

ANOTATION
Qualifying work to obtain a master's degree
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Peculiarities of mental health of youth during martial law
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The study examines the features of mental health among young people during martial law, focusing on the factors affecting its condition and ways to maintain psychological well-being. It is determined that mental health is an essential component of overall health, ensuring quality of life, adaptability, and resilience to stressful situations. Special attention is given to the impact of martial law, which exacerbates anxiety, stress, and the risk of developing post-traumatic disorders.

The empirical study, conducted using a set of psychodiagnostic methods, included an analysis of stress levels, anxiety, depression, and coping strategies chosen by young people to overcome difficulties. The results showed that both adaptive strategies (seeking social support) and maladaptive ones (avoidance) are common among respondents, influencing subjective well-being and stress levels.

The correlation analysis of the relationships between mental health components and coping strategies confirmed that the choice of adaptive strategies (problem-solving, reframing) is associated with higher well-being levels, whereas avoidance correlates with increased stress.

Practical recommendations focus on developing individual adaptability, emotional intelligence, self-regulation skills, and implementing state programs for psychosocial support. The importance of a comprehensive approach, involving interaction between individuals, families, society, and state structures, is emphasized to maintain the mental health of young people under martial law conditions.

The research results can be used to improve psychological support programs and prevent mental disorders among young people.

Key words: mental health, youth, martial law, anxiety, pedagogical stress, coping strategies, adaptability, psychological support.