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## **SPORT AS A MEANS OF ADAPTATION OF COMBAT VETERANS TO CIVILIAN LIFE**

One of the most painful and tragic consequences of the armed aggression of the Russian Federation against Ukraine is the large number of wounded military and civilians. Rehabilitation and reintegration of veterans into civilian life is an urgent task today. One of the most effective tools for rehabilitating war veterans is to involve them in adaptive sports. Sports have a profound psychotherapeutic effect. It helps veterans distract themselves from intrusive memories, feel strong

and healthy, and regain faith in their abilities. In addition, sports activities help veterans create a new social network, find friends and comrades-in-arms among those who understand their feelings and experiences.

To address the adaptation of combat veterans, it is necessary to create appropriate conditions for physical and sports rehabilitation, which will ensure the restoration of physical, psychological and social functions and their return to duty. To this end, the Ministry of Veterans Affairs of Ukraine has developed the flagship project «Development of Sports for Veterans» to implement the Action Plan for 2023-2024 to implement the National Strategy for Creating a Barrier-Free Space in Ukraine until 2030 [1]/

The aim of the project is to develop veterans' sports based on the principles of health and rehabilitation, promoting a healthy and active lifestyle by engaging war veterans in adaptive sports.

In particular, the project provides for:

- creating a comprehensive system for engaging veterans and their families in various sports, including adaptive sports;
- Expanding the network of barrier-free facilities that take into account the needs of female and male veterans with disabilities in cities and regions;
- ensuring the training of relevant specialists (trainers);
- creating a proper sports infrastructure across the country;
- development of veteran sports in higher education institutions and in territorial communities on a peer-to-peer basis.

The Ministry of Veterans envisages the following steps in 2024 as part of the project:

- Providing 40 sports infrastructure facilities in five regions of Ukraine with appropriate equipment and sports equipment for adaptive sports, as well as training 80 coaches;
- Implementation of the Unified Methodology for the provision of physical training and sports rehabilitation services to war veterans and their families, family members of deceased war veterans, family members of deceased defenders of Ukraine;
- organising the participation of the national team in the international sports competitions in 11 adaptive sports at the United States Air Force Trials in Las Vegas, Nevada, USA;
- Preparing and ensuring the participation of the National Team of Ukraine in the Invictus Games and Warrior Games in 2025;
- UAH 5 million of financial support from the Ukrainian Veterans Fund of the Ministry of Veterans for projects of NGOs aimed at developing veterans' sports in communities.

In 2023, the preparation and participation of Ukrainian national teams in international sports competitions has already been ensured. In particular, the national team of Ukraine took part in the Invictus Games 2023 international sports competition for veterans and wounded servicemen in Düsseldorf (Ukrainians won a record 34 medals).

A national qualifier in nine adaptive sports was also held with 202 participants (Lviv), three training camps (Ukraine, Croatia) and one recovery training camp.

The selection process for participation in the United States Air Force Trials 2024 is currently underway (256 veterans and servicemen have applied), and training camps and the All-Ukrainian competition to select candidates for the United States Air Force Trials 2024 have been organised.

The world's experience and practices of rehabilitating veterans through sport are interesting. [2]

USA. The United States pays great attention to supporting veterans through various sports initiatives. Adaptive sports in the United States is not only a means of physical rehabilitation, but also a key tool for veterans' psychological recovery from injuries and trauma.

One of the most well-known programmes in this area is the US Department of Veterans Affairs' Adaptive Sports Programme. This programme offers financial grants to veterans with disabilities to enable them to participate in sports from the beginner level to the Paralympic level. [8]

The concept of sports ambassadors is also a unique phenomenon in the United States. Veterans who have already restored their physical and mental health become an inspiration for others, sharing their experiences and motivating their fellow veterans. This system allows for the creation of a support network where veterans help each other rebuild their lives after service and trauma.

United Kingdom. One of the key initiatives in this area is the Help for Heroes programme, which provides comprehensive support to veterans affected by service. Their sports programmes allow veterans to participate in a variety of sports activities, regardless of the extent of their injuries, to help them adapt and rehabilitate. [5]

«The Invictus Games is an international sporting event for wounded, injured soldiers and veterans. Initiated by Prince Harry in 2014, the games not only serve as a platform for physical recovery, but also highlight the importance of communication and mutual support among veterans. [6]

Sports clubs and organisations in the UK, such as The Royal British Legion, also contribute by offering additional programmes for the rehabilitation and socialisation of veterans. [7]

Israel. One of the leading organisations that is noted for its effectiveness in this area is Brothers for Life. [4]

«Brothers for Life is a community of combat-wounded soldiers founded by veterans themselves. They understand the peculiarities and challenges faced by every soldier after the war, and therefore try to provide comprehensive support. The main mission of the community is to help veterans find their place in civilian life by adapting the skills they have acquired in the military to a peaceful environment.

Among the many initiatives of Brothers for Life, sports programmes occupy a special place. Understanding that sport is not only a means of physical rehabilitation but also a powerful tool for psychological support, the organisation develops specialised programmes for veterans with various injuries. This not only helps them to return to active life, but also strengthens their faith in their own strength.

Croatia. One of the key organisations involved in supporting and rehabilitating veterans in Croatia is HVIDRA (Croatian Veterans Association of Wounded Defence Soldiers). Their main mission is to protect the rights and interests of veterans who were injured during the conflict, as well as their socialisation, rehabilitation and integration into society. [3]

HVIDRA actively uses sport as a rehabilitation tool. They organise a range of sporting and cultural activities that contribute to the physical recovery of veterans and serve as a means of socialisation, helping them to adapt to post-war life. The Croatian experience demonstrates the key role of sport in the rehabilitation process for veterans, highlighting its powerful potential to help veterans integrate into post-war life.

Conclusion. Sport can play a key role in the rehabilitation of Ukrainian veterans. Adapting international experience to the Ukrainian reality, learning methods and practices from other countries will help them integrate into everyday life.

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## **ВПЛИВ ЦІННОСТЕЙ ФІЗИЧНОЇ КУЛЬТУРИ НА ФОРМУВАННЯ ЗДОРОВОГО СПОСОБУ ЖИТТЯ У МОЛОДІ: АКСІОЛОГІЧНИЙ АНАЛІЗ**

Аксіологія фізичної культури – це галузь філософії, яка займається вивченням цінностей та їх значення у сфері фізичної культури та спорту. Вона аналізує, яким чином фізичні вправи, спорт, і загальна активність впливають на розвиток особистісних цінностей, таких як дисципліна, витривалість, взаємодопомога, і чесність [5]. Ці цінності стають не тільки мотиваторами для занять фізичною активністю, але й сприяють формуванню всебічно розвиненої особистості.

Здоровий спосіб життя включає регулярні фізичні вправи, збалансоване харчування, достатній сон, уникнення шкідливих звичок та здатність керувати стресом [3]. Для молоді, яка знаходиться в періоді інтенсивного фізичного та психічного розвитку, здоровий спосіб життя має особливе значення. Він не тільки сприяє кращому фізичному здоров'ю, але й позитивно впливає на навчальні досягнення, соціальну адаптацію та загальне благополуччя [1]. Виховання цінностей здорового способу життя у молоді є інвестицією в майбутнє цілої нації.

У сучасному світі, де зростає рівень технологізації та зменшується фізична активність, питання здорового способу життя набуває особливої важливості. За даними Всесвітньої організації здоров'я, недостатня