

Всі вище вказані функції ми можемо віднести до напрямку посттравматичного зростання особистості за R. Tedeschi та L. Calhoun - зміни в міжособистісних стосунках, що відображають уявлення людей з ознаками ПТЗ про зближення одне з одним, покращення та поглиблення сімейних та родинних стосунків.

Науковці так описують новоутворення ПТЗ у міжособистісних стосунках: надається висока оцінка іншим, особливо родичам, друзям, знайомим, зростання цінності стосунків, альтруїзм і відданість, здатність приймати допомогу, підвищена чутливість стосовно інших та відкритість до нових форм поведінки; звертає на себе готовність проявляти і виражати свої почуття; щире співчуття іншим дозволяє встановлювати більш близькі та глибокі стосунки; підвищена довіра до світу допомагає ефективнішому використанню соціальної підтримки, а набута впевненість дає можливість впливати на стосунки, керувати ними, утримувати їх [1].

Отже, за допомогою підтримки від сім'ї, родини, людина юнацького віку може знайти засоби для пристосування до травматичного досвіду та розвитку відповідних ресурсів для подальшого життя.

#### ЛІТЕРАТУРА

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## THE PROBLEM OF PERSONAL PROFESSIONAL SELF-ACTUALIZATION DURING THE DEPRESSIVE DISORDER

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Formulation of the problem. Each person is born with their own personal potential, which can be realized in the course of life and bring a person a sense of fullness of his own life, a feeling of happiness. The chance of success is enhanced by one's own abilities and skills acquired in a certain activity. It is quite important that the activity directs the individual to the development of those qualities that correlate with his/her personal potential. This is what allows a person to feel the maximum realization of personal capabilities. It is important to pay attention to

the relationship between individuality and society, where self-actualization is an opportunity to express individuality in its skills, abilities, knowledge, creative product of activity, certain emotional reactions and feelings. Self-actualization allows an individual to make his own and unique contribution to society. At the same time, for society, self-actualization of an individual becomes a tool for its diversification, improvement, on the one hand, on the other - perhaps society itself sometimes builds the framework for self-actualization of an individual [2].

The process of development of self-actualization rarely looks like a growing graph, where with each subsequent step, a person breaks his innate potential more and more. More often, this process looks like a wavy curve, where a person experiences successes, failures and sometimes no changes during his life, including the professional activities. A person's psychological and physical condition are important aspects that influencing a person's ability to professionally self-actualize. And if modern society pays attention to physical features, trying to create conditions for inclusive education or inclusive work, mental health features are still heavily stigmatized. Therefore, we consider it appropriate to consider the peculiarities of professional self-actualization of people with a mental disorder, such as depression.

Presentation of the main material. In the practical work of a psychologist, requests related to emotional burnout, apathy, procrastination, complete indifference in professional activities appear more and more often. Society labels such people as lazy, inattentive, indifferent, losers, unfocused, etc. The problem of mental disorders is relevant and widespread at the same level as physical diseases. The most common mental health disorder in the world is depression, which includes the symptoms listed above. According to the WHO, more than 264 million people (more often women) suffer from depression in the world. The highest prevalence is among teenagers and young people aged 18-25 (13%). It is the leading cause of unemployment in the world. Therefore, depression is a factor that complicates the development of a person's self-actualization, and especially at the stage of forming a professional identity (studying at a university or starting a career) [3].

The profession as a sphere of personality manifestation makes a gross share in the desire to realize oneself, and therefore in one's own self-actualization. The chosen profession becomes a way to build one's own self-image, a part of personal identification. Professional activity is a field for setting and achieving goals, «finding yourself», assigning a new professional role; a field for creativity and realization of one's own meanings and values. Based on this, the level of professional self-actualization can be considered an important component in self-perception [1].

However, it is mentally and physically impossible for a person suffering from depression to develop in the chosen profession, because it takes too much energy, when all energy is spent on processing difficult emotions, thoughts and states. It is worth noting that we are talking more about the average and severe form

of depression. With a mild form, a person can outwardly maintain the same level of activity: go to work, do household chores, but at the same time have a psychologically altered severe condition. Even with a mild form of depression, the development of professional self-actualization can be significantly complicated.

What prevents a person with a depressive disorder from professional self-actualization? Both psychological and physical manifestations can become an obstacle:

- Depressed mood for most of the day;
- Decreased interest and satisfaction in almost all activities: loss of interest in what was previously exciting, no work or achievement brings joy;
- Significant weight loss or gain without special nutrition or diets;
- Psychomotor agitation or retardation: excessive fussiness or slowing of movements, speech;
- Manifestations of insomnia or drowsiness: it is difficult to fall asleep, sleep is superficial and does not bring rest;
- Feeling of fatigue, loss of energy;
- Decreased ability to think, concentrate, make decisions: thoughts focus on negative facts, distract from activities or decision-making;
- A sense of one's worthlessness, guilt: thoughts and memories of one's own failures, a feeling of guilt before loved ones;
- Recurrent thoughts about death (not fear of death), possible suicide attempts[3].

Depressive disorder can occur due to high levels of stress, as well as due to life changes that are significant for the individual. For example, postpartum depression, which prevents the mother from fulfilling her role functions, or depression after achieving an important goal for which a lot of effort was involved. After traumatic stressful experiences, as soon as the human psyche is safe and the protective mechanisms are weakened, a depressive state is also likely. That is why the emotional state of Ukrainians in forced emigration often worsens, not at the moment of a terrible evacuation, life in a refugee camp or in the process of arranging education/housing/work in a new country, but at the moment when there is a new job, documents and a stable life. That is, there is a safe space for the psyche to react to an emotional state, sometimes in the form of a depressive disorder.

In order to return to a state of stable mental health, it is necessary to clearly understand the degree of depressive disorder. With a mild form, lifestyle changes (reducing stress factors, increasing physical activity, giving up bad habits and changing diet) and psychotherapy (searching for new meanings, self-help methods) are sufficient. For moderate and severe forms of depressive disorder, medication support and psychotherapeutic support are required.

In very rare cases, mental illnesses, including depressive disorder, act as factors contributing to the development of professional self-actualization. This is what

happens when a person finds a creative way to express their difficult emotional experiences, an example, can be served by numerous talented writers and artists who were characterized by depressive episodes.

Conclusions. Depressive disorder is a factor that often prevents the development of professional self-actualization. Therefore, it is advisable to spread information about the symptoms and course of this disease, which on the one hand could help to distinguish a depressive episode between fatigue, exhaustion or simple disinterest, and on the other - would help to normalize the importance of mental health in society. Psychological education is a way to reduce the development of severe forms of depressive disorder.

## REFERENCES

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## АРТ-ТЕРАПІЯ В РОБОТІ З ТРАВМАТИЧНИМ ДОСВІДОМ ПІДЛІТКІВ

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Надзвичайна стресова подія супроводжується втратою відчуття безпеки і включає одиничний травмуючий досвід або повторювані численні переживання. Реакція підлітків у ситуації травмивного досвіду буде різною і залежатиме від великої кількості різноманітних чинників.

Психіка підлітків – дуже вразлива й ранима. Підлітки добре відчувають будь-які зміни в поведінці оточуючих, особливо своїх батьків, навіть якщо ті вдають, що нічого не відбувається. В умовах війни підлітки є однією з найбільш вразливих категорій населення. Наразі, десятки тисяч підлітків в Україні, перебувають у тяжких фізичних умовах, недитячих соціально-психологічних кордонах, вимушено дорослішають, зазнають психічних травм, стають жертвами страшних злочинів проти людяності [1].