PSYCHOLOGICAL SCIENCES

USE OF ART THERAPY METHODS TO SUPPORT THE PSYCHOLOGICAL WELL-BEING OF WOMEN IN WAR CONDITIONS

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The life experience of Ukrainians has been irreversibly transformed by the Russian invasion and the need to continue life in extreme circumstances, dividing the subjective perception of life into "before" and "after" for the population of Ukraine in general. However, we consider it important to pay attention to the peculiarities of the psychological well-being of women, as a significant category of the population that supports the family and economic front of the country and needs attention no less than the military, as well as unprotected sections of the population in conditions of geopolitical and economic crisis. In our opinion, the symbolic image of a Ukrainian woman today is transformed from a gentle or strict family hearth familiar to our culture to a modern, rebellious and indomitable valkyrie, which combines the need to cope with conditions of loss of comfort, regular danger, work at home and at work, the need to support family members and take care of emotional and financial well-being, and at the same time to show efficiency, proactivity and continue to pave the way of one's own self-realization In view of this, we believe that Ukrainian women need the attention of scientists and practicing psychologists in order to ensure, develop and strengthen psychological well-being. After all, while the majority of men actively protect the borders and independence of our state, civilian women ensure the integrity of the state from the inside, manifesting themselves as invisible warriors who daily imperceptibly support and guide their loved ones and relatives, and continue their own path. However, the adaptive resources of the psyche are not unlimited and require regular restoration, which is especially relevant in conditions of chronic, acute stress, as well as distress, which accompany every day of our lives from February 24, 2022, affecting the peculiarities and dynamics of

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psychological health, which in scientific literature is often synonymous with the concept of psychological well-being [5, p. 161].

Therefore, psychological well-being is an integral psychological property inherent in the individual, which is formed in the process of ontogenesis and is characterized by the features of life perception and the formation of the world picture, the nature of motivational and emotional-volitional activity, the sense-life and value sphere, as well as the features of the formation and maintenance of social interaction [7, p. 74-76; 8, p. 150]. Note that K. Riff singles out the following six determinants for the formation of psychological well-being, namely:

– having a positive attitude towards one's own past and oneself;

– the presence of actual goals that ensure the satisfaction of the sense-life sphere of the individual;

– the presence of an active opportunity to implement the tasks of everyday life;

– the presence of satisfaction from the feeling of own self-realization and the opportunity to develop;

– the presence of satisfaction from trusting and caring relationships with close people or the presence of general positive social ties;

– the opportunity to follow one's own beliefs and adhere to them [1, p. 152; 8, p. 150].

According to research conducted by I. D. Istinyuk, S. L. Kondratyuk, and I. Y. Starovoit, it was established that psychological well-being has a positive effect on the development of a person's resilience, thus opening up prospects for the development of mental balance, self-regulation, post-traumatic growth and maintenance of general health and recovery in crisis and extreme situations, such as war [2, p. 94]. No less interesting are modern studies, which are due to the wave of active use of art therapy in Ukraine, as an art technology and a psychotherapeutic method aimed at the ecological activation of personal resources through the use of creative activities aimed at the self-development of the individual, the resolution of intrapersonal conflict situations through the active use of metaphor, the triadic structure of the consultative and therapeutic process, as well as the use of mental defense mechanisms – projection, sublimation, transference and countertransference, which allows you to bypass the censorship of the individual's consciousness and work by touching the mental material that is on the unconscious level of the psyche [3, p. 9-36; 4, p. 13-16; 6, p. 194-197; 9, p. 37-55]. We should also note that the expediency of using art therapy as an effective method in dealing with anxiety and other challenges of war is supported by such researchers as O. Voznesenska, G. Katolik, O. A. Miroshnichenko, M. V. Palchynska, N. Ye. Shilina and other researchers, pointing out the advantages and prospects of active use of creativity

in the development of psychological well-being, maintenance and development of mental health, as well as prevention and correction anxiety and other psychophysiological problems caused by exhaustion as a result of experiencing extreme, traumatic and crisis events of wartime.

Therefore, we consider it important to develop and popularize the professional use of art therapy methods in the life of Ukrainian society, in particular among women, in order to ensure the development of psychological well-being and self-realization of Ukrainian women as strong, independent citizens of our country, who nurture their own identity and preserve opportunities for healthy and effective social interaction.

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