the emotional burning out of volunteers. Substantial changes also happened in the world psychology. Positive health psychology appeared; «emotional revolution» proceeds in the field of professional labor, all more frequent accents in the study of psychological factors appeal to the positive personality functioning and to his/her well-being. Such social initiatives and methodological orientation were the basis of the conducted research. On the sample of the Ukrainian military volunteers interconnections between the emotional burning out, the Dark triad (the psychopathic negative personality traits), subjective and psychological well-being have been examined. Paradoxical reverse interconnections was found out – high indexes of the Dark triad and low emotional burning out, positive relationship of narcissism with the medium level of subjective well-being, interconnection of psychopathy with the symptoms of depersonalization. It turned also out that the greater part of the tested persons is «within the limits of the norm» in the phases of «tension» and «exhaustion» of burning out. However the number of volunteers with low “Triad” and indexes of deviation from the «norm» in the phase of «resistance» in relation to volunteers with the expressed symptoms of «tension» and «exhaustion» in one and a half times higher (64 /42 %) and in three times below than with high “Triad” in those phases (33/11%) accordingly. Above all, in the phase of «exhaustion» volunteers with high “Triad” are not presented. These data testify to the high emotional burning out and greater vulnerability for the negative consequences of burning out of volunteers with the low “Dark triad”. The only fact that there was a significant difference between the two test groups of volunteers with low or high “Triad is the best indexes of personality Big Five and general psychological well-being. The received results compel researchers to think what the «humanitarian cost» of the psychopathic negative personality traits of a volunteer is in the conditions of war. Does it really mean that to «be a bad» military volunteer is to have stronger health and high self-efficacy?

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GAME AS ONE OF THE FACTORS FOR THE SUCCESSFUL IMPLICATION OF ECONOMIC CULTURE IN PRESCHOOL CHILDREN'S

Economic socialization of children and youth is a relevant problem in today's conditions. The effectiveness of economic socialization largely depends on factors such as the family, companionship of the coeval, the media, and special institutes of economic education. Particular attention deserves the study and analysis of the peculiarities of the economic socialization of children in the family area.

In the broad sense, economic socialization is the process of formation of economic thinking, including the process of internalization of the new reality, which includes the knowledge of economic reality, the assimilation of economic knowledge, the formation of skills of economic behavior and realization of them in reality. Definitely, the family firstly forming of these skills and is the beginning and example of their implementation due to its economic and everyday (economic) function, interaction between family members, which forms the basis of the child's economic culture.

Child receives an intention of market relations in the family, economic intention (about work, money, profession, family budget, the quality of a person-owner), economic concepts and learns of how to apply them directly in various activities. Studies have shown that children of preschool age have an understanding of individual economic concepts. In the family, and later in a children's educational institution, children acquire ideas about wealth and poverty, the possibility or impossibility to buy something. Fundamentals of economic culture to children expedient form with various games, such as "Shop", "Bank" and others. It is through interaction in the game they most know and learn elementary economic knowledge, basic rules of economic culture, get an idea of universal values, norms of behavior, learn to show emotions and feelings, build relationships, including market, and form the primary concept of money, property that contributes to the further economic socialization.

Consequently, the problem of early economic socialization of children and their assimilation of moral and ethical values, knowledge and norms of social experience, social qualities, traits and personality roles is extremely relevant. Particularly the question arises of the parent's competence of young parents, which will promote the effective socialization of children.

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INDEPENDENCE AS A FACTOR FOR DEVIANT BEHAVIOUR PREVENTION

The modern psychological science continues searches for factors helping prevent deviant behaviour, because it is better to prevent deviations than to correct their results. The most common causes of deviation are: pathogenic thinking, destructive social attitudes and value orientations, asociality, which are usually taken into consideration in prevention programs. At the same time, as the practical experience shows, underdeveloped skills of independent behaviour lead to personality disorders, and, in the extreme variants, to the learned helplessness.

Independence is a unity and interconnection of external and internal factors that determine an individual's regulatory processes applied in the social-cultural environment. The indicated unity, interconnection and interdependence are formed during an individual's ontogenesis, and determine his/her personality-typological peculiarities that mediate the social adaptation.

Underdeveloped independence as a personal feature of a deviant individual is characterized by the lack of thinking originality, absence of an own point of view, inability to make independent decisions; and it is manifested in interpersonal relationships, different activities, behaviour. In particular, we can talk about the following personal traits, which are

opposite to independence: learned helplessness, susceptibility to suggestion, lack of feedback, alienation, which represent the syndrome of deviants' personal qualities.

Thus, the set of qualities characteristic for an independent person acts as one of the main factors for deviant behaviour prevention and successful adaptation of deviant people, so, the system of subjective self-regulation on the personal and social levels should be developed purposefully.

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AUTO PSYCHOLOGICAL COMPETENCIES AS A FACTOR OF PROFESSIONAL HEALTH OF SOCIONOMICS SPECIALISTS

High level of auto psychological competencies of socionomics specialists is a factor contributing to maintenance and strengthening of professional health. Auto psychological competency is represented as hierarchical composition of personality characteristics that activates inner personal resources with a purpose of positive self-development and self-improvement, which consequently improves professional health of specialists in socionomic sphere.

Key criteria of professional health of specialists in socionomics develop within auto psychological competencies. These criteria include realization of one's professional goals and perspectives, short-term orientation of professional achievements, highly differential self-perception as a professional, congruent image of I-professional, self-analysis skills, self-interest, self-understanding, positive and adequate professional self-assessment, high level of self-respect and self-acceptance, adequate level of self-criticizing, low level of self-reproach, internal locus of control in professional activities, self-assurance, self-control, self-direction, self-consistency, readiness and ability for self-development.

Positive development of auto psychological competencies and good professional health of future specialists in socionomics is facilitated by acmeologic technologies, e.g. cooperation, projection, information and education, problem solving, psychological development and training.

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STUDENT'S ATTITUDES TOWARD AGING

We studied 50 first-year students of Taras Shevchenko National University of Kyiv and 50 sixth-year students (specialties "social pedagogy" and social societies"). The following methods were used: Leary interpersonal communication skills test, The locus of control test (J. Rotter).

The level of subjective control test, The level of empathy test (I. Yusupov), Big-5, Questionnaire on aging attitudes (E. Krainikov).

We found the relationship between the level of conformance and the attitude to old age. The high level of conformance contributes to the formation of a negative attitude to aging, indicates to dependent process, the rejection of the image "I am the old"; the average level contributes to a balanced approach to aging and changes associated with it; the low level of conformity contributes to the formation of a positive attitude towards aging, the relative acceptance of the image of "I am the the old". Older students have a lower level of conformance and, accordingly, more positive attitudes to old age; an essential role in shaping their attitude to old age is played by the level of subjective control. Internals are characterized by positive attitudes toward old age and aging changes, externals — more negative.

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MANIFESTATIONS OF EMOTIONAL STRESS IN SCHOOL TEACHERS

Mental health of school teachers is an important and relevant topic. One of the factors that can negatively affect mental health is emotional stress. Its diagnosis, prevention and, if necessary, the development of techniques for psycho-correction remains one of the important tasks of psychological science. School teachers with a high degree of emotional stress appear to be more receptive and more anxious, as opposed to school teachers with a moderate and low degree. In interpersonal communication, they more often use such behaviours as conformance, compromise, and dependence. On the contrary, school teachers with average and low levels of emotional stress appeared to be more rigorous. Characteristic styles of interpersonal interaction for them are leadership, non-conformism and conflict. School teachers with a high degree of emotional stress are more passive than those whose degree of emotional stress is low or moderate. Peculiar features are characteristic of the latter that typify them as active persons, leaders. One can speak of the presence of personality traits that promote or counteract the emergence of emotional stress in school teachers, as well as organizational conditions that also contribute to the development of emotional stress.

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SOCIAL SECURITY FOR MIGRANT WORKERS

Nowadays Ukraine is in the difficult social and political conditions. That is why one of the most dangerous trends in the employment of Ukraine's population is the problem of the growth

of the number of migrant workers, who annually leave Ukraine in search of new work. That is why the study of the issues of migration processes occurring in Ukraine causes the interest of various branches of scientific knowledge, especially in legal science.

So, one of the important fields of state activity in such conditions is the social security of migrant workers. It is aimed at providing material and other types of assistance to individuals with an aim to help them to adapt more quickly to new living conditions, providing them and their family members with the most-sufficient living conditions, as well as in order to overcome or reduce the impact of social risks on them, arising due to their relocation to a new place of employment, as well as other objective life circumstances that could lead to a difficult life situation.

The most common forms of social security for migrant workers include pension, social insurance, social services and benefits; establishing additional benefits for them.

Ukraine has ratified a number of ILO Conventions and ILO Labor Migration Recommendations (ILO Conventions No. 48, No. 97, No. 143), ratified the European Convention on the Legal Status of Migrant Workers, The International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families, the Convention on the Legal Status of Migrant Workers and Members of Their Families in the CIS Member States.

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THE SPECIFICITY OF INDIVIDUALS' ASSERTIVENESS, WHO HAVE A TENDENCY TO EXPERIENCE THE DIFFERENT TYPES OF LONELINESS

This research presents the results of the study of assertiveness and assertive behavior of individuals with a different tendency to experience loneliness. There are three groups of people with the domination of one of the indicators of functional orientation of the experience of loneliness: a group of self-generated type, a group of adaptive and self-destructive types. The general laws and individual psychological peculiarities of the individuals' assertiveness, which differ in the type of functional orientation of the experience of loneliness are considered.

Representatives of the self-generated group are characterized by such manifestations as orientation to events of real life, sufficient significance of the past and future, the independence of values and behavior from external influences, the ability to form their own thinking about life, freedom of expression of their potencies, openness, faith in themselves and trust in others and so on.

It has been established that individuals who form a group of self-destructive type of loneliness experience, in the least measure compared with representatives of other types, show assertive behaviour.

As for the "adaptive" type of loneliness, its representatives are characterized by passive assertiveness, which manifests itself in the quest to avoid conflict, allowing others to take decisions for them.

Keywords: assertiveness, assertiveness conduct, experience of loneliness.

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REFLEXIVE MECHANISMS OF THE PERSONAL DEVELOPMENT OF SCHOOLCHILDREN: DYNAMICS AND SPECIALITIES

Reflection is defined as the integrative quality and mechanism, which allows personality to recognize and evaluate own qualities, analyze personal “Self” and based on the personal-meaning evaluation of own potential capabilities set new goals and adequately correct image of self and own relations with surrounding people. Three types of personal reflection can be determined: situational, retrospective and prospective. The dynamics and specialities of personal development of reflection are highlighted at the edge of younger school and adolescent age in the groups of pupils, having different personal efficiency. Situational reflection, providing development of self-reflection skills in actual activities, wideness of reflection processes in the situation, decision making, has a middle level of formation at 3-6-form pupils and tends to increasing with age, especially at highly efficient pupils. During the transition period (at the end of primary school year and at early secondary school years), pupils, especially those who have average learning efficiency, show destructive tendencies in development of retrospective reflection that is a factor of reducing of personal efficiency of such pupils. Perspective reflection along 3rd-6th years of education at all pupil groups is “wave-like”. Perspective reflection develops stably and constructively at primary school, but the ability to analyze and plan future activities shows certain destruction during transition to secondary school, this ability is improved again during the sixth school year. Analysis and forecasting of own behaviour and its consequences shown by highly effective pupils of this age acquire a clear orientation onto the future. Development of reflection becomes a mechanism for personal efficiency formation of schoolchildren at this ontogenetic stage is ascertained.

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HARMONIZATION OF PERSONALITY'S SELF-REGARD: PSYCHOLOGICAL DIMENSION

The problem of a mentally and physically healthy person able to achieve positive life self-realization is one of the most important directions of research in modern psychology. Self-regard is an important condition for its harmonious self-realization in the living space. The study of self-esteem and the level of aspirations as important components of the positive self-regard of young people became the subject of our study.

The following diagnostic tools were used: self-esteem research (L. Ponomarenko modification, 1999), "Self-esteem level of claims according to the method of Shvartslander". The results of polling 50 students show that almost half of the respondents have an inadequate level of self-esteem (32 % of second-year students have low self-esteem, 16 % of students have high self-esteem). This is combined with the results of the test to study the level of aspirations. Forty-six percent of the respondents demonstrated moderate level of aspirations. The rest of the students have either low (37 %) or high (17 %) levels of aspirations.

Thus, the problem of harmonization of self-regard of personality remains relevant and necessary for further study.

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FEATURES OF ACTIVITY OF PSYCHOLOGISTS OF PRACTITIONERS IN A ZONE OF CARRYING OUT ANTI-TERRORIST OPERATION

The activities of psychologists in the area of anti-terrorist operation takes place in stressful situations that traumatize the psyche and entail a stable state of depression, apathy, irritability, aggression, conflict and long-term anxiety. Our study involved 20 male psychologists practitioners and 20 female psychologists under the age of 50 years. We used the method to determine the probability of stress T. A. Nemchin and the method of diagnosis of the degree of readiness for the risk of H. Schubert, methods of mathematical data processing. Thus, according to the results, women and men of the sample have predominantly average stress resistance (52.5%). Women (25%) in comparison with men (5%) have a low level of stress, characterized by a violation and disorder of basic physical, physiological and mental functions, a growing number of complaints of various kinds of discomfort. Conscious control over the performance of activities may deteriorate, difficulties in concentration occur, the number of errors, unusual reactions, inaccuracies increases, the role of automatic, stereotypical actions that displace creative, conscious and arbitrary actions increases. That is, it should be noted that in men (45%) compared with the female sample (20%), a high level of stress prevails, which indicates the practical absence of stress conditions, the ability of men to resist stress situations in a certain way. Mental state at this level is almost unchanged, the physical and physiological changes are noted. The study is characterized by an average degree of propensity (readiness) to risk (70%). Thus, a comparison of the results by gender showed that women have a low level of propensity (willingness) to risk is more common (25%) than men (20%). Also, a gender comparison of the study group revealed that a high level of risk tolerance is least manifested in men (5%). Correlation analysis between the methods for the whole sample showed the presence of statistically significant positive correlations between: stress resistance and risk readiness - this result indicates that the higher the level of stress, the greater the degree of risk readiness will increase.

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**CECHY KOPING-ZACHOWANIA STUDENTÓW SZKÓŁ WYŻSZYCH W SYTUACJI
EGZAMINU**

Referat prezentuje wyniki teoretycznego i empirycznego badania stanu psycho-emocjonalnego studentów szkół wyższych podczas egzaminów i przejawów jego regulacji w tej sytuacji.

W celu określenia podstawowych objawów ekscytacji egzaminacyjnej i zidentyfikowania głównych koping-strategii studentów pierwszego roku studiów w sytuacji egzaminu, przeprowadzono badanie eksperymentalne z wykorzystaniem metody ankiet i obserwacji w sytuacji egzaminu, test kolorów Luscher'a, metody statystyki matematycznej.

Uzyskane wyniki badania empirycznego ujawnili, że studenci pierwszego roku studiów na ogół reprezentują system głównych objawów stanu psycho-emocjonalnego w sytuacji egzaminu, również ukształtował się system stałych kognitywnych, behawioralnych sposobów pokonania emocji związanych z egzaminem. Wyniki badania wykazują, że zachowanie studentów w sytuacji testu nie zawsze jest skuteczne i wymaga korekty. Celowe kształtowanie koping-strategii, odpowiednich w trudnych sytuacjach życiowych, zapewni wzrost efektywności działalności, skuteczności nauki i w ogóle, przyczyni się do zachowania zdrowia psychologicznego przyszłych fachowców.

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THE METABOLIC AND PSYCHOLOGICAL CORRECTION OF PSYCHOSOMATIC PATHOLOGY

The thesis presents data on the clinical features of the course of psychosomatic pathology of children and adolescents. An aim of research is to define efficiency of metabolic and psychological correction at treatment of psychosomatic pathology for child's and adolescents. 194 children aged from 7 to 17 years (mean age 13.8 ± 0.5 years) with asthmatic (NOS) and duodenal ulcer disease (PUD) was examined. The diagnoses are verified according to ICD – 10. Psychological testing was carried out according to the methods of Raymond Bernard Cattell. To clarify the nature and extent of vascular changes, the state of cerebral hemodynamics was studied using the method of Rheoencephalography (REG) according to the standard technique.

To determine the state of neuronal activity, we determined the spectral - coherent characteristics of electroencephalogram (EEG) with mapping of brain zones. All patients were recorded background EEG from the anterior and posterior frontal, central, parietal, occipital and temporal regions of the brain according to the generally accepted international system.

The analysis of psychological examination data allowed us to establish high levels of personal and reactive anxiety (Spielberger-Khanin test), low self-esteem and high anxiety and emotional liability indicators (R.Kattel test), low work capacity and high deviations from the autogenously norm ("Good" projective tests) and evil "and" My future "with the choice of color).

The use of a neurophysiological study of the functional state of the brain (spectral-topographic analysis of EEG and REG) revealed a reduced level of activity of the processes in the subcortical structures - over excitation, functional blockade of thalamic – cortical connections and impaired perfusion of the brain

Psychological aspects and signs of asthenia at asthmatic (NOS) and duodenal ulcer disease are revealed. The necessity of metabolic correction therapy and psychological correction of asthenia in psychosomatic pathology in child's and adolescents has been scientifically substantiated. The effectiveness of the complex use of metabolic agents and psychological methods for the correction of asthenia in psychosomatic pathology has been determined.

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LEGAL MECHANISM OF PROTECTION OF THE RIGHTS OF MEDICAL WORKERS IN UKRAINE

The protection of the rights of healthcare workers and health care facilities has its own specifics, especially when it comes to protecting the rights in cases involving the provision of medical care to a patient. Responsibility for the harm done to the patient in the process of carrying out medical activities, lays the law in force personally to a health worker. Skillful use of legal remedies enables not only to protect their rights when they are violated, but also helps to prevent it. There are such means increase the level of conducting compulsory medical records, personnel office work, training of medical workers of health care institutions with documentary and legal issues, etc.

Improving the mechanism for protecting the rights of healthcare workers in Ukraine should become a key tool for harmonizing Ukraine's national health legislation with the legal standards of the European Union of medical law.

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PSYCHOLOGICAL SUPPORT OF THE PERSONAL TRAJECTORY OF THE READINESS OF SPECIALISTS OF THE SOCIAL SPHERE TO INTERPROFESSIONAL INTERACTION

Generalized roles and functions, content of professional activity; defined initial values and motivation, necessary knowledge, skills, personal qualities, criteria and components of professionalism of a specialist in the social sphere in interprofessional interaction. On this basis, a personal trajectory of professional formation is developed, which is interpreted as the basis for the formation of an educational situation that is maximally oriented on the implementation of the personal, professional potential of each specialist.

The structure of the personal trajectory of training specialists from the social sphere to the interprofessional includes the following stages: propaedeutic-adaptive, activity and evaluation.

Considering the essence and peculiarities of constructing a personal trajectory of the

professional development of specialists in the social sphere, we pay a lot of attention to the components of readiness (motivational-emotional, cognitive-content, activity-practical and regulatory), as it is through the formation of all its components successful readiness for professional activity.

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THE PROBLEM OF PERSONAL DEVELOPMENT OF WORKERS AT THE STATE EMPLOYMENT SERVICE OF UKRAINE

The State Employment Service of Ukraine is intended to implement the state Employment policy, vocational guidance, training and retraining, social support of temporarily unemployed citizens. Accordingly, psychological services at the stages of professional selection and professional training of the Service staff should identify and develop the following qualities: communicative ability, ability to work together, the availability of organizational abilities, etc. This circumstance requires the employees themselves to have the desire and potential for self-development.

However, according to the results of the dissertation study, the study groups have found low readiness for self-development and self-knowledge. The study was attended by 53 persons who are reeducated in psychologist in SESU (38 do not have higher education, accounting for almost 72% of the sample).

According to the results of the study, the problem of Personal Development of the workers at the State Employment Service of Ukraine was on such indicators as: time orientation, creativity and plasticity of behavior, empathy, emotion management, acceptance of responsibility for one's emotions, motivation for achievement.

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GENDER ASPECT IN HIGH SCHOOL STEM EDUCATION

As the development of the STEM concept in education is rather new for Ukraine, but the second decade exists in the United States and in Europe, our study seeks to outline the gender imbalance that manifests itself in this area of education and seeks to find ways to attract more girls studying in this direction and forming a constant interest in subjects of the STEM cycle. Technical education will provide them with higher competitiveness in the labor market in the future.

Studying gender differences, there are several key aspects that can be identified:

- there is no significant difference in the cognitive field between boys and girls (mathematical abilities, spatial perception, speech abilities);
- socio-cultural supremacy that has implications for gender stereotypes and the gender division of labor in the spheres of employment has a significant impact.

The urgency of the study does not decrease with time, since there was a need to distinguish between the features of the cultural and national character, as well as changes in generations, which cause various changes in gender roles.

Our research capitalized on a naturalistic data collection opportunity to investigate responses to experimental evidence of gender bias within science, technology, engineering, and mathematics (STEM). We analyzed 331 written comments made by members of the lyceum community. Utilizing a mixed-method approach (i.e., thematic and quantitative analysis), we identified the nature and frequency of positive and negative responses, and we investigated possible gender and professional differences in what commenters wrote. In grades 10-11, only 40% of girls plan to link their careers with technology, and 10% of these respondents plan to work as tangible professionals, i.e. PR managers, HR managers, etc. That is, at the age of 15-17, the I-concept and its elements, such as gender and professional identification, go through the stage of active transformation and, unfortunately, factors that destructively affect gender neutrality prevail.

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PSYCHOLOGICAL FACTORS OF PROFESSIONAL CRISES OF WORKERS OF LEGAL PROFESSIONS

In modern conditions of Ukrainian society development there are rather high demands for workers of legal professions. The effectiveness of their professional activities depends on the quality of training, the ability to quickly orient in the environment, to be ready to adapt to different conditions, to respond adequately to the situation, to anticipate the actions of offenders, to be flexible and emotionally balanced. Complex conditions of professional activity affect the psychological state of employees, which can lead to the emergence of constant emotional stress, manifestations of aggressive and asocial behavior. That is why when such kind of workers faces some problems or crises it is very important to have an opportunity to find the way out and to respond to this situation correctly. Thus, the problem of stress and professional burnout of workers in legal professions is relevant enough in terms of scientific research

That is why it is very important the maintenance of mental health and the psychological well-being of workers in the legal professions, since only well-educated, skilled and emotionally stable workers can successfully perform complex professional tasks, which they face.

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MODERN DIRECTIONS OF PSYCHOLOGICAL RESEARCH OF COPING STRATEGIES

The article investigates the topical problem of coping-behavior as a complex of conscious adaptive actions that favour the overcoming of internal discomfort in the ways that correspond to individual features and actual situation. The essence of the problem of overcoming complex life circumstances by a person (death of a loved one, illness, break of meaningful relationships, forced change of place of residence, etc.) is considered in the context of using coping strategies by the individual.

The theoretical analysis of contemporary Ukrainian and foreign studies on coping behavior is conducted. The theoretical analysis on the problem of adaptation and overcoming difficult life circumstances by the individual is carried out. Different scientific researches on coping strategies are presented, features of overcoming behavior in various aspects of a person's life are described.

The analysis of contemporary studies of coping behavior has allowed us to determine that copings in general are changeable processes. It is found that stable coping patterns form coping strategies, or personal styles.

It is determined that scientific concepts concerning «coping strategies» and «protective mechanisms» have been developed in various psychological schools. It is generalized that understanding of coping as arbitrary and perceptible is the criterion for distinguishing these concepts, while mechanisms of psychological protection are attributed to an unconscious character.

It is established that negative consequences of experiencing difficult life circumstances can be somewhat mitigated and leveled by adaptive strategies for overcoming stress. It is determined that modern studies of coping behavior are mainly devoted to the clarification of its manifestations, types and interconnections with various factors such as age, social, professional, family, etc. It is generalized that the wider the range of coping strategies used by a person, the higher is his welfare and more varied are vectors of his life-design.

Carrying out more profound theoretical analysis of coping behavior and the peculiarities of its manifestation in people with different traumatic experiences is the prospect of further researches.

Key words: adaptation, overcoming behavior, protective mechanisms, concepts, coping behavior, coping strategies, overcoming, overcoming difficulties, stress.

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COMPARISON OF THE LEVEL OF FORMATION THE COMPONENTS OF THE STRUCTURE OF PSYCHOLOGICAL READINESS OF MILITARY PERSONNEL WITH DIFFERENT SERVICE EXPERIENCE

Problem statement. The article deals with the urgent problem of psychological readiness of servicemen to fulfill their professional duties. The theoretical analysis of scientific literature suggests that the notion of psychological readiness for activities is being developed actively, but the diversity of existing approaches to the definition of its structures shows the lack of stable

understanding of this psychological phenomenon and its peculiarities in servicemen. Insufficient study of the impact of different service experience on the level of formation the components of the structure of psychological readiness of military personnel has been mentioned.

Aim. The aim of the article is to present the results of the study of differences in the level of formation the internal and external factors of the structure of psychological readiness of servicemen with different military service experience. An empirical survey sample of research was made with military personnel, including recruits; persons who have experience only in compulsory military service (for nine-month period to one-year period); servicemen who have experience in contract service (two-year period or more). In order to study the components of the structure of psychological readiness, the following psychodiagnostic methods were used: Yu.O. Baranov's method of forecasting, B. Pashnev's projective method "Test of twelve animals", Questionnaire "Research on volitional self-regulation" of O. Zverkov and Ye. Eidman, the method of personality differential (a variant adapted in Scientific Research Institute named after V.M. Bekhterev by Ye.F. Bazhyn and O.M. Etkind), the Five Factor Personality Inventory of R. McCrae and P. Costa and the author's questionnaire "The study of the influence of internal and external factors on psychological readiness of people mobilized to military service". Among the methods of mathematical and statistical data processing, Student's t-criterion for independent measurements and the Z-transform procedure have been used.

Results. It was found out that the external factor of psychological readiness includes socio-psychological, problem-orientation and social-activity components. The internal factor includes the emotional-volitional, motivational, personal, behavioral, cognitive-prognostic and cognitive-reflexive components. It has been established that servicemen without military experience (recruits) have a lower level of formation such internal components as emotional-volitional, behavioral, cognitive-reflexive than servicemen with compulsory and contract military service experience. Persons with contract service experience have higher level of formation the personal (internal) and social-activity (external) components than those with compulsory military service experience or without it. The greatest degree of expressiveness of the level of formation the motivational component of the internal factor of the structure of psychological readiness was found in persons with experience of contract service, than in servicemen without military service experience (recruits). But, comparing the level of formation this component in servicemen with contract and compulsory military service experience, no reliable statistical difference has been established, but there is a tendency to increase the level of formation the motivational component of contract servicemen when compared with national servicemen. It has been established that the greater service experience of servicemen is, the higher level of psychological readiness for military service they have.

Conclusions. The level of formation the components of the internal factor of the structure of psychological readiness, such as: emotional-volitional, behavioral, cognitive-reflexive, personal and motivational, as well as the component of the external factor – social-activity increases with service experience. The general level of psychological readiness for military activities increases.

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**FORMATION OF PSYCHOLOGICAL CULTURE AS A FACTOR OF
MENTAL HEALTH OF TEACHER**

Abstract. The article deals with the problem of interconnection between psychological culture and mental health of a teacher. Mental health is one of the main components of health. The mental health gives a human the opportunity to optimally adapt to changes in the social environment, to know oneself, to fulfill personal needs and abilities in the process of personality development.

Relevance of formation of psychological culture among teachers as a factor of their mental health is substantiated. Awareness of the prevalence of the mental problems and disorders requires a careful attitude to one's mental health and a high culture of sane behavior. Despite the importance of biological factors, it can be affirmed that a pivotal factor of the mental health is common universal culture, in both subject and personality-activity form.

The theoretical analysis of the concept of psychological culture is carried out and the nature, essence and components of this psychological phenomenon are considered.

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PSYCHOLOGICAL PECULIARITIES OF NEUROTICIZATION OF FUTURE DOCTORS IN THE CONDITIONS OF TRILINGUALISM

The basic conceptual approaches to the analysis of the essence, structure and mechanisms of neuroticism as a form of personal determination on the basis of analysis of theoretical and methodological works of domestic and foreign authors are determined. The models of trilingual interaction and training of foreign students in higher educational institutions of the Ministry of Health of Ukraine have been revealed due to the actualization of the constructive, deficient, destructive states of the self-personality functions. Cross-cultural adaptation is accompanied by the development of stress accumulation, which manifests itself in the form of a complex dynamic complex of emotional states, the structure and nature of changes which varies depending on the type of speech activity - mono-linguistics, bi-linguistics, three-linguistics.

The three-factor structure of the phenomenon of neuroticism is proposed. The content of the first factor, "Deficit neuroticism", is represented by the following personal qualities of the trilingue students: in fact, deficiency of the I-functions, disadaptability, conformality, nostalgia, alienation, unfavorable family situations, social tension, somatization, obsession, vegetative disorders. The content of the second factor, "Destructive Neuroticism", combines such phenomena as: the actual destructiveness of the I-functions, the experience of the great influence of the parent's family, neuroticism, high social activity, somatic disturbances, depression, hysterical type of response, high interference of concepts. The content of the third factor, "Ambivalent-anxious disadaptation", collects indicators of interactivity, depression, weakness I, hostility, phobias, paranoiality, anxieties of neurotic depression, asthenia, receptive language competences.

It has been established that the factors of internal communication with the homeland, which are manifested in the manifestations of nostalgia and the sense of alienation, are caused by the significant influence on the course of maladaptation processes. Somatization of manifestations of anxiety through the system of vegetative, depressive disorders, with low rates

of adaptability and high rates of conformism becomes one of the determinants of increasing neurotic conflict.

It is proved that the success of mastering the conceptual apparatus of microbiology is possible taking into account the phenomenon of trilingualism as a condition for the formation of receptive language competencies and the factor of neuroticism of the personality of the future medical worker. As for theoretical as well as applied aspects of the implementation of experimental genetic techniques in the subject-practical situations, the students solving a special way of hierarchical experimental-genetic problems. The psychological and linguistic features of the conceptual apparatus of microbiology by students are revealed. The basic forms of psycho-didactic means of formation of generalized methods of action for the assimilation of the conceptual apparatus of microbiology on the basis of a microorganism-macroorganism based on the clinically oriented approach are developed.

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ON THE DEVELOPMENT OF SOCIAL INCLUSION SERVICES FOR VETERANS IN THE ACADEMIC ENVIRONMENT

In the article, key issues of social inclusion of veterans are addressed based on applying theoretical and empirical methods of research. Inclusive education is considered as part of social inclusion. The importance of the veteran space development in the academic environment is highlighted. The purpose to develop a system of social inclusion services is identified based on scientific research data and needs assessment.

To achieve the research goal and objectives in creating the environment friendly to people in difficult life circumstances the holistic, biopsychosocial-spiritual approach to health is employed. In the social inclusion practice, the two foci are distinguished, i.e., transforming the environment, and achieving personal development and wellness, involving the ecosystems and strength-based perspectives.

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THE MENTAL HEALTH OF PRESCHOOL CHILDREN AND PROFESSIONAL STEREOTYPES OF CAREGIVERS

Mental health rove is life education, the basis of which Rogo is a full mental development at all stages of ontogenesis. In the most general approximation emit biological, psychological and social levels functioning. Considering human health, researchers at the biological level are looking for Nizhnyam, ensuring its normal life tolerance; on a psychological level are considered the concept of a “healthy personality” and the conditions of its formation knowledge; at the social level they emphasize gender but man’s accomplishment of his social functions.

The active process of reforming education in the new historical conditions introduces qualitatively new requirements for pre-school education, which are connected with the transition of pre-school educational institutions from the regime of functioning to the mode of development. One of the strategic tasks of reforming education in Ukraine in accordance with the state national program "Education" is the formation of an educated, creative personality, the formation of its physical and moral health. The ways of fulfilling this task include the psychological and pedagogical substantiation of the content and methods of the educational process aimed specifically at the development of the individuality of each individual of the child.

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PEDAGOGICAL CONDITIONS FOR THE FORMATION OF A HEALTHY LIFESTYLE IN HIGH SCHOOL STUDENTS WITH INTELLECTUAL DISABILITIES

An important task of educational institutions in working with children is the formation of a healthy lifestyle for them in order to strengthen and preserve health, which is the greatest value in every person's life. High school students with intellectual disabilities require systematic support in adhering to a healthy lifestyle, taking into account the peculiarities of mental development.

The educational institution should create appropriate pedagogical conditions that would promote to the formation of a healthy lifestyle in high school students with intellectual disabilities:

- Efficient combination of general, group and individual forms of organization of educational activities aimed at the formation of a healthy lifestyle (individual and group conversations, physical culture and health competitions etc.).
- Attracting students to sports clubs, taking into account their state of health, abilities and interests.
- Development and implementation of the series of educational trainings, the main purpose of which is the formation of a stable attitude to the adhering to a healthy lifestyle.
- Encouraging high school students to demonstrate an example of a healthy lifestyle for junior pupils that will contribute to the formation of motivation and positive attitude to a healthy lifestyle.
- Using a variety of health-technology.
- Team approach to the formation of a healthy lifestyle, which involves the close relationship of all specialists of educational institution (teachers, educators, medical staff, psychologists, social pedagogues, etc.).
- Involving parents to cooperate in the formation of a healthy lifestyle in students.

The effectiveness of the formation of a healthy lifestyle in high school students with intellectual disabilities involves taking into account the individual psychological characteristics of students, improving the system of educational means, coordinated team work of specialists of educational institution and family.