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THE TRAUMATIC CONSEQUENCES OF WAR, THE STRESS FACTOR INFLUENCING THE PSYCHE OF STUDENTS

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Combat stress isn't just fatigue or fear. It's a complex psychophysiological condition that occurs in military personnel during or after combat. Its impact on a soldier's psyche is enormous: it can be temporary or leave deep, long-lasting marks. Studying this topic is important not only for the military but for society as a whole, as many soldiers are students, graduates, and postgraduates. Understanding the nature of combat stress helps develop effective measures to assist and support those who have returned from war.

Combat stress is the body's response to a life-threatening, mortal danger, or stressful conditions. It is a combination of physiological reactions (increased heart rate, sweating, blurred vision) and psychological changes (fear, panic, stupor). It is important to distinguish between short-term stress, which can mobilize a soldier, and chronic stress, which undermines health. The latter often leads to post-traumatic stress disorder, which requires professional help.

A soldier's behavior in combat is the result of a complex interaction of psychological, emotional, and physiological factors. Understanding these aspects allows us not only to predict soldiers' reactions but also to develop effective training methods that help maintain combat effectiveness and reduce negative consequences. Key psychological factors influencing behavior: fear, anxiety. Fear is a natural response to a threat, and it can be intense in combat. Proper fear management increases vigilance, while excessive anxiety leads to panic and inhibition of action. Motivation, meaning of participation. High motivation arises from a clear understanding of the mission's objectives and the personal significance of the service. It supports the will to win and the readiness to act in difficult conditions. Level of training, confidence. Psychological resilience depends on knowledge of tactics, weapons proficiency, and training in stressful situations. Confidence reduces fear and also helps make rational decisions. Social support, cohesion. The support of comrades and commanders, as well as team cohesion, are important resources for emotional stability and combat effectiveness. Personal qualities. Stress resistance, self-control, determination, and adaptability greatly influence behavior. Developing these qualities is a key goal of psychological preparation. Stages of adaptation: shock reaction. A primary reaction to an extreme situation, accompanied by intense emotional stress. This may manifest as confusion, bewilderment, impaired coordination, and panic. Acute adaptation. The body and mind attempt to cope, activating defense mechanisms. Resource mobilization increases, vigilance develops, but high anxiety persists. Chronic adaptation. A prolonged period

of adjustment, when negative emotions begin to impact both physical and mental well-being. Sleep disturbances, decreased performance, and emotional exhaustion are possible. Rehabilitation. Restoring a normal state after leaving a military environment. This requires specialist support, time off, psychotherapy, and social adaptation.

Long-term adaptation. Gradually building resilience to stressors and integrating experiences. Working with a psychologist, family support, and developing self-regulation skills are important. Long-term adaptation. Gradually building resilience to stressors and integrating experiences. Working with a psychologist, family support, and developing self-regulation skills are important. How can we help student soldiers? Provide high-quality psychological preparation before combat. Organize regular training in stress management and relaxation techniques. Maintain strong team cohesion and mutual support. Provide access to professional psychological and psychiatric care. Create conditions for rest and recovery during and after deployment. Implement programs to prevent post-traumatic stress disorder. Train commanders to recognize signs of psychological problems in subordinates. Encourage open communication and discussion of problems without fear of judgment. Use cognitive behavioral therapy methods to correct negative reactions. Maintain contact with soldiers' families to strengthen social support. Family and society play a significant role. Without their understanding, the army's efforts may be insufficient. In developed countries, non-profit organizations are actively working to help veterans reintegrate into society and find a new place in life. Combat stress is more than just stress. It is a difficult ordeal that can change a person forever. That's why it's so important not only to prepare student soldiers for potential stress, but also to provide them with a reliable rearguard: psychological support, medical care, and assistance from loved ones and the community.

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