

Кириченко В. В.,
доктор психологічних наук, доцент,
професор кафедри соціальної та практичної психології Житомирського
державного університету імені Івана Франка

Information and psychological security in times of war

Despite the tremendous efforts of the Ukrainian people, who are currently engaged in a forceful confrontation against external aggression, we have found ourselves unprepared to combat in another dimension, where words can be far more powerful than the most advanced weapons. Information can bring benefits to humanity, but it can also result in significant losses, the consequences of which may be felt for many decades to come. This kind of informational confrontation can impact an entire generation, leading to moral and ideological changes that poison relationships between different social groups. The psychological traumas of the past are manifestations of collective consciousness, which, in one way or another, is reflected in the individual actions and behaviors of people.

Just as in physical confrontations, during the process of information warfare, it is essential for everyone to possess basic means of protection against the harmful influences of hostile information. Through socialization, individuals acquire basic tools for defense against information of various types that can potentially cause psychosocial disturbances. It is worth noting that not always does constructive information reach its intended recipient in its original form and have the desired effect as intended by its creator.

In times of war, ensuring informational and psychological security becomes crucial. This concept encompasses measures aimed at protecting individuals and society from the negative psychological impact of information warfare and manipulation. It involves safeguarding mental well-being, preventing psychological trauma, and countering the dissemination of harmful information. It requires raising awareness among the population about the methods used in

information warfare and the potential psychological consequences. This includes educating individuals about propaganda techniques, misinformation, and manipulation tactics employed by various parties involved in the conflict.

The psychological safety of individuals in the information space has become a matter of paramount importance in recent years. The state of potential danger or unstable security has become commonplace in the established social life of most countries with a complex information network. Disruptions in psychosocial development can be triggered by the peculiarities of media activities in society, violations of the ecological safety of information production, uncontrolled information behavior of individual members of society, and social groups.

In summary, information-psychological security in times of war focuses on protecting individuals' mental well-being, promoting critical thinking, fostering psychological resilience, and countering misinformation and propaganda. By addressing these aspects, it aims to mitigate the negative psychological impact of information warfare and create a more informed and psychologically resilient society. The emergence of various psychological dysfunctions in individuals is directly related to their «vulnerability» to the media environment, which gradually, under the pressure of transnational processes of globalization, transforms into a gigantic, independent entity.

Література

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