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**PROCEEDINGS OF II INTERNATIONAL
SCIENTIFIC AND PRACTICAL CONFERENCE
NOVEMBER 2-4, 2022**

**BOSTON
2022**

UDC 001.1

The 2nd International scientific and practical conference “Progressive research in the modern world” (November 2-4, 2022) BoScience Publisher, Boston, USA. 2022. 666 p.

ISBN 978-1-73981-125-9

The recommended citation for this publication is:

Ivanov I. Analysis of the phaunistic composition of Ukraine // Progressive research in the modern world. Proceedings of the 2nd International scientific and practical conference. BoScience Publisher. Boston, USA. 2022. Pp. 21-27. URL: <https://sci-conf.com.ua/ii-mizhnarodna-naukovo-praktichna-konferentsiya-progressive-research-in-the-modern-world-2-4-11-2022-boston-ssha-arhiv/>.

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UDC 616.891.6:613.955

**DETERIORATION OF THE PSYCHOLOGICAL AND SOMATIC STATE OF
YOUNG SCHOOL STUDENTS IN THE CONDITIONS OF ONLINE
LEARNING IN WARTIME**

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Annotation: Questionnaire data provided by parents of 300 children aged 6 to 10 years (average age 8.08 ± 0.8) who study in comprehensive schools of Odesa via distance education were analyzed. There was a clear trend towards a decrease in children's attentiveness, their success, compliance with discipline, as well as a deterioration in well-being and resistance to infections and exacerbation of chronic diseases.

Key words: war, children, online learning, psychosomatic, survey.

Children are increasingly becoming victims of armed conflicts, which directly or indirectly affects their physical, mental and behavioral health. This influence can be exerted on any organ system and persist throughout life [1].

Any health disorders are best manifested in everyday activities, and for a child, such an activity is schooling, which is conducted online due to martial law. And recently, in the mass media, we can come across phrases that children have changed, they learn and perceive information in a different way. Therefore, the purpose of our research was to establish the peculiarities of the psychological and somatic state of

junior high school students in the conditions of online education during wartime. Questionnaire data provided by parents of 300 children aged 6 to 10 years (average age 8.08 ± 0.8) who study in comprehensive schools of Odesa via distance education were analyzed. Inclusion of children in the study was carried out on condition of written informed consent of parents or official guardians of children after providing detailed information about the procedure and work goals. Statistical processing of the material was carried out by generally accepted methods. Children aged 7-8 made up almost half (52.2%) among 4 age groups. The gender distribution was even. Children studied online, the vast majority of them, together with their parents, did not change their place of residence due to military events (71.9%), but some went abroad (18.5%) or moved to another city (9.6%). Parents mostly accepted the current situation in the country, although they felt discomfort (92.6%), and calmly explained it to the child (85.4%). Despite this, since the adoption of martial law, the parents of only half of the children have not noticed changes in their general mood. In the second half, the child's increased interest in political news and conversations was observed (35.6%), quiet behavior and sad mood (11%). Also, most families followed safety rules during an air raid (rules of two walls - 62% or went to shelter - 5.5%). Most children calmly responded directly to the alarm signals each time and followed all instructions (76.6%). But panic was noted in 10%. However, not all parents allowed their child to go outside on their own (only 30.7%) - as a rule, children were either in the yard under supervision (44.4%), or outside with their parents (23.3%).

During the online lesson, most children were under the supervision of adults (86.5%) and calmly and conscientiously studied almost the entire lesson (30-40 minutes - 69.7%). But some could not be distracted only for 10-20 minutes (17.8%) or were constantly distracted - 12.5%. Only a third of the children perceived the interruption of the lesson due to air anxiety with joy, and most of them with dissatisfaction (41.7%), misunderstanding (13.5%), or fear (6.7%). Also, parents mostly (64.4%) controlled the child's homework, but a third did not have this opportunity. At the same time, good assimilation of new material was not observed even in half of the children - only 42.9%. Slower assimilation was noted in 37.4%,

and in 12% - even worse. According to parents, almost all children had sufficient and varied physical activity (about 98%). However, sleep worsened in 12%, appetite in almost 10%. It was found that only 43.2% of children had no acute respiratory infections in the last 7 months, 30% had them once. The rest had frequented acute respiratory infections, despite the mostly warm season. Chronic diseases were recorded in 23% of children, with significant exacerbations in 12%. According to parents, this is higher than last year. The given data are based on rather approximate estimates that could be obtained during the questionnaire from the words of parents. But even with approximate estimates, there was a clear trend towards a decrease in children's attentiveness, their success, compliance with discipline, as well as a deterioration in well-being and resistance to infections and exacerbation of chronic diseases. A comparison of the obtained results with the data of the literature shows that there were somewhat similar expectations regarding the psychosomatic condition of children who were in the conditions of online education in connection with the pandemic. Many of those fears later turned out to be exaggerated [2]. But wartime obviously serves as an additional stressful factor for children of this age. Therefore, the data obtained in such conditions indicate deterioration of the psychosomatic condition of children.

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