



Catharsis as a condition for building youth resilience during war

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Relevance: In times of war, young people face various risk factors significantly affecting their physical and mental health, as well as their overall development and future prospects. Especially in regions of active combat, the youth experiences significant traumatic events, encountering stress, fear, loss, and other challenges.

The analysis of catharsis as a phenomenon and its impact on the formation of youth resilience becomes especially important. Catharsis, as a way of emotional release and processing traumatic events, can significantly influence how an individual reacts to stressful situations and how they adapt to post-traumatic challenges.

Investigating catharsis during times of war and its connection with resilience can aid in understanding the psychological mechanisms that help young people survive and overcome stressful situations, contributing to the development of practical approaches for psychological support and rehabilitation for youth who have experienced traumatic events.

Objective: To expand knowledge and contribute to further developing approaches for psychological support and rehabilitation for youth who have experienced trauma related to military actions in Ukraine by studying the phenomenon of catharsis and its impact on personal resilience. Identifying opportunities to apply knowledge about catharsis to develop programs for psychological support and rehabilitation for youth.

Method: Literature search was conducted in scholarly databases including Web of Science, Scopus, PubMed, and Google Scholar using keywords "catharsis," "resilience," "traumatic experience." The search was conducted from 2010 to 2023. 82680 sources were identified, and literature reviews included publications containing information about conditions shaping resilience in youth.

Results: Catharsis, through various expressive forms, plays an essential role in the psychological recovery of youth after traumatic events and helps overcome the negative effects of stress and conflicts.

Research in the field of catharsis shows that open expression of emotions, their experience, and processing can help individuals find psychological relief by releasing emotional tension. However, individual characteristics of a person and the context in which this process occurs should be considered.

Further research and the development of youth support programs in wartime conditions can include integrated approaches that combine various catharsis methods, community support, and psychological assistance.

Conclusion: Catharsis, as a psychological phenomenon, is an important aspect in the mental state and adaptation of an individual to stress and traumatic events. This phenomenon may play a crucial role in forming the resilience of youth during wartime and aid in overcoming emotional stress associated with adverse events.

Understanding the mechanisms of catharsis can contribute to the development of effective intervention techniques and psychological rehabilitation to support mental health in military conflicts and crisis situations.

Overall, implementing catharsis into youth support programs in wartime conditions can significantly enhance their ability to overcome stress and traumatic experiences and develop resilience.

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