

## EFFECT OF WAR (ЕФЕКТ ВІЙНИ)

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*У статті розглядаються чинники війни, які несуть безпосередній або непрямий вплив на цивільних людей, а точніше, пенсіонерів, дорослих та дітей. Аналіз може бути суб'єктивним, не тим, що дає характеристику всім людям.*

***Ключові слова:** мирні особи, конфлікт, війна, жертви, демографічна криза, окупація, економіка.*

*The article discusses the factors of war that directly or indirectly affect civilians, specifically pensioners, adults, and children. The analysis can be subjective, not providing a characterization of all people*

***Key words:** civilians, conflict, war, victims, demographic crisis, occupation, economy.*

The conflict in Ukraine has had devastating consequences. Since the beginning of the war, over 10,000 Ukrainian civilians have lost their lives. Nearly 5 million Ukrainians are currently displaced within the country, and close to 6 million are refugees across Europe. This means that more than one in three Ukrainians has been forced from their homes. Upon returning, many struggle to rebuild their lives.

In addition to the physical destruction, the war has also had a profound impact on the mental health of Ukrainians. Living under the constant threat of missiles and artillery has led to high levels of stress and anxiety, with 30% of the population experiencing mental health disorders.

Anna, a single mother of 3 children, experiences anxiety every time an air raid siren goes off. She fears for her children while they are in school because she doesn't know where a missile could hit. "All I want is quietness," she says. Anna is unemployed but is able to provide for her children thanks to cash assistance from the U.N. World Food Programme[1].

Even though there is considerable female involvement in the Ukrainian Armed Forces and reports of female combatants' deaths, our survey found no evidence of such fatalities. This indicates that direct combat roles are predominantly held by men, while women in the armed forces tend to be assigned to less dangerous positions.

Although several sources speculate that Russian combat deaths may outnumber Ukrainian losses, combining the conservative CSIS estimate of Russian fatalities with the survey-based estimate of Ukrainian civilian and military losses puts the total deaths in the first year of the full-scale war above 150,000. This rate dwarfs most modern conflicts and ranks the first year of the war among the five deadliest ever, even when applying the lowest survey-based estimate of Ukrainian fatalities[2].

Demographic aging in Ukraine is currently associated with an extremely low birth rate. The Institute of Demography and Social Studies states that the birth rate in Ukraine has dropped to the lowest levels in European countries. The fertility rate currently stands at 0.7, while a rate of over 2 is needed for population growth.

Drawing conclusions, several points can be made: the mental health of the population is significantly suffering; the country is facing a demographic crisis; the Ukrainian nation is under threat of extermination and extinction.

### Література:

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