

or crew member? Nobody is perfect, we all are sinners and corrupt. And this was the reason why Jesus, the only innocent human being to ever live, had to suffer and to died on the Cross to pay for our sins. Now everybody who believes in Him is without sin and qualifies for His aviation community. He will come to pick them up and be together with them in the eternal life!!

The representative of our organization in the Ukraine, Oleksandr Kostyuchenko (skygodsend@gmail.com, +380 93 118 1898), organizes symposia with politicians, civil servants and scientists to meet and discuss this kind of topics in Kiev and other cities. If you are interested, please contact him or our office in Switzerland. This was the first advertisement for the Easter Aviation Community.

Of course, we would also like to advertise our seminars for leadership and anti-corruption. The seminars are free of charge for the participants.

We wish everybody a Happy Easter and welcome you to His Aviation Community.

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SOCIO-PSYCHOLOGICAL ASPECTS OF THE ADAPTATION OF UKRAINIAN REFUGEE FAMILIES IN ESTONIA

(based on the experience of providing psychological assistance to
families with children)

The process of adaptation to new living conditions is always stressful for a person in one way or another. In a situation where moving to a new country was not planned and desired, the process of integration into the new environment of residence is considerably more difficult. Especially if the reason for the forced move is a traumatic situation such as a war. In this situation, psychological support is of particular importance, thanks to which a person gains confidence in

their abilities and readiness to cope with the inevitable difficulties, which is especially important when it comes to the family. After all, a parent has to take care not only of himself/herself but also of his/her children.

The problem of the adaptation of forced migrants is undoubtedly complex and affects all the main spheres of personality: emotional, cognitive, behavioural, motivational, communicative. [1] Disturbance of the emotional sphere can manifest itself in a rather wide spectrum of behavioural manifestations - from indifference, depression, loss of interest in life, lethargy, apathy, to irritability, aggressiveness, uncontrollable outbursts of anger. In the motivational sphere, there may be a decrease in pretensions and a sharp drop in self-esteem, and the inability to meet needs is hard to bear. Emotional and motivational disorders may lead to problems in the cognitive sphere. Basic cognitive processes may malfunction - disturbances in memory, distracted attention, distractions in perception (e.g. of time) and impaired thinking. This makes interpersonal communication difficult, both within the family and with people from outside the family, both from within their own culture and from outside it. [3]

The experience of providing psychological assistance to school-age children and their parents has provided an opportunity to understand the difficulties families face in the process of adaptation and the options available for assistance. One of the most important factors of successful adaptation of refugees is the support of the host state - information and material. It is very important that in this situation Estonia created an accessible, understandable information field for the newcomers, as well as the possibility to meet basic needs - people were provided with warm, safe housing, food, and later on various kinds of assistance. The Ukrainian refugees were thus given a good basis for successful adaptation. After the first stage, in which safety, the possibility to be in a peaceful environment, and not to fear for their lives, is the most important for the refugee, the next stage is the beginning of integration into a new, alien society. This stage often awakens internal resistance and unpreparedness to accept certain rules of life in the new country. It is during this period that the difference between emigration and forced migration becomes most apparent. A certain unspoken motto of refugees at this stage is: "We didn't ask for this!". One feels the pain of losing one's home, one's close circle of contacts, one's familiar way of life acutely. However, successful social psychological adaptation is a

process of active adjustment to the requirements of the new environment. At this stage, psychological support is of great importance.

One important and challenging task for refugee parents is the organisation of their child's schooling. The state helps to implement the organisational side of this issue as effectively as possible, but at this stage a number of psychological problems arise. Age differences in children's adaptation to the new school environment can be highlighted. Children of primary school age get used to a new school and collective quite easily, provided certain conditions are met. First, the child should be able to communicate in a familiar language. Even if teaching takes place only in Estonian, but the child knows that the teacher understands him or her, he or she will feel safe. In this case, the child knows that he or she can ask for help if needed and will be understood. Secondly, in a class where a refugee child studies, there should be children who speak a language that the child understands. In this way, the social and communicative needs of the child can be met and he/she will not feel lonely, which means that he/she can easily integrate into a group and become a full member. Adaptation can be particularly successful for first graders who still have play as their dominant activity. Their natural need to interact with other participants in the game can be a good basis for overcoming both social and language barriers. Thus, play-based assignments in the classroom and/or after-lessons can be an auxiliary tool for adaptation. And, of course, one of the most important conditions for successful adaptation of students of any age category is a favourable psychological climate in the classroom, a friendly attitude of teachers and classmates.

A certain psychological barrier may be the difference in the class to age ratio in Estonia and Ukraine. However, this problem is more relevant for older students. This factor can significantly influence the child's level of self-esteem and provoke behavioural problems accordingly. It is very important that the parents of the child have a competent attitude towards this issue. In general, adaptation in secondary and high school is often difficult for refugee children due to age specificities. Adolescence is one of the crises of personal development and is often difficult for the whole family and in times of peace. In this situation, however, an adolescent refugee and his or her parents can be fully classified as the most difficult category to adapt to. In this situation, the adolescent feels the pain of losing his/her familiar

life like no other and reacts to it accordingly. The adolescent's leading activity is communication, namely communication with peers, and in this period of development the feeling of belonging to a "pack", that is, to a circle of peers, like-minded people, is very important. And this "pack" is now taken away by the war. Often teenagers in counselling sessions said that it is better to be under fire, but with friends. Also, this is the age of first loves and separation from the object of feelings can have very painful consequences. It is very important for parents in this situation not to devalue the child's feelings, to listen if they are ready to share, to give the child the opportunity to feel emotionally supported.

An important aspect of the problem of forced adaptation of a teenage child is the "double involuntary" factor. The most important psychological new formation of adolescence is the need for inner freedom, the formation of the "I-adult" position. This is why it is so acutely felt for the adolescent that he or she is being deprived of freedom of choice. In this situation, twice: because of the war, familiar life becomes impossible, first at home, and then the parents decide to move to another country. In order to avoid destructive behaviour, it is important to give the child the right to choose where it is permissible and appropriate. For example, to allow the child to choose their own hobby activities and to help organise this process if necessary. Also hobby groups can help to find like-minded people, which will positively influence the general emotional state of the child, since their social and communicative needs will be fulfilled. Adaptation processes may also be complicated by the fact that adolescence is a time when the moral sphere of the individual is actively developing. Adolescence is the second age of "whimsy", only the person is asking questions of himself, looking for his place in the world, building his own system of interaction with the world. Teenagers often have a heightened sense of justice in this background, which makes them sometimes too zealous in defending their interests. It is difficult to imagine how a teenager can feel when, at the moment of such an internal struggle, his whole life crumbles, the habitual, peaceful laws of life do not work, very sharply they are replaced by other rules, sometimes very harsh. The most important thing is to give the child a sense of support - to keep promises, to keep agreements, to expect the same from the child, to discuss it with him. It is good if it is possible to introduce into the new life traditions and habits of the family that were previously important and enjoyable. This will create a sense of stability in the family's inner

world despite the collapse of the outside world.

Not knowing the language and protesting about learning it is another factor that greatly aggravates the process of adaptation. In addition to actually helping the child, it is important for parents to help them understand that learning the language is an opportunity for free communication and understanding of their new home country.

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**ПОДОЛАННЯ СТРЕСОВИХ СТАНІВ ОСОБИСТОСТІ З
ВИКОРИСТАННЯМ ВІРТУАЛЬНОГО ПОМІЧНИКА**