

## **THE IMPACT OF MARTIAL LAW ON THE PSYCHOLOGICAL STATE OF STUDENTS**

During times of war and military conflict, the psychological well-being of the population, including students, becomes exceptionally vulnerable and subject to significant influence. The impact of martial law on the psychological state of students can be profound and diverse, and it is worth examining this phenomenon from various perspectives.

Firstly, war creates a general atmosphere of instability and danger, which can lead to stress and anxiety among students. Increased levels of anxiety can affect their ability to concentrate and learn [1]. It is important to consider that students influenced by martial law may have friends and family members serving in the military or residing in conflict zones, further intensifying their anxiety.

Secondly, war can lead to changes in students' plans for the future. Many students may choose to discontinue their education or alter their previously chosen field of study due to concerns for their safety or excessive family responsibilities related to military service or involvement in military actions. This can impact their future careers and professional development.

Thirdly, the impact of martial law on the psychological state of students can manifest as heightened patriotism and active participation in volunteer activities or discussions of political issues [2]. This reaction can lead to debates and conflicts within the academic community.

To mitigate the impact of martial law on the psychological state of students, it is essential to provide them with psychological support and access to mental health services. Creating special programs for students who have experienced stressful situations due to war or military conflict can be highly beneficial [3]. Additionally, facilitating open exchanges of thoughts and discussions within the university community about the ongoing events, while ensuring students have the opportunity to express their concerns and opinions, is vital.

In conclusion, the impact of martial law on the psychological state of students can be negative and affect their education and future careers. However, with psychological support and the creation of favorable conditions for discussing these issues, the process of adaptation can be made easier, and the stressful impact of martial law on the student community can be reduced.

### References:

1. Van der Kolk, B. (2014). *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Penguin Books.
2. Tick, E. (2005). *War and the Soul: Healing Our Nation's Veterans from Post-Traumatic Stress Disorder*. Quest Books.
3. Grossman, D. (2009). *On Killing: The Psychological Cost of Learning to Kill in War and Society*. Back Bay Books.