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**Natalia
ZHYHAYLO** ©
D.Sc. in Psychology,
Professor
(*Franko National
University of
Lviv*), Ukraine



**Oleksii
SHEVIAKOV** ©
D.Sc. in Psychology,
Professor
(*Dnipropetrovsk
State University
of Internal
Affairs*), Ukraine



**Schu
GAO HAN** ©
Ph.D.
(Psychology),
Associate
Professor
(*Beijing State
University*),
China



**Tamara
KHOMULENKO** ©
D.Sc. in Psychology,
Professor
(*G. Skovoroda
National
Pedagogical
University
of Kharkiv*),
Ukraine

THE HISTORY OF WAR SURVIVAL CULTURE AND THE ART OF VICTORY

Abstract. The article considers the problems of the methodology of providing psychological assistance in conditions of war from the socio-cultural point of view. The main task of the study is to analyze the culture of using psychological techniques in wartime and detailing the necessary assistance for psychological trauma.

The study highlights the achievements of the team of specialists of the Lviv regional branch of the Society of Psychologists of Ukraine together with the Department of Psychology, Psychological Service of Lviv National University named after Ivan Franko, colleagues from Kharkiv National University named after GS Frying pans and Dnipropetrovsk State University of Internal Affairs.

The article unifies and develops the advice of experts. The authors try to overcome the fear of war with a sense of faith in victory, regulation of information flows of news, filling themselves with positive, prayer, healthy lifestyle (water balance, sports, physical activity, physical labor, vitaminization, sleep normalization). The second way is to provide psychological

© Zhyhaylo N., 2022
ORCID ID: <https://orcid.org/0000-0001-5686-2652>
natalia.zhyhaylo@lnu.edu.ua

© Sheviakov O., 2022
ORCID ID: <https://orcid.org/0000-0001-8348-1935>
Researcher ID: AAB-5397-2022
shevyakovy0@gmail.com

© Schu Gao Han, 2022
schu_gaohan@ch.net

© Khomulenko T., 2022
ORCID ID: <https://orcid.org/0000-0002-3962-0795>
tamarakhom108@gmail.com

support, help others, develop a sense of humor, playing techniques, peace slogans, planning for the future. The article argues that spirituality, as an integrative quality, is one of the most fundamental characteristics of the individual as an open system.

It is a complex mental phenomenon, a manifestation of the inner world of man, the energy information structure of the individual. Spirituality is a specific personality trait in meeting two fundamental needs: the ideal need for knowledge and the social need to live and function for others. Under the spiritual formation of the individual means the acquisition of spiritual values, religious consciousness and self-consciousness of the individual; development of her spiritual priorities; substantiation of the system of values that should form the basis of life in order to come to the forefront of the whole process of life. The sources of spirituality are science, culture, religion and art. The experience of spiritual education is summarized, its growing importance in Ukrainian society within the framework of a holistic system of spiritual formation of human personality on the example of students.

Keywords: *war, peace, victory, faith, willpower, method of neurolinguistic programming, psychological trauma, psychological help.*

Introduction. During these difficult times, the work of psychologists and psychotherapists is needed more than ever and will be needed even more in future. Our colleagues experienced in dealing with various traumatic and crisis situations from all over the world are now coming to help us.

The team of the Lviv Regional Branch of the Psychologists Association of Ukraine, headed by Deputy Dean for Scientific Work of the Philosophy Faculty, Doctor of Psychology, Professor of Theory and History of Political Science at Ivan Franko National University of Lviv Nataliya Zhyhaylo together with colleagues from H. S. Skovoroda Kharkiv National Pedagogical University (T. Khomulenko, B. Khomulenko) and Dnipropetrovsk State University of Internal Affairs (O. Sheviakov) with the participation of famous psychotherapists from the USA, Europe, New Zealand (R. Dilts, J. Delosier, R. Bolsteda, M. Rouge, K. Progaska, Teresa Sianciolo, Steven Gilligan, Susy Smith) developed useful psychological techniques during wartime and detailed the necessary assistance for psychological traumas.

Analysis of recent research and publications. Expert advice has been unified and supplemented by us, said the University professor N. Zhyhaylo. “We believe that replacing fear with faith in victory will help to overcome this feeling. It is significant to take informational breaks from reading the news, and instead fill yourself with happiness, prayer and remember to drink plenty of water. It is also important to keep your body in shape: exercise, do any kind of physical activity, spend 70 minutes walking every day, and doctors recommend taking vitamin C”.

Make efforts to sleep balanced because only sleeping restores emotions. In addition, we provide informational support, help others with humour and play, hug – it adds confidence, smile – it heals, make plans for the future and say many peace slogans: “God”, “Love”, “Victory”, “Peace”, “Thank you”, “Glory to Ukraine! Glory to the heroes!” (Ryzhak, 2009).

There are also clear, specific, step-by-step guidelines for recovering (according to S. Jacobson). The following basic questions need to be answered: “What happened?”, “What do you need?”, “What are you planning?”. The main filters are removal, distortion, generalization. During dangerous times, you should be able to like a coach-focused and mobilized. Try to return to the “learning state of mind” – the state in which you were resourceful – to inspire. You can shift to this state with the help of verbal code, for example, “everything will be fine”, “everything is fine” and so on (Murray, 2010).

Another block of advice (from Michel Rouge) concerns how to cope with trauma, how to help yourself and others. The basis of the explanation is the “hero's path” on the example of John McCain, a famous politician and public figure who at one time was a prisoner of war. Three things helped him to survive: faith in God; self-belief; faith in your country. The operational meaning of faith is to believe in something outside you, in what supports you, to trust the result of which there is no result yet. Ways out: take an oath to yourself; take intentions; take concrete steps. It is necessary to learn how to move from the state of crash (stress) to the state of the coach (concentration) with the help of visual exercises, contact with what is around, concentration on the object. It is important to find the center in itself – grounding (Khomulenko, Kuznetsov, 2019).

The resources for this are higher forces, the memory of our ancestors, Ukrainian culture, society, internal dialogue (“I”, something unique in me). After that, according to experts, there comes an internal state of rest. Experts also highlighted practical recommendations for reassurance. The sympathetic nervous system helps to survive, escape from danger, and parasympathetic helps to relax. You need to do breathing exercises, yawn, laugh, move; do qigong and tai-chi exercises, engage in body-oriented psychotherapy, normalize sleep.

The set of practical exercises formed by Kimberly Progaska explains what interesting educational cases can be distinguished to improve your psychological state. For example, “the war of all” cured “of Covid”. Experts also point out that adolescents and children are most difficult to deal with trauma, but each of us is characterized by cognitive errors, including the idea that nothing will recover. But we must remember: there is always hope and faith that everything will be fine. “Using the experience of successful strategies of the past will be useful for us to build future strategies, and the most healing force – the strength of human relationships”, – explained experts.

Methods of neuro-linguistic programming, some practices of working with oneself, key mistakes in conditions of war, ways of transition from a state of fall to a state of elevation were formulated by psychologist B. Khomulenko (Kuznetsov, Khomulenko & Fomenko, 2018). “In extreme conditions, we abandon the usual way of life, as a result of which the mind emerges from a state of basic balance. Therefore, it is important to return to our usual daily routine. Humor in war is very important, and equally important – to help what we can help. All this creates a background emotional balance. To carry out information support (even if it is for self-aspiration), to find their key actions, to build plans for the future – all these steps contribute to the production of the hormone of happiness (dopamine)”, B. Khomulenko explains. Also, the specialist adds that in difficult conditions, those people who have existing meanings survive (Cooke, Melchert & Connor, 2016), energy is given to the meaning. “It is also important to overcome the inner evil in ourselves. And there is also an interesting fact – in the state of war, people rarely get sick”, Boryslav Khomulenko stressed.

PhD specialist in neuropsychology, behaviorist, author of methodological developments on innovative approaches to working with people with RAS, Down syndrome, intellectual development disorders and behavior Teresa Sianciolo shared her experience working with children with special needs in conditions of war. “During the war, we continue to worry about our children, to do routine work. Children with special needs need special attention. They need visual stimuli and signals. They are sensitive to the emotional state of their

parents – mirror it. A safe place for such a child on the floor in the corner. It is important to hug, cover with kotsyk, take hands, train a sense of security. Analyze what actions the child performs on the repeat (for example, playing the gadget). The gadget performs a calming function, although protection as it is not, but the child has a switch of attention”, the expert explains (Fomenko, 2020).

According to her, it is also important to repeat the phrase that will fulfill the role of the mantra: “we are a family”, “we are safe”. Repeat it every time equally so that it circulates in the child's brain. “The child must have his duty, for example, to bring water, to make sure that the grandmother drinks the medicine. This will protect her from chaotic actions. It is also important to apply any form of activity, take into account the individual characteristics of the child”, – said Teresa Sianciolo and emphasized that the experience of working with children with special needs can be useful for all children.

The purpose of the article is to analyze the sources, to characterize the modern interpretation of the theory of survival and victory during the war, not only in the psychological and pedagogical, but also in the cultural and philosophical aspect. Realizing the purpose of the study, it is necessary to solve the following tasks: to update the essential features of the history of the culture of survival in the psychological sense; consider the art of victory from the standpoint of the theory of methods of pedagogy and psychology.

Formulation of the main material. Basic research methods include historical and comparative methods, methods of generalization and interpretation of the findings of different authors, retrospective and comparative analysis.

Practical recommendations of experts to help. The great American psychologist and psychotherapist – a follower of M. Erickson – Stephen Gilligan believes that if we want to help someone with trauma, we need to start with ourselves, with our own state.

Five steps that help healing: gather your attention in one point in yourself; remember your values, your goal, your positive intentions; tune in, connect with your breath, meditate, pray; think about what I can do.

The scholar gives examples of people who survived the war: a priest who in due course endured the wounded – for him it was an experience of spiritual transition; the doctor who worked on the front, developed the idea of a placebo (there was not enough painkiller, so the wounded gave water with salt and said it was morphine, and it acted as an anesthetic). All these are mechanisms for connecting with life (Sizov, Slavska & Alforov, 2022).

With strong tension of the victim, it is possible to unlock it through communication with someone else; a loved one; ancestors; with someone she sympathizes with. Try to feel grounded and connected to positive memories, perhaps from childhood. This is an example of a simple and strong resource that will help to heal.

We are looking for a connection with the positive in the past, present and future. Trauma destroys all positive states, however, you need to draw from the references to the pleasant moments of life (Shevchenko et. al., 2020). Olena Blynova recommends: “Never look the enemy in the eye”. Never cling to the problem, because this is the right way to become a problem yourself. It is important to believe: “I will win”, “I can” (Blynova, Holovkova & Sheviakov, 2018).

An interesting case: the former Prime Minister of Israel Golda Meier was asked who she consulted in a problematic situation. She replied: with grandmother (who is no longer) and granddaughter (who is not yet). That is, the connection with the past present and the future will help us to pass through all the complexities of life. The main message of N. Yevdokymova: “There is power inside a man who is bigger and deeper than pain! Dear Speaker, he expressed admiration for the unity of our people and the example of heroism!” (Yevdokymova, 2019).

The experience of psychologists and psychotherapists in conditions of war was shared by Susie Smith, who told how to use the brain in stressful situations; shared the most working and simple tools. To reduce the level of stress is possible by: breathing squared for a minute; move your toes; name 5 things that surround; 4 things we hear; 3 things that can be felt to the touch; 2 things that can be sniffed; 1 thing we taste.

Technique 6 seconds: smile and thereby break the bond with stress inside. Claim to myself: “my mind is watchful, but the body is relaxed”. Breathe deep. This technique can be used for children – their attention and educational process are improved; while driving the car; when the heart rate is accelerated, etc.

“There is almost no good news on TV, so most of us are stressed by watching the news”, the Speaker rightly noted. Therefore, “watching TV, immediately use this technique”. There is stress on a certain tone of voice. A simple way to get rid of insomnia (when thinking in your head) you need to say in a command voice: “stop!” (add a “stop” sign in your imagination), breathe deeply, and say to yourself, “I will cope with everything”. Guiding your eyes around the circle is one of the techniques of getting rid of obsessive thoughts. The rule of eight, splitting injury and other important techniques was presented by dear Susie Smith. Each technique should be repeated 12, 24, 36 times (Shevchenko, 2020).

Psychologist and psychotherapist A. Geezer believes that when you are surrounded by people full of pessimism and fear, you quickly become the same. Conversely, it is necessary to activate positive emotions to get out of fear. The specialist taught to work with energy; clean your energy field; manage your inner spirit; strengthen your immune system; direct your energy to family, friends, those you love. In particular, a magnet technique was presented, which can be used to cleanse negative energy and attract positive energy. As part of the report, the specialist provided valuable recommendations and techniques for restoring the inner state of man, in particular, an interesting technique “lake”.

Richard Bolsted from New Zealand continued to share his experience as a psychotherapist in dealing with the trauma of war. He presented the process of healing an injury using the technique of rapid eye movement (it has been scientifically proven that this technique works at the DNA level). Expectant children are born with a protective response to stress, and this technique can be used for air alarms and bombings as first aid. According to the expert, resilience (stress resistance) is an important value.

The way our brain perceives an event is more complex than the event itself. Richard Bolstead gave an interesting example of a mouse that a girl presented to a boy during a meeting. On this basis, he developed a phobia. And although the mouse never harmed him, the same processes took place in the cerebral cortex as during the threat to life. The importance of “cinema” technique is emphasized.

Havening technique (safety zone) is very effective for post-traumatic stress disorder and allows us to consolidate our own stress and emotional sphere, helps our intelligent brain to make decisions again, to relax. In this process we use stroking movements (face, shoulders, palms) and mental exercises (counting, chanting, others). In conclusion, we repeat the phrases: “I am safe”, “Inner peace”, “Peace”. At the same time serotonin, oxytocin is released, which reduces tension and increases the feeling of security. Hugs, by the way, perform the same function. This technique works quickly, easily and efficiently.

Another experience with psychotrauma came from psychologist B. Khomulenko (Kharkiv). The scientist suggested Erickson’s hypnosis in working with PTSD. Post-traumatic stress disorder is a complex mental condition that occurs as a result of trauma. The experience of hypnotherapy is the same – artificial false therapy for a positive result. Erickson’s Hypnotherapy is a psychotherapeutic approach that uses hypnotic trance to help the patient use their own mental associations, memories and life potential to achieve their therapeutic goals. Hypnosis is an altered state of consciousness, similar to sleep. This is a fixation of attention on comfortable associations.

There are many types of trance. There are countries where this method is used even during surgery. It can be used during hostilities; it can relieve pain shock from injuries, shelling, etc. There are clear, step-by-step guidelines for entering a trance. It is important to find out what the patient likes to do when he is well (cycling, playing the guitar). Ability to refocus from a state of pain and suffering to a state of positivity; the ability to avoid sharp corners to achieve balance – the art of hypnotherapy.

American psychotherapist Brian van der Horst shared his experience of working with trauma during the war. The speaker stressed the values that help to survive in difficult conditions. “The secret of my peace of mind is that I could control all the dangerous moments I was in (for example, deep jumps)”, says the expert. The war is a bit different: you need to develop a security strategy, fill the space with employment, you can even write articles. It feels like we’re in control. It is also important to discuss values with others. “Worse is behind us” – the first reassurance. It is not right to say, “You will not die”, to say, “You will live; you will feel good and calm”, said the expert. And we need to make plans for the future: for a few days, weeks, years – these are the factors that bring victory closer. Also during the discussion interesting cases, typical examples, ways out were discussed. According to scientific research, highly spiritual individuals more easily overcome stress, fear, feelings of danger.

That is why we have proposed a holistic program of spiritual development of the individual. Spiritual development of the person was important to mankind in all times and ages. In our time, the spirituality of the individual gains special values. Indeed, without a spiritual rebirth and renewal, the return of spirituality in the souls of men, it is impossible to speak about the revival our society, its conformity with the norms of civilized existence, the legal and real guarantees of rights and freedoms, which are priority throughout the civilized world.

Spiritual development is a long and difficult way to improvement. It awakens abilities, raises consciousness to a new level, strongly transformerait orientation of the personality, which begins to function in new dimensions.

Youth as subject and object of spiritual culture, to their advantage, values, orientations, needs, actions reflects the level of spiritual culture the society in

which she lives. At the same time adaptation to the spiritual culture develops spiritual needs, forms of intellectual and aesthetic interests the person reflects the inner wealth, the measure of spiritual maturity, that is, level personal qualities, which is called spirituality. The issue of spirituality the subject of many studies, in particular foreign scientists and modern domestic authors (Makselon, 1998; Maksymenko, 2006; Ball, 2005; Moskalets, 2004; Savchyn, 2001, 2009; Zhyhaylo, 2008; Pomytkin, 2005).

At all times gave large value of spirituality; researchers considered that a concept “spirituality” is to the derivatives from a word “spirit”, that means movable air breathing of breathing, transmitter of life. According to the teachings of many experts, spirituality is general cultural phenomenon that encompasses not only the abstract theoretical values and ideals, but also acts according to conscience, truth, and beauty. In modern Ukrainian psychology the study of spirituality is in the following key directions: philosophical and religious, the subject of which is spirituality as perfection of faith in supernatural forces (Shevchenko, 2020) culturological, in the context of which spirituality appears as a way of self-construction of the person within the cultural world through self-determination and self-direction person involves not only knowledge but also feelings, interpretation of reality, the ability to empathy (Moskalets, 2004); socio-psychological, in which spirituality is regarded as a multidimensional socio-historical phenomenon, specificity manifestations which are due to the uniqueness of world history as a polycentric education (Maksymenko, 2007).

Determination of psychological patterns and mechanisms of spiritual formation and implementation of the individual student youth involved solving the following tasks:

1. To carry out a theoretical and methodological analysis of the problem of spiritual formation and realization of personality.
2. To develop a model of spirituality of the individual.
3. To offer a system of psychological and pedagogical exercises aimed at promoting the spiritual development of student youth.
4. To develop and test the program of spiritual formation and realization of the personality of youth.

Trying to achieve the specified purpose and to fulfill the objectives of the study, we proceeded from the fact that spirituality as an integrative quality of personality, is one of the most fundamental personality characteristics as an open system. In our opinion, spirituality is a compound mental phenomenon; the manifestation of inner world of a person; energy-informational structure of the individual rich on the attributes it possesses. Spirituality is specific features of the personality of the two fundamental needs: the ideal need for knowledge and the social need to live and function for others.

Under the *spiritual formation of personality*, we mean the acquisition of spiritual values, religious consciousness and self-consciousness of the individual; the development of his spiritual priorities; substantiation (reasoning) of the system of values that should form the basis of life, to to come to the forefront of the whole process of activity. The sources of spirituality are science, culture, religion, art and etc. Taking into account the centuries-old experience of spiritual education, its growing importance in Ukrainian society, Lviv regional branch of the nationwide public organization “The Society of Psychologists of

Ukraine” has designed and developed a holistic system of spirituality formation of the individuality of the students.

With the purpose of spirituality formation of the personality of young people we have proposed:

- 1) Concept of “spiritual personality”;
- 2) Author’s psychological structure of spiritual personality;
- 3) Author's model of spiritual identity formation of youth;
- 4) Training programme of development of spirituality of the individual;
- 5) Thematic plan of the special discipline “Psychology of the formation of spirituality of the personality”;
- 6) Criteria for the development of spirituality of the individual;
- 7) Sources of the personal spirituality.

By the phenomenon of “*spiritual personality*” we understand such a personality, in which a spark of Divinity burns; who in his/her thoughts and actions relies on the Law Of God; who in his/her life is guided by the postulate: “*I work for eternity, not just work forever*”. Man does not need feathers to fly, but power of spirit! Every nation, every state, every industry needs strong-spirited, nationally conscious, intellectually developed, scientifically savvy young people. Therefore, an integral part of a young person’s personality should be spirituality – the leading line of his activity.

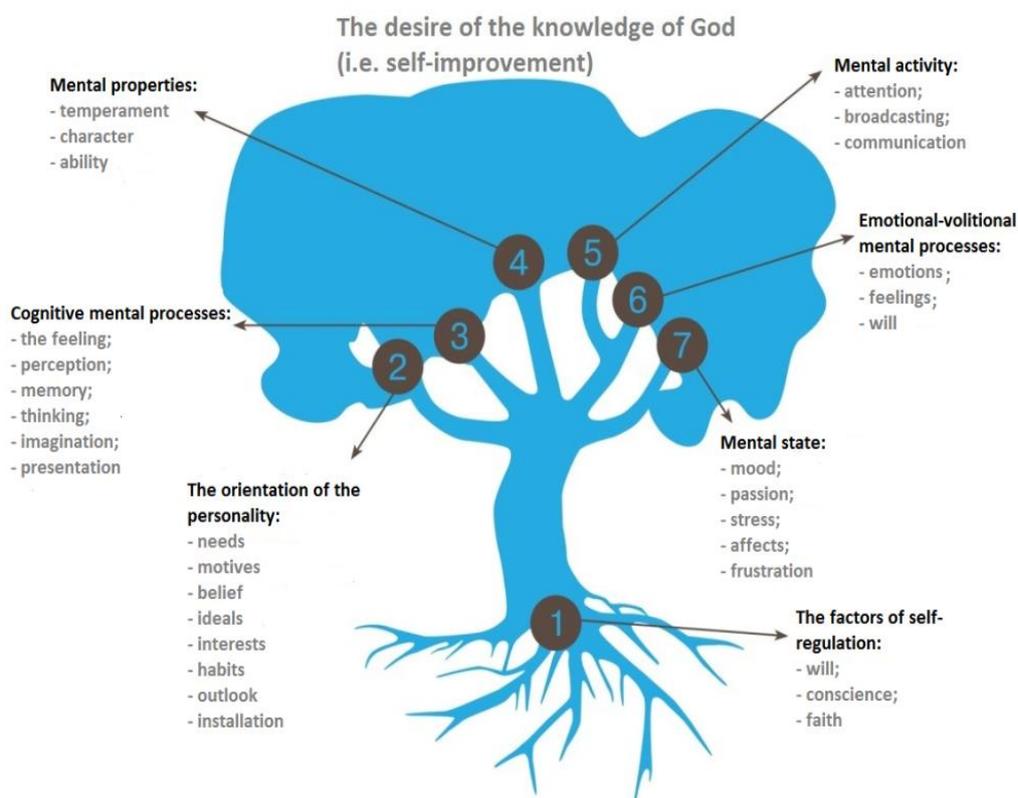


Figure 1 – Psychological structure of personality
(by S. Maksymenko, N. Zhyhaylo)

The author's psychological structure of spiritual identity (Fig. 1) is presented in the form of a tree, the base (roots) of which is based on the factors of self-regulation, which are the will, conscience, and faith; the branches of this tree is our cognitive and emotional-volitional mental processes, mental states, mental properties, mental activity, orientation and the like, and the top of this tree strives for the knowledge of God, that is, for self-improvement.

The author's model of spiritual formation of the personality includes instrumental, needing-motivation and integration components (Fig. 2).

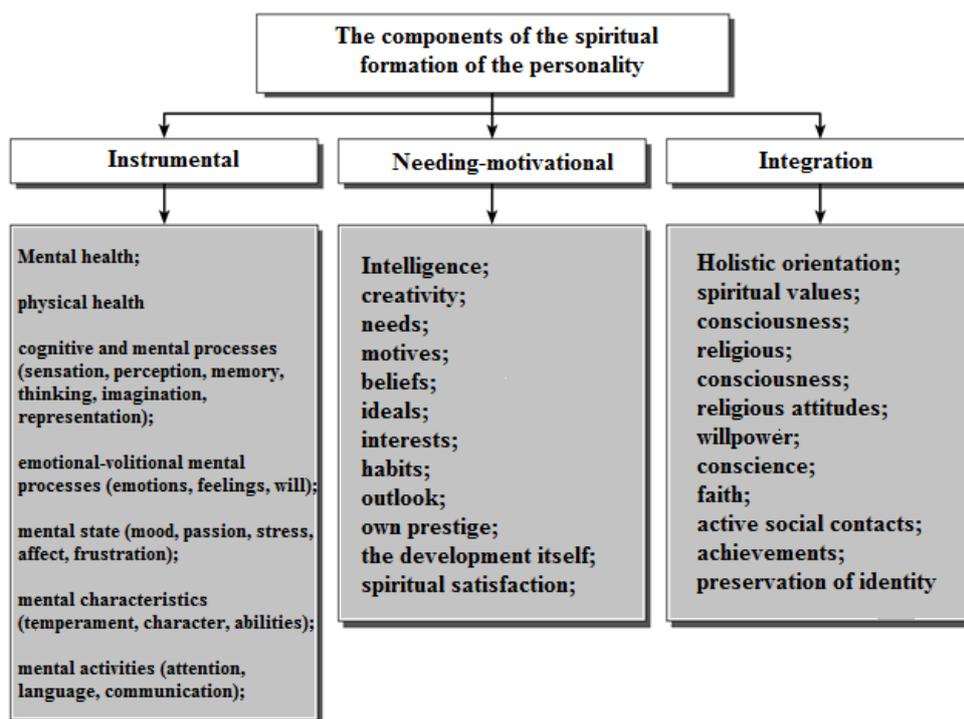


Figure 2 – The author's model of spiritual identity formation

We also offer psychological training for the formation of the spirituality of the personality of student youth. Structurally, the “Training program for the development of Personal Spirituality” can be divided into seven topics-blocks (Table 1). Original exercises were developed for each block and those training exercises (of other researchers) that could be used in accordance with the set purpose were modified. There were used: role-playing and business games, mini-discussions, training exercises for personal growth, body-oriented training exercises, lectures, scientific seminars, round tables, conferences, pilgrimages, recollections, etc.

Based on the results of psychological training, the point of view was formed that a young person is at the stage of spiritual development when he/she: first of all, sees the meaning of what corresponds to spiritual ideals and to what at the same time he/she has the opportunities; secondly, a young person has developed appropriate character traits, knowledge and skills that allow her to achieve the goal, to realize himself in his spiritual formation.

Table 1

The training program of the spiritual development of the personality

№	Training blocks	Main psychologic-educational and training facilities
1	Introduction to the work	1. Getting acquainted with the rules of work in the T-group. 2. Formation of an atmosphere of psychological security. 3. Psychogymnastics.
2	The value orientation of the manager	1. Projective drawing "Me and my place in the human world". 2. Role play "Bad people – good people. What's the difference?" 3. Business game "Preparing a code of conduct for the 21st century." 4. Exercises to remove "clamps" in the muscles and increase the level of atmosphere security in the T-group.
3	Spiritual formation of the manager	1. Role-playing game "Me in the past, present and future. What's the difference?" 2. Psychological workshop "What am I most proud of in my past? What was it that would be worth living differently?" 3. Exercise "Empty chair - my friends and enemies in the past." 4. Brainstorming "Determination of directions of state social support of the manager as its future creator." 5. Exercises to remove the "clamps" in the muscles, the display of expression through movement.
4	Religious values of the manager	1. Socially-perceptual oriented training of personal growth "Me through the eyes of others. Can I be trusted?" 2. Group discussion "A person who actively believes in God - who is she? Past, present, future?" 3. Business game "If I wrote the Holy Book?" 4. Exercises to remove the "clamps" in the muscles, the display of expression through movement.
5	Religious consciousness of the manager	1. Discussion "Religiously conscious person – "for" and "against". 2. Brainstorming "Who am I - a grain of sand, a drop of water, a gust of wind - am I responsible for the future?" 3. Business game "Conscience. Is it needed in the 21st century?" 4. Exercises to remove the "clamps" in the muscles, the display of expression through movement.
6	Discussion of the results of the training	1. Discussion "Me before working in the T-group. Me after finishing working in the T-group. What has changed inside of me?" 2. Exercises to remove the "clamps" in the muscles, the display of expression through movement.
7	The final lesson "My Future"	1. Formation of the existential "Me". 2. Placement of the feeling of "We" in the training participants. 3. Exercises to remove the "clamps" in the muscles, the display of expression through movement.

Based on the results of psychological training, the point of view was formed that a young person is at the stage of spiritual development when he/she: first of all, sees the meaning of what corresponds to spiritual ideals and to what at the same time he/she has the opportunities; secondly, a young person has developed appropriate character traits, knowledge and skills that allow her to achieve the goal, to realize himself in his spiritual formation.

At a later stage of the study we have proposed a comprehensive “Program of spiritual formation and implementation of personality”, which provides diagnostic and remedial work that gives the opportunity to assess the level of spirituality of the individual and contribute to its enhancement.

Table 2

Thematic plan of the special course
“Psychology of spiritual formation and realization of personality”

№	Topic	Number of hours			
		Total	Lec- tures	Pract.	Indiv. work
	<i>Section I. Theoretical and methodological foundations of spiritual formation and realization of personality</i>				
1	Socio-psychological nature of the spiritual formation of the individual	20	6	6	8
2	Fundamentals of spiritual formation of student youth				
3	The main sources of the formation of the spirituality of the individual				
	<i>Section II. Psychological modeling of the process of spiritual formation of personality</i>				
1	Value orientations as a structural component of spiritual formation and realization of personality	22	8	6	8
2	Psychological factors of formation of value orientations of student's youth				
3	Model of spiritual formation of personality				
	<i>Section III. The system of values as the basis of spiritual formation and realization of personality</i>				
1	Formation of a system of values as the basis of the spiritual formation of the individual	20	6	6	8
2	Religious values as an important factor in the spiritual development of the individual				
3	Training as an effective method of forming the spiritual values of the individual				
	<i>Section IV. The program of spiritual formation and implementation of the manager's personality</i>				
1	Religious consciousness as a necessary component of the spirituality of the individual	22	8	6	8
2	Diagnosis of types of religiosity and religious attitudes of the individual				
3	Determining the levels of spirituality according to the relevant criteria				
	<i>Total:</i>	84	28	24	32

The program included the formation of a system of values as the basis of spiritual formation and realization of an individual; the identification of religious values as an important factor of spiritual development of personality; training as an effective method of forming of spiritual values of the individual; the allocation of the religious consciousness as the essential component of spirituality of the individual; lectures on the special course “Psychology of spiritual formation and implementation of the personality” (Table 2).

By having grouped the main characteristics, we obtained data on the levels of spirituality of the individual (Table 3).

Table 3

Characteristics of levels of spirituality

The level of spirituality	Level characteristics
Low	<ul style="list-style-type: none"> ❖ the individual does not always affirm the spiritual values of existence in words and deeds; ❖ the individual strives to avoid the introduction of spiritual values in life; ❖ the individual accumulates his knowledge about the spiritual, cultural and religious life of the country by accident; ❖ the individual dedicates his work to a spiritual idea only sometimes; ❖ correlating personally significant values with spiritual ones, the leader takes into account the latter only under favorable conditions.
Medium	<ul style="list-style-type: none"> ❖ the individual always in words and not always in deeds affirms the spiritual values of existence; ❖ the individual accepts spiritual values without due desire; ❖ the individual replenishes his knowledge about the spiritual, cultural and religious life of the country under the guidance of a mentor or under favorable conditions; ❖ the individual dedicates his work to a spiritual idea under favorable conditions; ❖ the individual has difficulty correlating personally significant values with spiritual ones.
High	<ul style="list-style-type: none"> ❖ the individual in words and deeds affirms the spiritual values of existence; ❖ the individual willingly accepts spiritual values and embodies them in his own life; ❖ on its own initiative the individual receives information about the spiritual, cultural and religious life of the country; ❖ work for the sake of a spiritual idea becomes the meaning of a person's life (selfless service); ❖ the individual reconciles personally significant values with spiritual ones, prefers spiritual values.

In order to study the assessment of the level of spirituality development in students, we have conducted an experiment. The respondents of the study consisted of young people who are studying in higher educational institutions of Lviv region: 305 people of different years of study at the university were interviewed. Young people with a high level of spirituality and an appropriate level of self-regulation do not pose special troubles or inconvenience for mentors, they are independent and disciplined, law-abiding and try to meet the requirements of education. The ambitions to develop in the individuals the desire to expand their own capabilities in accordance with the focus on the model – “the best I can be” – contributes to the spiritual formation, personal growth of the person.

The peculiarity of students with an average level of spirituality is that they prefer personal life experience over the beliefs of others. Therefore, it is important for the mentors to actualize the connection between their own life experiences and spiritual values. Young people with an average level of spirituality need general measures that will allow the young person to experience the action, which can then become the subject of discussions, round tables during the conversation, and so on. The way from one's own experience through its

comprehension and generalization in the balance of positive and negative, awareness of details for further realization – a constructive way of interaction with the individual in the direction of development of his spirituality. The characteristic of people with a low level of spirituality is the advantage of wealth over spiritual.

Consequently, such individuals is important to help see life alternatives, encourage them to choosing ideals emphasize the spiritual aspects of life. An instructor is advisable to update aspects of moral behavior, citing the experience familiar to the young person or the immediate environment, and illustrate promising action that might confirm this idea.

The characteristic of people with a low level of spirituality is the predominance of material values over spiritual ones. Consequently, it is important to help such people to see life alternatives, to encourage them to choose ideals, to emphasize the importance of the spiritual aspects of life. It is advisable for the mentors to actualize the moral aspects of behavior, referring to the experience of a familiar to everyone young person or the immediate environment, and to illustrate a perspective action that can confirm this idea.

Comparison of the distribution of students' spirituality levels “before” and “after” the implementation of the program of spiritual formation of personality (Fig. 3) illustrated the effectiveness of the applied program. In particular, the share of high levels of spirituality in young people has increased by 20 % (due to the introduction of the above-mentioned program).

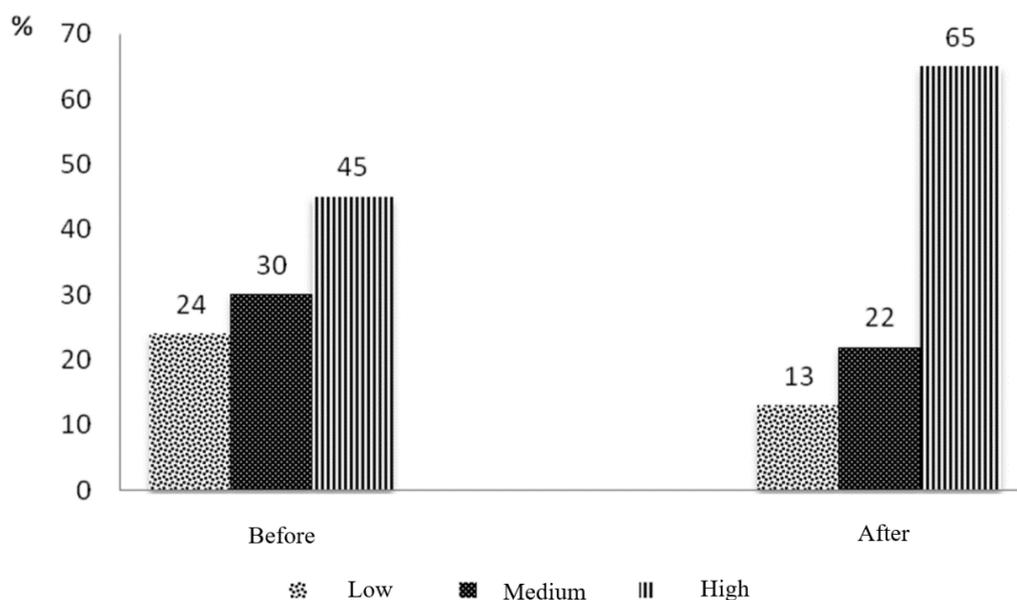


Figure 3 – The level of development of spirituality of students (“before” and “after” implementing programs of spiritual formation and realization of the personality)

We performed a correlation analysis of the results, in particular the dependence and mutual influence between: level of spirituality and intelligence; level of spirituality and empathy; level of spirituality and level of reactive anxiety; level of spirituality and level of personal anxiety; level of spirituality and religiosity level; level of spirituality and religious attitudes level; level of spiritual and material values, etc. (Table 4).

Table 4

Meaningful indicators studied characteristics
(based on correlation analysis)

	PA	SA	LS	CV	LE	LR	MV	RA	LI
PA	1,000	0,757	-0,710	0,537	-0,637	-0,564	0,642	-0,708	-0,384
SA	0,757	1,000	-0,705	0,525	-0,582	-0,498	0,580	-0,712	-0,355
LS	-0,712	-0,705	1,000	-0,615	0,589	0,745	-0,657	0,626	0,473
CV	0,537	0,525	-0,615	1,000	-0,613	-0,461	0,611	-0,619	-0,514
LE	-0,637	-0,582	0,589	-0,613	1,000	0,557	-0,574	0,499	0,583
LR	-0,563	-0,498	0,744	-0,460	0,557	1,000	-0,623	0,591	0,586
MV	0,641	0,580	-0,657	0,611	-0,574	-0,623	1,000	-0,677	-0,498
RA	-0,707	-0,711	0,626	-0,619	0,499	0,591	-0,677	1,000	0,522
LI	-0,384	-0,355	0,473	-0,514	0,583	0,586	-0,498	0,522	1,000

Legend: PA – personal anxiety; SA – situational anxiety; LS – the level of spirituality; CV – chaos values; LE – the level of empathy; LR – the level of religiosity; MV – material values; RA – religious attitudes; LI – level of intelligence.

We also present the criteria that a spiritual person should meet: *moral*: the spiritual person has to be a religious person and also has to practice the chosen religion; to have objective and subjective authority; to have a passion to work and respect to it; to be fair; have ethical and business delicacy and joy of communication; *intellectual*: high level of professional training; accuracy of memory, flexibility of thinking, creativity of imagination; temperament, stable nervous system (congenital factors); willpower and faith (acquired factors); speech culture, rhetoric; intuition; observation skills; *physical and canonical*: clothing, posture, behavior; nobility, spiritualization.

Sources of spiritual personality are: the book of books – the Sacred Scripture, Theology (as the science of God); Holy Liturgy – teacher of life (A. Sheptytsky); Prayer – the development of the soul; church art; Christian philosophy (knowledge of God); nature, culture, art, sports, etc.

Conclusions. The rise and prosperity of our state is possible only under the condition of professional and spiritual formation and realization of every citizen, professional, specialist, who should become a decisive force that will ensure the irreversibility of Ukraine's progress to its will, glory, economic and social welfare, healthy nation, a strong state of the European level.

In summary, it should be noted: "Panic, fear – the faithful companions of the enemy and defeat; belief in victory is a strong and motivating factor of victory itself, and the most powerful resource of victory is three things: faith in God; self-belief; faith in your country. It is important to fulfill your immediate responsibilities, to help others, to return to a "learning state of mind", a state in which you are resourceful. After all, after the darkness of the night, the light of a new day always comes"! We express our heartfelt gratitude to the leadership of the state, servicemen of the Armed Forces of Ukraine, volunteers, journalists, people of good will for the heroic defense of our Motherland.

Conflict of Interest and other Ethics Statements.

The authors declare no conflict of interest.

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**Наталія ЖИГАЙЛО, Олексій ШЕВЯКОВ,
Щу ГАО ХАН, Тамара ХОМУЛЕНКО**

ІСТОРІЯ ВОЄННОЇ КУЛЬТУРИ ТА МИСТЕЦТВА ПЕРЕМОГИ

Анотація. У статті розглядаються проблеми методики надання психологічної допомоги в умовах війни з соціокультурної точки зору. Основним завданням дослідження є аналіз культури використання психологічних прийомів у воєнний час та деталізація необхідної допомоги при отриманні психологічної травми. У дослідженні висвітлено досягнення колективу фахівців Львівського обласного осередку Товариства психологів України спільно з кафедрою психології, психологічної служби ЛНУ імені Івана Франка, колегами з Харківського національного університету та Дніпропетровського державного університету внутрішніх справ.

У статті уніфіковано та розвинуто поради експертів. Автори намагаються подолати страх війни почуттям віри в перемогу, регулюванням інформаційних потоків новин, наповненням позитивом, молитвою, здоровим способом життя (водний баланс, спорт, рухова активність, фізична праця, вітамінізація, нормалізація сну). Другий спосіб – психологічна підтримка, допомога іншим, розвиток почуття гумору, техніки гри, гасла миру, планування майбутнього.

У статті доводиться, що духовність, як інтегративна якість, є однією з найфундаментальніших характеристик особистості як відкритої системи. Духовність – це складне психічне явище, прояв внутрішнього світу людини, енергоінформаційної структури особистості. Духовність – це специфічна риса особистості, яка відповідає двом фундаментальним потребам: ідеальній потребі в знаннях і соціальній потребі жити й діяти для інших. Під духовним становленням особистості розуміється набуття духовних цінностей, релігійної свідомості та самосвідомості особистості; розвиток її духовних пріоритетів; обґрунтування системи цінностей, які повинні лягти в основу життя, щоб вийти на перший план усього процесу життєдіяльності. Джерелами духовності є наука, культура, релігія та мистецтво.

Узагальнено досвід духовного виховання, зростання його значення в українському суспільстві в рамках цілісної системи духовного становлення людської особистості на прикладі студентства.

Ключові слова: *війна, мир, перемога, віра, сила волі, метод нейролінгвістичного програмування, психологічна травма, психологічна допомога.*

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