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Humanitarian measures to understand the problems of the physical and psychological integrity of the human personality in conditions of war

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Abstract

The purpose of the research was to analyze the problems of preservation and reproduction of physical and psychological integrity of a person in extreme conditions and, at the same time, to identify the patterns of formation of a complete personality, since today there is a lot of stress, depression and physical fatigue. In extreme situations of martial law and instability, we do our best to overcome the problems of physical and psychological incongruity and personality crisis. The methodology consists in the use of methods such as: analytical, logical, historical, comparative, axiological, which contribute to the identification of problems addressed. The object of the research means or implies a set of humanitarian tasks that correspond to the processes of formation of the integrity of the individual. The novelty lies in the understanding of objective processes of reproduction of physical and psychological integrity of the individual in extreme conditions, including wars, crises, uncertainty, instability, informational similarity, which are analyzed in terms of interconnection, interdependence and development, the overcoming of which contributes to the integrity of the individual and social welfare.

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Keywords: preservation and reproduction of personality; physical and psychological integrity; social neurology; social intelligence; war conditions.

Medidas humanitarias para comprender los problemas de la integridad física y psicológica de la personalidad humana en condiciones de guerra

Resumen

El propósito de la investigación fue analizar los problemas de preservación y reproducción de la integridad física y psíquica de una persona en condiciones extremas y, al mismo tiempo, identificar los patrones de formación de una personalidad completa, ya que hoy en día hay mucho estrés, depresión y cansancio físico. En situaciones extremas de ley marcial e inestabilidad, hacemos todo lo posible para superar los problemas de incongruencia física y psicológica y de crisis de personalidad. La metodología consiste en el uso de métodos como: el analítico, lógico, histórico, comparativo, axiológico, que contribuyen a la identificación de problemas abordados. El objeto de la investigación significa o implica un conjunto de tareas humanitarias que corresponden a los procesos de formación de la integridad del individuo. La novedad radica en la comprensión de los procesos objetivos de reproducción de la integridad física y psíquica del individuo en condiciones extremas, que incluyen guerras, crisis, incertidumbre, inestabilidad, similitud informacional, los cuales son analizados en términos de interconexión, interdependencia y desarrollo, cuya superación contribuye a la integridad del individuo y al bienestar social.

Palabras clave: preservación y reproducción de la personalidad; integridad física y psicológica; neurología social; inteligencia social; condiciones de guerra.

Introduction

Respect for physical integrity ensures the protection of human life and its integrity. The protection of the human body is secured, in particular, by the Bioethics Act of 1994 (reformed in 2004), which introduced Articles 16 et seq. of the Civil Code. Article 16 of the Civil Code provides that the law ensures the primacy of the person, prohibits any attack on his or her dignity and guarantees respect for the person from the beginning of his or

her life. The Law of 29 July 1994 introduced a new title in the Civil Code «On Respect for the Human Body».

This text creates the legal status of the human body and the great principles of the human body are inscribed in the Civil Code. Other rules can be found in particular in the Health Code. Article 16-1 paragraph 1 of the Civil Code provides that everyone has the right to respect for his or her body, forming a legal framework known as «Bioethical Laws».

The law of 6 August 2004 concerning bioethics reformed the laws of 1994 without changing the Civil Code. These laws were to be amended in 2009. The purpose of the 1994 laws was, on the one hand, to protect people from attacks by a third party, against attacks that a person may have on himself. The definition of the human body as a unity of spirit and body, physical and spiritual tempering of human integrity is respect for the physical unity of the human being. The 1994 laws distinguish the human body from its elements and products without defining «human body». The body would be a «fleshly shell». It is proved that elements and products are assimilated with the human body and are its integral part. The principle of inviolability of the human body is respect for the physical integrity of the human being, which implies that the human body is untouchable.

The principle of inviolability of the human body can be compared to the principle of integrity of the human body. The integrity of the human body can be violated only in case of medical necessity of the person or exclusively in the therapeutic interests of others. However, today a big problem is the reproduction of the physical and psychological integrity of the human personality in extreme conditions, conditions of war, instability, crisis, COVID-19, which are necessary for the survival of the individual.

Extreme conditions give rise to depressive states of the human personality, disconnection of the psyche and consciousness, aggressive states, states and inadequacy of human behavior caused by various factors - medical, physiological, mental and psychological, various deviations in the health system of the personality and violation of its integrity, insecurity, danger, instability, the emergence of deep complexes that seek an unhealthy way out for transcendence - such as violent extremism, sects or gangs based on hatred or hostility to the Other.

The generation of the needs of one's own egoic self leads to an imbalance between the spiritual and physical basic needs, a lowering of the demand for spirituality, and, consequently, an underestimation of one's own potential, the search for one's own self. Many individuals who suffer from autism, dyslexia, generalized anxiety disorder, which leads to a violation of integrity, have at the same time passionate hobbies, extraordinary abilities, strive for skill and creativity, strive for many other aspects of their personality.

Therefore, security, love, development, meaning, authenticity, freedom, creativity, liberty, which are the ontological, substantial, existential foundations of human existence, contribute to the integrity of the personality. Today, too many people seek for transcendence without healthy integration of other needs, which harms their full potential. Let's consider social neuroscience as a science of human relations and a deep understanding of the neural dynamics of human interactions in extreme situations and the conditions for the survival of the individual, preserving its integrity, mechanisms for increasing the survival of the individual in extreme situations (Kyrychenko *et al.*, 2021).

The object of research is the phenomenon of the integrity of the human personality in extreme conditions, which requires the preservation and reproduction of its physical and psychological integration in extreme conditions. The object of research includes a set of humanitarian tasks, issues and problems that correspond to the processes of personality integrity.

The novelty of this study is a systematic general theoretical understanding of the objective processes of reproduction of physical and psychological integrity of the personality in extreme conditions, which include war, crises, uncertainty, instability, information scholasticity, which are analyzed in interconnection, interdependence and development (Buhaychuk *et al.*, 2022).

1. Materials And Methods

The analysis of such a complex topic as the preservation and reproduction of the physical and psychological integrity of the human personality in extreme conditions is based on the methods, principles and approaches of humanistic psychology, scientific achievements of a number of fields, in particular positive, social, evolutionary, clinical and organizational psychology, sociology, psychology of personality development, cybernetics and neuroscience, in order to understand their behavioral patterns deeply immersed in the search for their own profound "I".

In order to understand fully the problems of preserving and reproducing the physical and psychological integrity of the human personality in extreme conditions, it is necessary to integrate a wide range of methods and approaches, because excessive concentration on one of them creates a danger of distorting the idea of the nature of the human personality, in particular with the methods of research on intelligence, creativity, personality and psychological well-being (Voronkova *et al.*, 2017; Voronkova *et al.*, 2022).

Undoubtedly, the counterbalance to these negative phenomena that are formed in extreme situations are humanistic methods and approaches that seek to reveal the human potential in the search for truth, beauty, connection, knowledge, creativity, originality, destination which are deeply intertwined in the lace of human nature.

In order to do this, one should look into the profundity of one's "I" to feel the richness of one's being, to move away from the "psychopathology of the average", to overcome the syndrome of unfulfillment in this chaotic and torn world that encourages the pursuit of money, a lucrative, dishonest game to gain financial success, which leads to neuroses and neurotic conflicts, the emergence of alienated forms of activity, the emergence of crisis forms of consciousness, leading to the destruction and destabilization of society.

Disorganization processes destroy the stability of the social, generate chaos, in which both the system and the individual are drawn. (Nikitenko *et al.*, 2021) The role of the human factor of error is growing, leading to disasters and turning into a destructive force of modernity; modernization risks lead to threats to health, nutrition, healthy food due to the emergence of an increasing number of modified products.

Therefore, it is no coincidence that philosophers spoke about the "art of being" in this torn and chaotic world, and psychologists were supporters of the "psychology of being", within which there is a systematic study of human goals, not means.

Therefore, humanistic methods and approaches are aimed at understanding the personality as an integrity that dreams of the meanings and meanings of life, combined with the achievement of integrity, aimed at resisting pressure from society, constantly striving for development and self-development, striving for the significance and dignity of one's own life, overcoming the destructive forces of modern life.

It is the systemic method and its principles that help to reveal the integrity of the personality, to achieve balance, orderliness of all systems of its being, distribution of values and resources, achievement of structuredness at all levels of being, autonomy and adaptability to the environment.

The human personality as a system and integrity can grow and set the highest goals if its basic needs are realized, as the humanistic philosopher and psychologist A. Maslow said (Maslow, 2009). The anthropological method as a method of research is based on the study of the human being as a generic being, as a holistic being, which comes from its nature, stable features of its intellect and psyche, sustainability as a biological, social and intelligent (spiritual) being, based on which security and growth as the foundation of the formation of a holistic personality, its healthy transcendence.

Therefore, life is not seen as a climbing to the top, but a journey through the boundless blue ocean, full of new opportunities for finding meaning and discoveries.

Sailing through a life full of adventures is rarely cloudless, the boat itself protects us from the water, but does not protect us from new anxieties, so the sails should help protect a person from anxiety, danger and instability. Undoubtedly, an important role was played by the axiological method, which is based on human values as the highest human goods - connection, security, love, cognition, self-esteem, purpose, which are accumulated in human life as a result of physical survival.

Cognition, love and purpose as axiological values of a holistic personality give rise to synergistic interaction that allows us to grow and become holistic individuals, because it is based on the need for cognition (Dweck, 2017). It gives a person the opportunity to go beyond the boundaries of its components, to master all forms of its being, to become something more than their aggregate, but it is necessary to cope with the axioms of being in its own way. No one can build bridges for you, because you have to go through your life yourself, but for this you have to decode your life, enter the depths of your being in the shortest way, to get to the bottom of your essence.

According to humanistic methods of cognition of the problems of maintaining and reproducing the physical and psychological integrity of the human personality in extreme conditions, a healthy revelation of needs aimed at finding and expressing one's "I" is necessary, because a good and meaningful life is a process, not a state, a direction, not a destination. Therefore, we should constantly go beyond our comfort zone, discover our potential and dive headlong into the whirlpool of life as enriching, exciting, inspiring, because it is creative and meaningful, rich and exciting.

And one of the methods that will help us to comprehend this complex topic is the synergetic method, which is based on self-esteem, self-actualization, self-representation of the personality as a complex integrity of being, which overcomes all difficulties through its self-organization.

The use of such categories of the synergetic method as entropy, the idea of threshold effects, bifurcations, order parameters, principles of minimal dissipation (energy dissipation), synergetic resonance and unpredictability of the complex social systems development allowed to study the object - the phenomenon of the integrity of the human personality in extreme conditions, which requires the preservation and reproduction of physical and psychological integrity in extreme conditions.

General philosophical methods - the method of analysis and synthesis, the method of interconnection, the method of abstraction and transition from the concrete to the abstract and from the abstract to the concrete, the

method of historical and logical, the method of comparison, the institutional method and others helped us to reduce all the fragmented empirical data to a coherent concept.

One of the methods is Agile-method (method of flexible management), which tries to explain the crisis of existence and uncertainty of organizations, promotes the transfer of the system to the optimum of existence, for which both organizations and individuals should be adaptive, stable, effective.

The supernew time has called to life new categories - information, Datasphere management, Big Data law, data mining, creative digital technologies, digital society and digital man, which are characterized by the intensification of human communication capabilities in the space of personality demand (Swaab, 2019).

2. Results And Discussions

1 Social neuroscience as a science of human relations and profound understanding of neural dynamics of human relations in extreme situations

The analysis shows that a recently discovered class of neurons - spindle cells that guide sudden social decisions - is more numerous in the human brain. Another kind of brain cells are mirror neurons, which anticipate another person's movements and feelings and instantly adjust us to the same movement and feelings. Each of these discoveries demonstrates a different aspect of the "social brain", the neural system that works during interaction.

Today, this science has come so far that it is possible to comprehend how the brain can help humans act in extreme situations. Scientists have found links between being involved in toxic relationships and increasing stressful situations and raising stress hormones to levels that harm genes which control anti-virus cells.

The social brain is the sum of neural mechanisms that govern our interactions, thoughts and feelings and adjusts us to the inner state of people. The ways of the social brain are unique to the human world in general. In fact, chronic pain and anger or emotional nourishment can reconfigure our brains, often leaning towards negativity or positivity, and can generate empathy or worry (Goleman, 2020).

Relationships between people make us re-evaluate our lives, as every interaction has an emotional subtext. Today, there is even a concept of «emotional economy», which every person should work on, develop it, save, develop social skills, make social fine-tuning for coexistence in the society as a whole, as sociality offers people a winning strategy, and sociability will help everyone to survive in difficult extreme conditions.

During empathy, our thoughts are equal to the thoughts of another person. From a cognitive point of view, we have a common mental «mirror», a set of images, associations and thoughts, and our brains are programmed for kindness.

The components of social intelligence can be organized into two broad categories: 1) two broad categories: 1) social knowledge (what we feel about others); 2) social ability (what we then do with that knowledge). Social cognition is the knowledge of how the social world actually works, it is the ability to find solutions to social dilemmas in the extreme conditions of human existence. The moment when empathy becomes mutual has a particularly rich resonance in the relationship of «I» and «You» (Voronkova, 2016a). The state of life is strongly influenced by stresses that give rise to various psychological disorders that have a negative impact on human health and give rise to ambivalent relationships. Medical science has recognized a biological mechanism that directly links toxic relationships with heart disease, determined by various extreme situations.

Feeling helpless adds to stress, people take threats worse when they cannot do anything about them. As we age, our health inevitably deteriorates, as cells age and die, the immune system and other bastions of good health do not work as well. American scientists have found that the greater the emotional support from other relationships, the lower the rates of biological stress, when older people have excellent supportive social lives, they show better cognitive abilities up to seven years longer than those who are more isolated.

The complexity of a person's social environment stimulates learning by accelerating the formation of new brain cells. Emotional burnout in relationships has its biological consequences. The more anxiety we feel, the worse is the cognitive performance of the brain.

So, we conclude that social intelligence is one of those human abilities that contributes to the survival of the human race in extreme situations. The main functions of the social brain are the synchronicity of interaction, varieties of empathy, social cognition, interaction skills and concern for the survival of others in extreme situations of war, instability, crisis.

New discoveries in neuroscience have the potential to revitalize the social and behavioral sciences. Emotional intelligence can be a backup mechanism when social intelligence fails. It is time to revive social intelligence along with emotional intelligence. If emotional intelligence is self-awareness and self-management, social intelligence is social awareness, social ability or relationship management.

3. Brain diseases and the environment in extreme conditions

A. Depression. Genetic factors that switch the stress system in extreme conditions play an important role in the occurrence of depression. Genetic configuration makes a child more vulnerable to environmental factors, which leads to stronger stressful situations. Powerful stress caused by war, instability, crises, epigenetic changes (changes in DNA caused by environmental factors), which can cause high levels of depression, disruption of consciousness, ambivalence of approaches to understanding phenomena and processes, can lead to a constantly high activity of the stress system. When certain events occur in a person's life, to which they react with anger or sadness, this excessive reaction of their stress system contributes to the fact that the person falls into depression (O'conor and Mcdermott, 2018).

Over time, it can be cured, but the sensitivity to environmental factors remains unchanged and often leads to a relapse. The cause of depression lies in the disorder of brain areas or in the environment, which brought unfavorable critical extreme situations.

Mental predisposition to a particular mental illness must first manifest itself in the form of other mental or neurological problems. Manic-depressive disorder includes important genetic components that manifest themselves in the form of various symptoms, such as sleep disorders, hyperactivity, phobias, personality disorder (strange or eccentric behavior), mood disorders and the appearance of manic phases of depression. In persons who are prone to depression, the depressive state arises as a result of a violation of the physical and psychological integrity of the human personality, especially in extreme conditions, leading even to manic depressive disorder.

The brain is active to free itself from the captivity of depression by changing the activity of certain parts of the brain. Cognitive behavioral therapy has proven to be an effective way to treat depression, for which the patient must learn to turn negative thoughts into positive ones. Internet therapy and acupuncture can also contribute to the fight against depression. It would be best to combine light and motion therapy (Diamandis and Kotler, 2021).

B. Suicide is a major problem that is considered as a human risk factor arising from the violation of the physical and psychological integrity of the human personality, especially in extreme conditions of life. In the Netherlands, 2.5 times more people die by suicide than on the roads. In China, three times more people commit suicide than in the Western world, although according to official statistics, the number of depressive disorders is only 39% of all cases in the West. Inadequate treatment of depression has been raised as a possible explanation for China's high suicide rates.

The gap between rich and poor is deepening, the cost of living is constantly rising, and good health insurance covers only part of the cost of treatment. The number of suicides of the elderly is rapidly increasing because of the above. Literally deadly competition contributes to these statistics, the most important factor of suicide is mental disorders in extreme situations, depression, schizophrenia, post-traumatic stress disorder of soldiers during the war, borderline personality disorder, traumatic experience in childhood or adolescence.

Epigenetic mechanisms, feelings of isolation and discrimination, previous suicide attempt, war and disasters (loss of a partner, alcohol, drugs, breakup, social oppression, etc.) The increase in the number of suicides over the past years is associated with the economic, banking crisis and war, and also primarily among older people. Most suicides occur in spring and in the first months of summer. In most cases, suicide is also associated with mental disorders, violation of the physical and psychological integrity of the human personality. Some patients with depression or psychiatric problems are inclined to suicide, in China three times more women die by suicide than men (Dixon, 2021).

C. Schizophrenia. The interaction between genetic and environmental factors plays a crucial role in the development of schizophrenia. Schizophrenia is a severe and chronic mental disorder that belongs to the group of psychotic disorders. It usually manifests itself in early adulthood (approximately between 15 and 30 years). Like other psychoses, schizophrenia is manifested by a loss of contact with reality and anosognosia, i.e., the person suffering from it is not aware of their illness (at least in the acute phase). Due to this fact, it is difficult for a person with schizophrenia to accept the diagnosis and adhere to medication therapy.

The first symptoms detected by others concern changes in the sensory process (hallucinations, which can manifest themselves in all sensory areas) and the functioning of thinking (delusions or obsessions, such as ideas of exile, greatness, persecution, etc.), or disorganized thinking), often accompanied by behavioral disorders. A person may hear voices criticizing him or commenting on his actions (auditory hallucinations). He or she may see objects or entities that are not actually there (visual hallucinations).

He or she may attach eccentric meanings to elements of the environment or believe that they are directed at him or her, beyond any logical connection. Typically, the schizophrenic patient has the impression that he or she is being controlled by an external force, that he or she is no longer in control of his or her thoughts, or that he or she is the object of a conspiracy with an uncertain purpose. Less obvious but equally disabling are negative-type symptoms, especially voluptuousness and reduced emotional expression (Kaufman, 2021).

Schizophrenia is usually accompanied by impairment of cognitive functioning (impaired attention, working memory, executive functions), affective and social functioning (reduced emotions, affective inversion or emotional lability with a strong impact in relationships with others). Disorders affect the attitude to one's body, emotion regulation, ability to perform or plan goal-oriented actions, will.

The causes of schizophrenia and factors that trigger or accelerate acute phases remain poorly understood. In patients with schizophrenia, the use of drugs, alcohol and invasive social or emotional stimulation accelerate the acute phase of the disease. According to the World Health Organization, patients with schizophrenia experience human rights violations both in psychiatric institutions and in the community. The stigmatization of this disorder is high. This contributes to discrimination, which in turn can limit access to general health care, education (Voronkova, 2016b).

Conclusions

In the occurrence of brain morbidity among the factors, the interaction between genetic and environmental factors is highlighted. In general, the environment, and especially the extreme (stressful) conditions of human existence in the modern world, affect the occurrence and course of brain diseases and the emergence of an increasing number of such diseases.

Practical recommendations for the preservation and reproduction of the physical and psychological integrity of the human personality in extreme conditions are made. The term "development" on a global scale means the evolution and optimal deployment of the potential opportunities available to each child individually.

This term includes maintaining or preserving the physical integrity of the child, ensuring its safety. However, the main thing is to move from disease to health, and for this, an extensive healthcare system of the digitalization era is working today, as the system itself is being treated, as well as patients. Work should be proactive, not reactive, doctors act after the fact, often fighting ineffective, expensive and absurd battles.

Nevertheless, changes are happening and they relate to technology: robotics, 3D printers that change the nature of medical procedures, artificial intelligence, quantum computing, genomics, early diagnosis of diseases, overcoming cellular aging, editing the genetic code with breakthrough technologies, cellular medicine, new drugs for cancer and old age, the call of the source of youth. Medicine does everything to save a person at the earliest stages of his life, creates conditions for longevity and healthy human life.

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