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RESOURCE PROVISION IN THE FIELD OF SOCIAL ASSISTANCE IN THE CONDITIONS OF NEW SOCIAL RISKS

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Abstract

The purpose of this study was to identify the main ways to provide social assistance to restore the resource potential of victims of emergencies (military conflicts, the effects of the COVID-19 pandemic, etc.), as well as to highlight the features of training future specialists in the social sphere to deal with new social risks. The study used methods of scientific analysis and generalization, as well as comparing the experience of domestic and foreign researchers and social practitioners who worked with vulnerable contingents in overcoming the consequences of emergencies. The focus is on generalizing the results of the experience of training future specialists in the social sphere to work within an environment of new social risks. Based on the conducted research, it was concluded that for the professional activity of social sector specialists in resource provision in the conditions of new social risks, it is important to direct social assistance to restore the physical, mental and social health of people at all six levels of health, taking into account the peculiarities of their age, social status, as well as ethnic features and the context of the social problem. The main directions of relevant social work with victims of emergency situations have been defined: work on strengthening the family's potential, establishment of useful social connections in a new environment, the use of art therapy practices to normalize the psychosomatic state of clients, the use of ethnocultural means to increase the possibilities of social adaptation in new conditions. Very important in the preparation of future specialists for the relevant work is the practice-oriented training on the basis of specialized social institutions working with victims in emergency situations, as well as mastering special techniques of self-development and professional self-improvement to increase one's own resource potential.

Key words

social assistance, persons affected by emergencies, resource provision, new social risks.

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1. Introduction

An overview of the current world events has revealed an increase in the number of various catastrophes or armed conflicts, which can be characterized as new social risks that require an ability of the world community to work together to

find resources to overcome them. According to the UN Refugee Agency, «The COVID-19 pandemic has shown that we, as a single global community, can only be safe if everyone is involved and protected» (UNHCR..., 2020). According to the United Nations High Commissioner for Refugees, 82.4 million people have been forcibly displaced worldwide due

to persecution, conflicts or human rights violations, more than half of them children (UNHCR..., 2022a). The UN Refugee Agency has declared the situation with Russia's military aggression in Ukraine in the spring of 2022 extraordinary (the 3rd, highest level) (UNHCR..., 2022b). In light of the rapidly evolving humanitarian crisis in Ukraine, the United Nations High Commissioner for Refugees (UNHCR) is working with the authorities, other UN agencies, groups of displaced persons and partners to provide much-needed humanitarian assistance. According to its estimates, more than 4 million refugees have already arrived in neighboring countries since February 24, 2022.

UN High Commissioner for Refugees Filippo Grandi stressed that

the speed of displacement combined with the huge number of victims is unprecedented in Europe recently, civilians are suffering, and more than 10.5 million people have been displaced either inside Ukraine or abroad as refugees, which is about a quarter of Ukraine's population. In total, an estimated 13 million people across the country are in urgent need of humanitarian assistance (UNHCR, 2022b).

Given the above, it is necessary to find ways to provide resources in the face of new social risks, which requires additional training of social workers to implement it, because only professionals who have high personal resource potential and experience can provide effective resources in such difficult conditions. The aim of the article is to determine the essence and main activities of social sphere's professionals in resource conservation for victims of emergencies, as well as features of training future specialists in the social sphere to work in conditions of new social risks.

2. Data and methods

Analysis and generalization of the research results and the practice of social assistance in emergencies (disasters, military conflicts, etc.) showed that there are a number of theoretical and practical developments that are important for social professionals to pay attention to. Thus, Canadian researchers M. Denov, M.C. Shevell from the School of Social Work at McGill University in Montreal, Quebec emphasize that

war and armed conflicts are seriously affecting not only individual children, but also the whole family system, and the consequences of the war

are exacerbated by the difficulties of relocation, escape, migration and resettlement in new conditions (Denov, Shevell, 2019, p. 2).

The researchers prove the unique role of the family in shaping the mental health and well-being of children in conflict and post-conflict situations, which necessitates the development of psychosocial support services for the affected population based on family approach, context and culture, and the use of art in social work practice. The researchers note that it is important in social work with refugees to "build explanatory models of assistance and project activities that take into account their cultural and social contexts and enhance their individual and collective resilience, strengths, capabilities and resources" (Denov, Shevell, 2019, pp. 7–8). Based on the analysis of the literature on art in social work education and the literature on the use of art to work with children and their families affected by war, scientists (Denov, Shevell, 2019) suggest focusing on practices such as reflexivity, self-positioning, observation, ethical practices and actions, and

emphasize the important role of the father, who in most cases is excluded from social work to improve the psychosocial well-being, functioning and development of immigrant and refugee children and the need to include him in social work (Denov, Shevell, 2019, pp.10–11).

Other researchers (Derluyn, Broekaert, 2008; Fazel et al., 2012; Miller, Rasmussen, 2017) also emphasize the need for social work with displaced persons to take into account additional negative factors (previous hostilities and traumatic experiences, many stress factors related to displacement) that are arising from resettlement, and the relevance of the socio-environmental model (which takes into account pre-existing psychological vulnerabilities and direct experiences of traumatic stress associated with military violence; family conflicts, including interpersonal violence and, for children, parental dysfunction due to parental trauma or depression; community tensions and limited resources for refugees; discrimination by host communities; national policies that subject asylum seekers to prolonged detention or may limit their income and economic self-sufficiency, etc.) while helping them.

Analysis of research (Betancourt et al., 2015) suggests that in social work with children affected by war conflicts, in order to restore their health potential, attention should also be paid to the resource potential of the health of adults around them, as an important impact factor and a source of children's health potential.

Researchers have presented a number of useful practices with war-affected populations in war and conflict (Baum, 2007; Betancourt et al., 2015; Bilotta, Denov, 2017; Bragin et al., 2015; Derluyn, Broekaert, 2008; Fazel et al., 2012; Fennig, Denov, 2018; Nelson et al., 2017; Yan, Anucha, 2017; etc.). Thus, researchers (Diaconu et al., 2016) argue that people who have been forced to migrate need long-term recovery of mental health through the use of methods such as: group, individual and family counseling; cognitive-behavioral therapy, relaxation, and psychosocial education of the host community. Social workers play a key role in addressing the mental health of forced migrants in a variety of settings by providing training to school teachers and counselors working with young people from IDPs and migrants (Diaconu et al., 2016, p. 5).

As stated in the Ottawa Charter, health is a resource of daily living and is a positive concept based on social and personal resources and physical capabilities (Ottawa Charter..., 1986). The main conditions and resources for realizing the potential of health in this important document (Ottawa Charter, 1986) are peace, housing, education, food, income, a stable ecosystem, sustainable resources, social justice and equality. Improving health requires finding a solid foundation in these basic prerequisites. According to the Bangkok Charter (Bangkok Charter, 1986, p. 1), «policies and partnerships aimed at empowering communities and improving health and health equality must be at the heart of global and national development». Therefore, based on the content of the above documents, we have an opportunity to argue about the need for specialists in the social sphere to organize health activities to find and restore their resources to ensure effective social assistance to victims of new social risks on a global scale.

According to modern researchers, the theory and practice of forming a healthy lifestyle, adopted in the leading countries that initiate the promotion of health on the global level, distinguish six levels of health of the world community, structured on a quantitative basis – from individual to humanity as a whole (Yaremenko et al., 2000):

- *individual health* (characterizes the health of an individual);
- *health of a certain group of people* (the closest, relatively constant environment of a person – their family, relatives, friends, acquaintances with whom they communicate on a daily basis);
- *health of an organization* (the health of formally

defined organizations; the peculiarity of interactions at this level is that the importance of the impact is significantly determined by the authority and power of a person, their place in the organization);

- *community health* (each community has its own characteristics in terms of cultural values, habits, traditions, communication, life, work, leisure and, of course, these characteristics affect the health of people);
- the level of the *country*;
- the level of *health around the world*.

Given the above, in order to carry out effective socio-pedagogical and social work with victims of certain social risks (consequences of military aggression, COVID-19 pandemic, etc.), appropriate resource provision activities should be carried out at all levels and in various aspects: individual (with persons affected by socially dangerous factors); microenvironment (with family, peers, immediate environment, people affected by socially dangerous factors); a certain social institution (which is socially significant for people affected by socially dangerous factors); communities (coordination activities with representatives of state and non-state social institutions engaged in activities to preserve and promote the health of persons affected by socially dangerous factors); countries and the world (implementation of social project and supporting state and international activities aimed at providing resources and maintaining the level of health of persons affected by socially dangerous factors).

For the quality of professional activities to ensure the resource system works properly, it requires consideration of its internal and external components. Analysis of research in the field of social work and the practice of social assistance (Bezpalko, 2009; Kabachenko, Semyhina, 2016; Oleksyuk, 2012; Yashchuk, 2015) showed that the following main types of resources can be identified: material, financial, legal, personnel, scientific, information and communication technology, time, etc. Scientists identify certain groups of resources: internal and external; official and unofficial; existing in actuality and potential; managed and unmanaged, and various methods and techniques that can be used to determine whether environmental resources meet the needs of an individual or a group. Researchers (Bezpalko, Semyhina, 2007) emphasize the need to increase the professional potential of specialists in the social sphere by creating resource and counseling centers. S. Mykytiuk's (2016) research in this direction is interesting, as it proves the importance

of improving the health of future teachers, their training to manage their own psycho-emotional state, control thoughts and reflection on their own activities. Based on the above ideas of researchers and our own research, we have developed a reference model of the specialist which reflects their personal and professional potential as a resource for effective professional activities in various social institutions in the social sphere and proposed the use of ethno-pedagogical tools to improve personal socio-adaptation potential (Kostina, 2018, 2020).

3. Results and discussion

Analysis of modern scientific research shows that human health is a complex phenomenon that takes into account philosophical, social, psychological, biological aspects, as well as the nature of its interaction with the environment, which actively influences and determines the way of life. This impact is especially felt by people who have to leave their homes and most of their livelihoods and start adapting to living in a new environment. Scientists have highlighted some aspects of the problem of forming a healthy lifestyle. Thus, N.V Zaveryko revealed the content of eight basic strategies for forming a healthy lifestyle, which are considered the most effective in terms of achieving the end result (Zaveryko, 2008, p. 133–134):

- providing knowledge about health hazards and ways to overcome or mitigate their impact;
- information on the state of the environment that affects health and research that allows avoiding these hazards;
- activation of the community by stimulating the activity of local communities to solve existing health problems on the basis of self-government;
- organizational changes in the traditional organization of health services, authorities, public organizations in the direction of promoting a healthy lifestyle;
- initiating a health policy by proving the expediency of political support for programs, projects, measures to preserve and promote health using public and professional initiatives and the media;
- upholding the rights to a healthy lifestyle by finding ways to reach a compromise between the aspirations of the government and business to obtain income and meet the health needs of the community;
- intersectoral cooperation of partners from various fields;

- inculcation of self-help skills in the direction of health care.

Based on the ideas of scientists (Melnyk, 2012; Melnyk et al., 2021; Omelchenko, 2007) and our own practice of health care, we consider it necessary, especially in working with children and youth, not only to provide interesting health information or instill skills needed to support a healthy lifestyle, but also to form a culture of health. Taking into account the above, ideas in the work of specialists in the social sphere on resource provision in the context of new social risks, in our opinion, will increase the efficiency of their professional activities, as it makes their work systematic and thorough, allows taking into account different aspects and maximizes opportunities of different subjects in the social sphere.

According to data from psychosomatic medicine (Argyle, 1987), there is a connection between human health and its character and way of life, and the level of health and general satisfaction with life is closely related to such factors as:

- a large number of social ties and friendly contacts;
- strong family and children;
- interesting and desirable (favorite) work that brings moral satisfaction;
- active physical exercises in the open air;
- high human confidence in one's own importance and need for society, the internal locus of control, the perception of life's difficulties and problems as a source of personal growth;
- faith in God, which makes a person a supporter of a moderate lifestyle without bad habits.

Thus, taking into account such ideas in social work in the context of new social challenges as increasing the number of socializing ties, strengthening the potential of the family, creating conditions for finding interesting work, encouraging physical activity in the open air; developing volunteer initiatives and social activity, as well as educating in religion will help strengthen the resource potential of clients and will contribute to a more effective solution to their problems.

Various art-therapeutic practices that increase specialists' personal resources are important in their work in the social sphere with victims of victimogenic factors. Thus, a useful area of practical health-saving resource activities for specialists in the social sphere, especially in working with children and youth is the use of bibliotherapy, based on therapeutic reading, enriching the individuals' mental strength and their potential for reading. Depending on the client's specific social problem, the specialist selects the relevant literature and offers it for joint or individual work with the client.

Based on our own experience of working with children of Internally Displaced Persons (IDPs) from the Anti-Terrorists Operation (ATO) zone in 2014–2018 and the elderly and young people with disabilities in the context of the coronavirus pandemic, we believe that an important part of the specialists' work in the social sphere to provide help to people affected by emergencies could be to use such tools as folk tales, fables, legends, parables and short stories, which allow a child quickly realize their own problem and find effective models for solving it (for example, fairy tales and useful stories by Vasyl Sukhomlynsky (2014), Ukrainian folk tales, etc.).

Another important area of practical activities for the provision of resources to individuals in conditions of new social risks, in our opinion, is the use of music therapy, which specialists use to balance or stabilize the clients' mental state. According to O. Zamashkina,

one of the main goals of music therapy classes in socio-pedagogical work with children with disabilities is the integration of the child into a social group, because musical collaboration develops various communication skills, eliminates shyness, develops endurance and self-control (Zamashkina, 2011, p. 48).

N. Kvitka (2013) proves the importance of using music therapy in an inclusive educational environment for various professionals, which helps to stimulate and adjust the development of children with special educational needs. The researcher suggests using the following types of correctional and rehabilitation work with the help of music therapy: receptive perception of music, motor relaxation and merging with the rhythm of music, playing with toys to music, musical and motor games and exercises, vocal therapy, music painting, fairy tale therapy, playing children's noise-producing and musical instruments and rhythmic recitation, breathing and gymnastic exercises to music. In order to balance and stabilize the mental states of hyperactive children, experts recommend using: I. S. Bach's "Minuet", L.V. Beethoven's "Für Elise", E. Grieg's "Morning", V. Kosenko's "Rain", V.A. Mozart's "Vesnyanka", K. Saint-Saens's "Swan", J. Stepovy's "Lullaby", and so on.

To increase children's activity and reduce the signs of depression, insecurity, passivity, such musical works are offered as: S. Maikapar's "Butterfly", V. Kosenko's "Scherzino", I. S. Bach's "Volynk"» and "Polonaise" Yu. Shchurovsky's "Ukrainian Dance", M. Mussorgsky's "Hopak", M. Glinka's "Polka",

Ukrainian folk song arranged by M. Lysenko "Curly Catherine", W. A. Mozart's "Turkish March" and so on.

An interesting innovative area of practical health care activities of specialists in the social sphere is the use of dance therapy in working with clients, which is based on the use of modern methods of dance and movement therapy (Studiia..., 2016), where movement and dance are considered as means of further emotional, cognitive, physical and social integration of the individual. The dance therapist first reflects the person's movements and thus tries to enter their emotional state in order to understand them as deeply as possible and establish a rapport with them, then, reflecting the movements, the therapist invites the partner to expand their movements, try to move in a different way, gives an opportunity to achieve certain personal changes through movement.

To ensure the possibility of coping with excessive stress in the face of new social challenges, it is necessary to train professionals to strengthen their personal potential by mastering the theory and practice of combating burnout. We find useful the results of research by N. Perkhailo (2016, pp. 208–209) and K. Balakirieva (2015, pp. 14–25 and 38–45), which prove the need of the formation of a high level of professional and communicative competence in future specialists in the social sphere (a prerequisite for productive professional communication, non-conflict, assertive behavior, willingness to partner with clients and colleagues); mastering the techniques of occupational stress management (development of skills to switch from one activity to another, plan time, formulate goals, act on the situation «here and now», etc.); formation of readiness for self-development, professional self-improvement (awareness of one's own responsibility for the level of competence, the trajectory of one's professional progress, the need for its correction, etc.); promoting the development of important resource-providing individual psychological characteristics (mobility, openness, friendliness, independence, stress resistance, ability to maintain positive, optimistic guidelines, etc.); mastering rehabilitation techniques aimed at reducing stress factors (relieving work stress, increasing professional motivation, maintaining the balance between effort and results, mastering the skills of self-regulation through relaxation, positive motivation, meditation, yoga, self-training, etc.).

Experience of training future specialists in the social field at H. S. Skovoroda Kharkiv National

Pedagogical University testifies that the created partner network of social institutions (CO CF "Caritas-Kharkiv", CO KCF "BLAGO", CF "Don Calabria", PO "Emmaus", etc.) that provide opportunities within dual education, allows for successful preparation of future social pedagogues and social workers for effective practical interaction with clients affected by new social risks (children and families of IDPs, the elderly and young people with disabilities in the COVID-19 pandemic, etc.). Along with the organization of practice-oriented classes on the basis of partner network institutions, future specialists have an opportunity to participate in volunteer initiatives, starting from junior years, within the organization of the Student Scientific Society and the "Volunteer" section, which allows gaining additional professional experience working with vulnerable contingents and proves the effectiveness of their training, and after graduating from higher education establishment, to continue professional ascent on the basis of the social institution with which effective professional relations have already been established. For example, our 2013 graduate Iryna Karnaukhova in cooperation with volunteers and specialists of the "Don Calabria Ukraine" Charitable Foundation provides resources to local residents of the Kharkiv region during the Russian war against Ukraine (Blahodiinyi Fond "Don Kalabriia Ukraina", 2022).

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4. Conclusions

Thus, the essence of the professional activity of specialists in the social sphere in resource provision in the context of new social risks is considered as social assistance to victims of emergencies in finding and providing resources aimed at maintaining and restoring physical, mental and social health at all six levels, taking into account the peculiarities of their age, social situation, as well as ethnic characteristics and the context of the social problem.

The main areas of relevant social work that determine its content are: working to strengthen the potential of the family, establishing useful social ties in the new environment of the person affected by the emergency, using art-therapeutic practices to normalize the psycho-somatic condition of clients under the influence of emergencies in order to improve their health, using ethno-cultural means to increase opportunities for social adaptation in new conditions.

It is important in preparing future specialists to work with the new social challenges of the social sector to create conditions for their practice-oriented training on the basis of specialized social institutions that provide social assistance to clients affected by emergencies, as well as their mastery of special techniques of self-development and professional self-improvement to increase their resource potential and practice of combating professional burnout.

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