

Snihur Liudmyla¹, Sarafaniuk Eduard² & Lukhanin Volodymyr³

PSYCHOLOGICAL PECULIARITIES OF RECREATIONAL CHILDHOOD PSYCHOLOGY IN THE CONDITIONS OF WAR

*¹⁻³Military Academy of Ukraine,
Odesa, Ukraine*

Abstract. *The article reveals the peculiarities of recreational psychology in connection with the military actions in the East of the country. The authors study students' motivation for the professional armed defense of the country and the essence of urgent problems of interpersonal relations between militarists. On the basis of these studies, they reveal the approximate content of the activity program (joint with militarists) organized for children in the recreational period from the point of view of cadets with the experience of combat operations, for forming the personality of the child as the future defender of the country. In this regard, the recreational period is considered as offering significant opportunities for the restoration of the soldier and the child in the joint activity and development of the personality of the child as the future defender of the country. The psychological support of the child's recreational period and the implementation of the relevant program by the students in joint activities with children during the holidays are provided.*

Keywords: *recreational psychology, creativity, recreation, motivation, vocation, protection of the country, childhood, joint activity of the soldier and the child.*

Problem statement, its relevance and connection with scientific tasks. In the period of fighting for the dignity of the Ukrainian people and the inviolability of the Ukrainian state borders, the key task is to make the independence of our state irreversible, which makes the civic orientation of children's organized leisure in the recreational period socially and nationally important task.

Modern stage of social development is characterized by the growth of the role of the personality civility [4, 7, 10] and the recreational period in the process of restoring strength and development of a person. There is a sad reality [1] and statistics of children who grew up in the conditions of war [12].

Recreational period affects not only the restoration of strength, but also the person as a whole.

Contemporary times contain not only political, military, economic or information threats, but also the negative moral and psychological impact, which wars are usually accompanied by and which is vitally necessary to powerfully confront to in the spiritual and psychological spheres, in science and practice. War, corruption, social injustice, language issues, cultural degradation. The victory on the external perimeter of defense has spiritual, psychological, cultural springboard in the middle of Ukraine.

Recreational period contains potential opportunities for strengthening the spiritual and psychological potential of the child which is so important during the war.

The object of our study was the process of mutual influence of cadets (during the holidays period) and children in the space of common civic-oriented activity in the recreational period.

The subject is psychological peculiarities of the successful recreation of children in the space of forming their orientation to professional protection of the country.

The aim was to identify the factors of children's motivation to protect the country in the recreational period, seeing it from the point of view of militarists with the experience of combat operations and the creation of a plan – a program of joint activities with the militarists' children during their holidays.

In the process of achieving the goal, the following tasks were solved:

1. By means of the scientific literature analysis, to determine the theoretical and methodological foundations of the diagnostic and correctional work.
2. To study the cadets' motivation for the protection of the country and the psychological difficulties they face in their daily activities.
3. To create a plan-program of joint activity of militarists and children (in the period of their recreational activity) taking into account the results of the research for preparing and motivating them for further protection of the country.

According to the aim of the study, we used the following methods: observation, expert evaluation, J. Kelley's test, survey, questionnaire, psychological drawing, content analysis of works, method of studying the level of civility (L. A. Snihur), "Locus of control" methods by J. Rotter .

Analysis of recent research and publications. At the present stage of the recreational psychology development, recreation connected with the consequences of staying in the area of fighting (O.V.Timchenko, N. M. Mas) requires updating the creative potential of a person (V. O. Moliako, A. I. Savenkova, M. V. Savrasova, S. M. Symonenko et al.).

The problems of personality's self-development, self-actualization and self-realization were studied in the works of the representatives of psychology of meaning (V. Frankl), humanistic psychology – A. Mey, R. Olport, the psychology of the works of Karl and Natali Rogers, the life-giving activity of the individual (V. M. Yamnytskyi) etc. In the space of free time, the development of personality's individuality (K. G Jung) takes place. What becomes important, is the notion of "man for himself" (E. Fromm). The ideas of propitiative (G. Allport), the authentic existence of man can be fruitfully realized in the period of leisure time.

The need for attention to the recreational period in childhood is explained by a number of considerations:

1. Scientific and practical studies of people with post-traumatic stress disorder (PTSD) demonstrate the dependence of emergency and manifestation of PTSD on all previous human life (B. Khersonskiy, O. Cheban). Therefore, a healthy, happy and cultured childhood must be fought for.
2. The manifestations of PTSD after the combat operations do not have a limitation period and can be provoked throughout all life, there is also the phenomenon of transgenic transmission of PTSD to the next generations (Z. Komar,

2017 et al.). Therefore, control over the quality of the rest period and the possibility of its use are important not only for the prevention of PTSD and recovery, but also for personal, civil development, the development of self-realization and psychological culture.

3. The development of motivation for the country protection is influenced not only by systemic but also by point-like bright impressions that often determine the choice of profession, favorite activity (L. A. Snihur, 2004, A. M. Donchak, 2013). Therefore, organization of such impressions makes sense both for children during the period of recreation, and for militarists during their vacation.

4. During the war, there is a special sense and emotional connection between soldiers and children. Children with their defenselessness and direct manifestation of love motivate soldiers; communicating with children they feel their own importance and significance.

At the same time, training cadets for the activity which is intended not only to make a qualitative and meaningful period of recreation for children, but also to significantly affect the moral and psychological state of soldiers – participants in combat operations, has not been practiced so far.

In our practical work, this directed joint activity covered 700 soldiers and 1200 children.

One of the areas of national age and pedagogical psychology, which is to scientifically solve this global problem for society, is recreational psychology and, in particular, the recreational psychology of childhood (S. M. Symonenko) [8, 9]. The recreational period is understood as the period of organizing subject's life, during which he restores (supports, strengthens) his mental and physical health [8]. S. M. Symonenko emphasizes that during this period, the subject has the opportunity not only to rest, gain strength, improve himself, but also to receive new incentives and guidelines for his own self-development, to rethink certain stages of his life path, to set new tasks and open up new perspectives for his further activities (ibid.).

The realization of the tasks of the recreational period during the war is based on the principles of activity (H. S. Kostiuk), the activity and personality-based approach, psychology of the dignity of man and citizen (V. V. Rybalko); the psycho-therapeutic meaning of sense (V. Frankl), a strategic and semantic approach to the study of visual creativity (S. M. Symonenko); developmental education (O. M. Matiushkina); non-violent communication (M. Rozenberg), on value-oriented and behavioral approaches to the formation of a person as an individuality (V. V. Romanets, A. V. Furman).

The analysis of the basic approaches to defining the content of psychological work during the recreational period made it possible to distinguish the directions that unite all existing practical models and are characterized as basic elements. Proceeding from the above said, the basic directions include: recreational (spiritually, mentally, physically) and civil personality-developing (in intellectual and creative, motivational and personal, emotional and volitional components).

The history of recreation during the war has worthy examples. By the beginning of autumn, 1942 there had been 1164 seasonal kindergartens in Ukraine, which accommodated 49,406 children, as well as 105 permanent (5689 children) kindergartens [2]. Rhythmic gymnastics, singing, breathing exercises, drawing,

manual labor, language skills exercises; walks and excursions to the forest, to the fields, to the river – this was the content of the recreational period for the preschool children. Children had not only the opportunity to breathe fresh air, but also spread their worldview, learn the names of trees, flowers, birds, animals, seasons. The excursions were followed by oral mathematical exercises that developed thinking. In the modern war, this work is organized and provided by the volunteer movement, state, religious and public organizations, including the Christian Rescue Service [14].

Recreation, active rest (Latin ‘recreatio’ – rest) is a system of activities related to the use of people’s free time for their recreational, cultural, educational and sports activities in specialized areas that are located outside their permanent home. There is a short-term recreation (with a return to overnight to the permanent accommodation) and a long-term one. Recreation covers all types of rest.

Rest in the broad sense of the word is human activity, not aimed at satisfying everyday needs. Human activity during rest can be classified as follows: 1. activity related to certain physical activity (sports, walks); 2. amateur activity (hobbies) - hunting, fishing, picking berries and mushrooms, collecting, etc. ; 3. interest in the world of art (visiting theaters, concert halls, art galleries, etc., as well as creativity in the field of art – amateur performances, painting, etc.); 4. intellectual activity (self-education, reading literature, newspapers, magazines); 5. interpersonal communication according to the interests and free choice of those involved; 6. entertainment that is either active (dancing) or passive (sightseeing); 7. travelling for pleasure, hunting, fishing, etc. (classification by N. V. Fomenko) [13]. It is person’s cultural, natural, historic and architectural environment which matters. Such a classification of activity is meaningful, but does not reveal the orientation of activity and its civic and patriotic content. At the same time, it is an important cultural and artistic, national, activity and personality-oriented approach to meaningful recreation of children in the recreational period which is important. The scientific approach to understanding the psychological peculiarities of this period is based on the notions of the creativity meaning and sense in the life-building of a personality as a citizen of the country, the development of love for his country manifesting itself in relation to the faith, the language of the people and to its army.

The main source of developing child’s personality is their creative talents, the potential that later manifests itself in the vocation. Encouraging the child to make them self-consciously treat themselves is important in forming their proper attitude to protecting their country. Their further life course depends on the innate abilities of the child and the values they have chosen.

It is a system of analytical thinking that is system-forming for the formation of a reliable defender of the country and its people.

Results of the empirical research. 108 young respondents were interviewed, who chose professional protection of the country as their occupation.

The processing and analysis of the collected data was carried out using the basic mathematical and statistical procedures and the statistical package of SPSS, employing factor and cluster analyzes, the t-student test.

We consider the motivation of joining Military Academy as a sign of a complete childhood and as characteristics of the personal maturity level.

Scientific results. Conclusions and perspectives of further research. An absolute majority (91.4%) of respondents assessed their own motivation level for joining the Military Academy (MA) as high and almost high, one in twenty (5.8%) as an average. The main motives for joining the MA were the desire to become an officer (82.0%) and a sense of patriotism (74.2%). Among other motives, the students mentioned: the possibility of their own physical improvement – 34.5% of respondents, the opportunity to test themselves in difficult conditions (34.2%), to achieve decent social status in society (29.8%) and to pursue a military career (27, 9%), and 256 of them had an experience of taking part in combat operations. The main type of their parents occupation is: farmers – 1,36%, entrepreneurs – 10,57%, specialists – 5,96%, employees – 8,67%, agricultural workers – 4,34%, workers – 39,84%.

For the absolute majority of students (95.0%) joining the Military Academy is a conscious choice of military profession. Almost a third of respondents (31.2%) followed the advice of their parents and relatives. Every sixth respondent chose the MA after communicating with the commanders of the military units (16.5%), almost every tenth – following the recommendation of their friends or acquaintances (11.6%) and cadets studying in the MA (11.3%). At the same time, 70.9% of respondents said that they had decided to join the MA on their own.

The overwhelming majority of those polled sees the most destructive point in psychological pressure and biased attitudes in people-to-people relationships, cases of degrading dignity and manifestations of disrespect for a personality or superiority in communication.

The vast majority of respondents (87.9%) highly estimated the effectiveness of nationally and patriotically oriented events. About 80% of cadets often or repeatedly participated in national and patriotic activities. At the same time, about 17.3% of respondents stated that they had rarely or never participated in such events.

The results of the survey show that the MA cadets adequately perceive the situation in the East of Ukraine. Thus, according to the overwhelming majority of respondents (92.2%), the events in the East of Ukraine are regarded as a war between Russia and Ukraine. At the same time, about 5.2% of respondents noted that this is a local conflict between the Ukrainian armed forces and illegal armed groups, 1.6% think that there is a war of the US and Russia on the territory of Ukraine.

The majority (68.3%) of the permanent students of the MA assess the prestige of military service in the society as high and rather high. About a quarter (26.8%) of respondents consider its level to be average. At the same time, half of respondents (52.9%) would like their children to choose a military profession.

It was found out that the desire to professionally protect the country is mainly influenced by a system of trusting relationships between the commander and subordinates (vertically), between the personnel of the unit (horizontally), the cultural environment in which the person is, the characteristics of the internal psychological world, such characteristics as internality, internal readiness for armed opposition to the aggressor, etc.

It is shown that the development of the desire to protect others is influenced by the style of education and family values associated with the level of intellectual

development of man and his erudition, the level of satisfaction of the individual's needs including material ones. As part of the psychological culture in terms of psychological health, the leading factor is the development of responsibility for themselves and their military counterparts, the desire to seek help, but not putting any responsibility on the family and social services.

It was determined that the quality of social and psychological contacts depends on the level of trust ($r = 0.531$ at $p \leq 0.01$). The feedback of the quality of social and psychological contacts with the material needs of a person was revealed ($r = - 0,191$ at $p \leq 0,05$); with its increase the quality of contacts between people deteriorates.

The internal state of a person depends on trust ($r = 0,616$ at $p \leq 0,01$), erudition ($r = 0,368$ at $p \leq 0,01$) and has a reversed connection with the personal responsibility for mental health ($r = - 0,219$ at $p \leq 0.05$); with increasing attention to one's internal state, the family's responsibility for health decreases.

The relationship of trust and responsibility of military counterparts was revealed ($r = 0.289$ at $p \leq 0.01$), which is confirmed by the military practice of American psychologists who in 1980 revealed the significance of veteran organizations for controlling the internal state of participants in military (combat) actions and significance of their participation in the organization of children's camps with educational orientation.

Content	Factors		
	Relationship of trust (commander, teachers, comrades, family)	Personal responsibility for mental health	The tendency to analyze the internal state (of oneself and others)
Regulated stability of the emotional and volitional state	0,616	—	—
Activity and productivity of the cognitive sphere	—	—	0,474
Behavioral authenticity in relation to the standard of the country defender	—	0,405	—

Significance of certain factors in their influence on personality

Table 1

P.S. The table provides data with a significance level of $p \leq 0.01$

Participants of military operations pay less attention to social services ($r = 0,263$ at $p \leq 0,01$), but put responsibility for their health on them. At the same time, a high level of culture determines their own responsibility as coming first in the hierarchy of influencing factors. According to his characteristics, a person with a high level of psychological culture has a pronounced internality. The inverse relationship between the general internment and the level of militarists' influence was revealed ($r = -0.216$ at $p \leq 0.05$).

The studies of a person as the future defender of the country revealed the interrelations between such structural components as "creativity" (N. Rogers) – originality, flexibility of thinking and the motive of responsibility ($r = 0.42$, $p \leq 0.05$), certainty about their own vocation (conditionally ($r = 0.54$, $p \leq 0.05$), the motivation for the content of their favourite activity – hobbies ($r = 0.46$, $p \leq 0.05$), the relationship between constructive activity and responsibility ($r = 0.48$, $p \leq 0.05$), self-determination and self-improvement ($r = 0.51$, $p \leq 0.05$), motivation for activity content ($r = 0.58$, $p \leq 0,05$) was revealed.

The recreational period of children is greatly influenced by the domination of such motives as motives for determining their vocation, realization in the subject and communicative spheres in connection with the actualization of the motive of personal and group (and also team responsibility), were revealed the relationships between the level of children's subjective satisfaction with rest in the recreational period and semantic filling of the organized area ($r = 0,59$, $p < 0,05$), between the motives of responsibility and country study, ethnological, nature-study content of organized activity ($r = 0,45$, $p \leq 0,05$), actualization of cognitive motives by different types of activities in the recreational period and development of analytical thinking ($r = 0,65$, $p \leq 0,05$), it was revealed that there is a correlation between satisfaction with the relationship and the level of person's civility ($r = 0.55$, $p \leq 0.05$).

Cadets with a high civic and patriotic orientation of the personality believe that when providing free time for children, there is a need for modern technical equipment of the play environment and recreation (projectors for demonstrating fiction films), to create an "electronic shooting gallery", "football pitch", "upgrade sports equipment", "introduce leadership, team formation, archery, diving, etc. courses; it is necessary to remove from the recreational environment everything "obsolete", and primarily, "too outdated literature", etc.

The program of developing individual's civility in the conditions of recreation, which provides psychological support and participation of military personnel, has been developed.

Psychological support includes diagnostic and correctional work, participation in training sessions, individual and group work. Recreational environment includes medical and preventive measures, cultural and artistic activities, regional studies, ethnographic excursions, creative workshops, the purpose of which is the development of children's fine arts and design abilities, the development of non-standard thinking, creative personality, fantasy; development of creativity.

The plan-program in the recreational period includes: excursions, meetings with veterans of combat operations, and later based on the already formed ideas – discussions; mini lectures; role games; communicative games; psycho-correction

exercises; methods of art (sand, etc.) therapy; sport orienteering, workshop for providing first medical aid in the extreme situation. The work is based on the principle of graduality, systemity, systematicity.

After encouraging the participants of the combat operations to protect Ukraine in communicating with children, there were changes in the indicators of recreants' civility, namely, the growth of constructive activity of civic orientation.

The results of verifying the data obtained from the Student's t-criterion testify to the presence of statistically significant differences between the evaluations according to the indicators of constructive civic activity ($t = 3.9$ at $t_{cr} = 2$, $p \leq 0.05$) before and after the civic orientation program, which proves positive changes in the development of the civility of children as future defenders of the country and their orientation towards the protection of Ukraine under the influence of communication with the military personnel of the Armed Forces during the holiday period. There was an increase in active orientation on the initiative creative task execution ($t = 4.8$ at $t_{kr} = 2$, $p \leq 0.05$), the content filling of the *I*-conception.

The program for the development of children's civility in the conditions of recreation is aimed at developing the orientation of their personality to preserving and protecting the Ukrainian state, its natural and other resources; children's awareness of humanistic and civic values, children's awareness and approval of their unique potential and their vocation; formation of emotional and positive attitude towards the creative process; the development of positive attitudes encoded in character – to themselves, the country, the environment.

Thus, the results of the studies on the interaction of militarians with children in the recreational period confirm the provision on the effectiveness of civic and psychological support of the child's recreational period for their personal growth and the formation of a targeted orientation to protect the Ukrainian state and the Ukrainian people.

In the recreational period, the upbringing of the character as a system of personal attitudes toward oneself (worthy), others (respectful), the environment (ecological), to the profession (defender) takes place and is fixed in stable forms of behavior. The appropriate type of character is prepared – a warrior, a defender, a comrade.

The plan-program of militarian's communication contains not only activities, but also values-oriented content. Values-oriented education brings to the understanding of key concepts. Fatherland is a place where the spirit and graves of the ancestors are preserved and the nation is nurtured by its mentality, the People is a community of conscious action, capable of self-organizing activity; the concept of Native Land; the concept of "peace" means not only "when they do not shot", but a calm conscience for the fact that "the inherited homeland is being passed on to the descendants in a better condition" (according to the results of the content analysis of militarians' essays). Such values lie at the heart of the life culture of a person capable of further professional defense of the state. Such formed values determine the automaticity of fairly complex choices, which people must make in an extreme situation.

The development of a person in their victorious character involves the choice – either "to live life as a host of one's own life – dissatisfaction, filth, aggression", or the opposite – "the commander of one's own life, when the goals are set." That is

what makes it possible to feel the taste of victory – “I did it. My life is in my hands”. The recreational period gives the opportunity to develop leadership competences, to gain experience in team formation, to experience the taste of achievements as a team. Such childish experiences can form the basis of the boy’s future desire to be more than just a warrior, and a warrior commander. In this upbringing, it is important to choose the appropriate texts, to introduce people to the existence of special texts of sacred significance (military oath) and to the fact of their own behavior when a person asserts the value of protecting his own state with his own choice. The cult of respect for heroes, their graves – was and has remained an inalienable attribute of the national culture and a substantial part of the recreational period. Since rest and leisure is spending time that aims at restoring the normal state of the body, it is important to teach the child to diagnose the sense of tiredness, a culture of restorative relaxation, an algorithm for restoring strength, culture and the ability to entertain. During the recreational period it is possible to teach children self-regulation – an ability to organize short rest periods – relaxation, breaks for another activity, immersion in it, learn psycho-hygiene in the organization of daily rest, sleep, orientation in different occupations, visiting concerts, excursions, coworkings, preparation and organization of holidays, parties; creating own movie library; organization of family history museums. Over the recreational period, the child may be particularly organized on weekends of their parents, and parental leave may be devoted to travelling, which has a personality developing, country-studying, ethnographic character or reveals horizons of the family history.

Thanks to the coworking in different countries of the world [3], leisure options have become possible even in remote corners, allowing children to spend their free time, take up self-development in a specially equipped place, here emerges a fashion for education, here they hold creative meetings with artists, literary evenings with local poets, Skype-meetings with interesting lecturers, and participants of the combat operation in the East of Ukraine.

Problems, mechanisms and regularities of restoring psychological health and personal development of children are based on spiritual laws, which children have the opportunity to get acquainted with over the recreational period during informal communication.

A properly organized recreational period provides realization of an individual way of child’s perception of the surrounding world and himself in it; develops convictions that define the interpretation of life events, and at the same time remains open to “feedback” to life circumstances, performs a protective function, giving the opportunity to choose activities concerning the way of rest, becomes an experience of self-designing of the whole life of the individual.

Conclusion:

1. Communication of children and militarists in the recreational period which has a personality and civically-oriented character, significantly affects the children’s motivation to protect their country, on the one hand, and on the other hand, contributes to the restoration of the soldier.

2. Among the factors influencing the development of motivation to protect the country in children the most important proved to be the development of the ability to

trust (comrades, families), personal responsibility for mental health, the desire to analyze the internal state (of oneself and others). They are interdependent with the regulated stability of the emotional and volitional state, with the activity and productivity of the cognitive sphere of the recreant's personality and behavioral authenticity in relation to the standard of the citizen and patriot of Ukraine.

3. Recreational period is the time when a child should get acquainted with and communicate with the patriots of his country, militarists and carriers of a certain nation-forming idea and historical traditions.

4. Recreational period is a time of productive interaction of militarists, on the one side, and children on the other, where the child masters the motivation of protecting the country, communication, and the soldier has the opportunity to feel his own significance and necessity.

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