

**МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ
БУКОВИНСЬКИЙ ДЕРЖАВНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ**



МАТЕРІАЛИ

**106-ї підсумкової науково-практичної конференції
з міжнародною участю
професорсько-викладацького колективу
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У збірнику представлені матеріали 106-ї науково-практичної конференції з міжнародною участю професорсько-викладацького колективу Буковинського державного медичного університету (м. Чернівці, 03, 05, 10 лютого 2025 р.) зі стилістикою та орфографією у авторській редакції. Публікації присвячені актуальним проблемам фундаментальної, теоретичної та клінічної медицини.

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IMPACT OF SOCIAL CHALLENGES ON PSYCHOLOGICAL RESILIENCE AND EDUCATIONAL MOTIVATION

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Introduction. Modern society faces numerous challenges that require new approaches to maintaining psychological health and motivation, particularly in the educational sphere. Rapid changes and unpredictable circumstances, such as the war in Ukraine, demand that educational institutions not only provide quality education but also support the psychological well-being of students and staff.

The aim of the study. To determine the impact of social challenges, particularly war, on the psychological resilience and motivation of students in educational institutions.

Material and methods. The study is based on an analysis of scientific sources related to the effects of societal changes on psychological resilience and motivation, as well as the adaptation of the educational process during crises.

Results. Education is a fundamental component of state development and the formation of new generations. Modern educational institutions must not only provide knowledge but also adapt to new conditions, creating a positive image. A positive image is important for the competitiveness of universities and attracting students. This allows institutions to maintain leadership in the educational services market, enhancing the value of their graduates in the labor market. Simultaneously, it is critical for educational institutions to support the psychological resilience of students, helping them overcome difficulties and maintain motivation.

One of the key challenges of today is the war in Ukraine, which significantly impacts the psychological state and motivational sphere of individuals. On the one hand, it unites people around a common goal – the defense of their country. Many Ukrainians have become more motivated to protect national values and independence. On the other hand, the war creates significant psychological burdens, manifested in increased levels of anxiety, depression, and sometimes a sense of loss of purpose in life.

In such a situation, the concept of resilience – psychological stability – becomes important. Resilience in education refers to the ability of educational institutions, educators, and students to adapt to stressful situations while maintaining the quality of education and psychological well-being. To achieve this, it is essential to create a safe educational environment that supports both physical and psychological safety. Educational institutions must implement flexible learning formats, including a combination of in-person and remote learning.

Digital technologies also play a significant role in maintaining the continuity of education and motivation amid societal challenges. The use of adaptive platforms, virtual and augmented reality helps students stay engaged in the learning process, even in difficult circumstances. Gamification of learning also enhances student engagement and improves their motivation.

In addition to technical solutions, psychosocial support is also essential. The development of emotional intelligence, self-regulation skills, and media literacy are key elements for maintaining psychological resilience. Special attention should be given to creating a supportive environment where students can share experiences, receive emotional support, and participate in decision-making regarding the organization of the learning process.

Conclusions. Thus, psychological resilience and motivation become key factors for successfully adapting to societal changes. The integration of educational technologies and psychosocial support allows educational institutions to maintain students' motivation and psychological health, ensuring effective learning in times of crisis. This contributes to the formation of a resilient society capable of development even in the most challenging times.