

# PSYCHO-EMOTIONAL SUPPORT OF YOUTH IN THE ACTIVITIES OF OUT-OF-SCHOOL INSTITUTIONS IN CRISIS CONDITIONS

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**Abstract.** Current world events, such as the COVID-19 pandemic, the war in Ukraine and other crises, have a significant impact on the psycho-emotional state of people, especially young people. In conditions of uncertainty, fear and anxiety, young people need special support and help. Out-of-school institutions play an important role in this support, offering young people opportunities for development, communication and self-actualization.

**Introduction.** The psycho-emotional state of young people is one of the key factors that determines their success and well-being. In crisis conditions, such as pandemics, wars, natural disasters, economic crises, young people face numerous psycho-emotional problems that can negatively affect their physical and mental health, social adaptation, educational and professional activities, which is confirmed by the research of scientists throughout world, including the works of K. Allden, A. Hrynzovskyi, L. Jones, P. Patel, E. Pramana, I. Weissbecker, M. Wessells [2].

Out-of-school institutions, as an important component of the education and upbringing system, have a significant potential for psycho-emotional support of youth in crisis conditions. They can provide young people with a safe space for communication, emotional support and development, as well as contribute to the formation of stress resistance and coping skills [3].

**Research methodology.** The methodological basis of the study was the theoretical provisions about the psycho-emotional state of the individual, the factors that determine it, and the mechanisms of its regulation, as well as about the role of extracurricular institutions in the education and socialization of young people [1]. Questionnaire, interview and focus group methods were used to study the psycho-emotional state of young people in crisis conditions.

**Research results.** The research conducted on the basis of the youth center of the Zhytomyr region “Kreativ Space” (Ukraine) in January-February 2024 showed that in the crisis conditions of the military conflict, young people face a wide range of psycho-emotional problems, such as:

- *Anxiety and fear*: Uncertainty of the future, fear for oneself and loved ones, a constant flow of negative information can lead to the development of anxiety and fear in young people.

- *Stress*: Crisis situations cause strong emotional stress, which can have a negative impact on the physical and mental health of young people.

- *Depression*: Loss of loved ones, loss of opportunities, feelings of hopelessness can lead to the development of depression in young people.

- *Post-traumatic stress disorder (PTSD)*: Experiencing traumatic events can lead to the development of PTSD, which is characterized by re-experiencing the trauma, nightmares, emotional numbness and other symptoms.

- *Social isolation*: In conditions of quarantine, lockdowns and other restrictions, young people can feel socially isolated, which can negatively affect their mental state.

The research also showed that out-of-school institutions could play an important role in psycho-emotional support for young people in crisis situations by offering them:

- *Safe space*: Out-of-school institutions can be a safe space for youth where they can feel comfortable and safe.

- *Opportunities to socialize*: Out-of-school institutions offer youth opportunities to socialize with peers, which can help them cope with emotional difficulties.

- *Support from adults*: Educators and psychologists in out-of-school institutions can provide emotional support to young people, help them understand their emotions and find ways to cope with them.

- *Opportunities for development*: Out-of-school institutions offer young people opportunities to develop their talents and skills.

**Conclusions.** The psycho-emotional state of young people is one of the key factors that determines their success and well-being. In crisis conditions, such as pandemics, wars, natural disasters, economic crises, young people face numerous psycho-emotional problems.

Out-of-school institutions play an important role in the psycho-emotional support of young people in crisis situations, offering them a safe space for communication, emotional support and development, as well as contributing to the formation of their resilience to stress and skills to overcome psycho-emotional difficulties.

Accordingly, in order for out-of-school institutions to perform this role as effectively as possible, it is necessary to:

- *Prepare teaching staff to work with young people in crisis situations:* Educators must have the knowledge and skills necessary to provide emotional support to young people, as well as to recognize and respond to signs of psycho-emotional problems.

- *Create a safe and supportive environment:* Out-of-school institutions should be safe and comfortable places where young people can feel protected and communicate freely.

- *Develop and implement psycho-emotional support programs:* These programs should include various methods and forms of work with young people, such as group trainings, individual consultations, art therapy, music therapy, yoga and others.

- *Collaborate with parents and other professionals:* Out-of-school institutions should collaborate with parents and other professionals, such as psychologists, social workers, medical professionals, to provide comprehensive support to youth in crisis situations.

Accordingly, it is important that the state and society as a whole pay due attention to the psycho-emotional support of young people in crisis situations, and out-of-school institutions can play an important role in this support if they are given the necessary resources and support.

#### **References:**

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