


ORGANIZATION OF CULTURAL AND LEISURE ACTIVITIES OF STUDENTS IN HIGHER EDUCATION INSTITUTIONS

ORGANIZAÇÃO DAS ATIVIDADES CULTURAIS E DE LAZER DOS ALUNOS DAS INSTITUIÇÕES DE ENSINO SUPERIOR

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Resumo. O artigo explora como a cultura de lazer dos jovens difere de outras faixas etárias devido às suas necessidades únicas e características sociopsicológicas. Enfatiza a importância da pesquisa de lazer na compreensão e atendimento à autodescoberta e autoexpressão do jovem. O artigo propõe modernizar as regulamentações nas instituições educacionais para criar um ambiente que atenda às necessidades socioculturais e intelectuais da juventude de hoje. Ele defende a expansão das responsabilidades das associações de crianças e jovens e seu envolvimento em esportes e colaborações com empregadores. Sugere a criação de um centro de inovação juvenil para alimentar projetos científicos e criativos. O artigo discute os avanços na pesquisa e desenvolvimento pedagógico e o papel das tecnologias de informação e comunicação no ensino superior. Avalia a eficácia de sua implementação e aborda os desafios enfrentados pelo sistema educacional. O estudo utiliza vários métodos de pesquisa para identificar aspectos teóricos e considerações práticas relacionadas à integração de tecnologia para aprimorar a competência comunicativa em inglês no ensino superior. O artigo destaca a necessidade de inovação e revitalização contínuas em lazer e educação para melhor atender às características e requisitos exclusivos da juventude de hoje.

Palavras-chave: Lazer, instituições de ensino superior, juventude estudantil, digitalização, lazer ativo

Abstract. The article explores how the leisure culture of young individuals differs from other age groups due to their unique needs and socio-psychological characteristics. It emphasizes the importance of leisure research in understanding and catering to the youth's self-discovery and self-expression. The article proposes modernizing regulations in educational institutions to create an environment that caters to the socio-cultural and intellectual needs of today's youth. It advocates for expanding the responsibilities of children's and youth associations and involving them in sports and collaborations with employers. It suggests the establishment of a youth innovation center to nurture scientific and creative projects. The article discusses the advancements in pedagogical research and development and the role of information and communication technologies in higher education. It evaluates the effectiveness of their implementation and addresses challenges faced by the educational system. The study utilizes various research methods to identify theoretical aspects and practical considerations related to integrating technology for enhancing English-language communicative competence in higher education. The article highlights the need for continuous innovation and revitalization in leisure and education to better serve the unique characteristics and requirements of today's youth.

Keywords: Leisure, higher education institutions, student youth, digitalization, active leisure realm

INTRODUCTION

The organization of active leisure has undergone significant transformations in the past two decades, marked by several key changes. In the 1990s, leisure institutions experienced a crisis, while paid events gained prominence, leading to a decrease in free offerings. Regional disparities in leisure opportunities became more pronounced, and new forms of active leisure emerged. However, there was a decline in the professional training levels of employees in the leisure sector.

During this period, Ukraine's leisure sector also witnessed substantial growth in the entertainment industry, catering primarily to affluent individuals outside the public sector. This has led to social differentiation and polarization in leisure engagement, with variations in available free time, economic opportunities, and preferences for leisure activities. The leisure sector has become a marker for status demonstration, emphasizing exclusivity and social standing.

Globalization has influenced leisure practices in Ukraine, but the development of national identity has also played a significant role in shaping leisure consciousness. The cultivation of national traditions and engagement in national sports and activities has become a catalyst for seeking inclusive and diverse leisure practices. The leisure time of contemporary Ukrainian youth exhibits increased diversity and openness to new experiences. They actively participate in intercultural interactions, reflecting a broader spectrum of interests compared to previous generations. However, computer leisure is relatively low in comparison to other industrialized countries. As the structure of socio-cultural activity evolves, there is a shift towards embracing a humanistic and authentic approach, fostering national identity and cultural endeavors.

This article aims to examine the specific characteristics of cultural and leisure activities for students within higher education institutions, considering the evolving trends and influences on leisure practices in Ukraine.

THEORETICAL BACKGROUNDS

The subject of youth culture, encompassing social issues, upbringing, motivation, and lifestyles, has been extensively explored in numerous scholarly studies within our country. During the Soviet era, various aspects of children's and youth's lives, factors influencing vocational choices, and the development of young individuals were investigated by numerous scholars. Their contributions laid the groundwork for subsequent research endeavors aimed at comprehending the distinctive characteristics of the youth stage (Finikov, 2002; Stebbins, 2000; Savchenko, 1996).

During the 1990s, profound societal transformations prompted the emergence of new areas of research. Notably, the investigation of youth subcultures became increasingly relevant, as evidenced by the works of scholars such as Harmash (2009), Bocheliuk (2006), Boiko (2015), Bieletska (2009), and Ben (2007).

According to scholarly research, the primary requirement of Ukrainian society in terms of establishing effective conditions for organizing leisure activities for young people is outlined in the following documents:

- The procedures and conditions for engaging pedagogical and other staff in activities at health camps, summer health preschool institutions, hiking trips, expeditions, excursions, and the remuneration for their services.
- The guidelines for organizing shifts in specialized camps, day camps, labor, and recreational camps for students attending general education schools, vocational schools, orphanages, and boarding schools, as well as children and youth enrolled in pedagogical schools.

These provisions have been examined by scholars, namely Putilovska (2008), Pishun (2005), Petrova (2005), Pelekh (2001), Kuleba (2019), Kozyrieva and Smyrnov (2016), Kozyn (2009), Kin (2011), Kensytska (2017), Kendo (2000), among others.

The significance of addressing the organization of youth leisure activities stems from the mutual interest of both the state and young individuals. The process of socialization plays a crucial role in shaping the leisure pursuits of children and youth (Kashurkina, 2009), (Kapska, 1995), (Ihoshev, 2013), (Ivanova, 2013), (Zubok, 2003), (Zharkov, 2003).

Consequently, leisure, being a phenomenon of activity organization influenced by cultural and historical factors, serves as a structural component of free time for children and youth. Simultaneously, leisure occupies a relatively autonomous sphere within the lives of young individuals.

MATERIAL AND METHODS

The research adopted a multi-faceted approach, employing a comprehensive set of complementary methods to ensure both the effectiveness and scientific rigor of the study's findings. These methods were strategically selected to address various dimensions of the research problem and provide a holistic understanding of the integration of educational technologies into the educational process and leisure activities within higher education institutions. The research began with a thorough theoretical analysis of existing scientific and pedagogical literature related to the integration of educational technologies in educational contexts and leisure activities. This involved critically examining peer-reviewed studies,

academic papers, and relevant publications to establish a solid theoretical foundation for the research. A systematic review of the literature was conducted to organize and synthesize the vast body of knowledge on the subject. The aim was to identify key themes, trends, and gaps in previous research related to the integration of technology in leisure and education. Comparative analysis helped to highlight similarities and differences between various studies and approaches, providing valuable insights for the current investigation. To assess the level of preparedness for leisure activities and the integration of educational technologies, the research team conducted extensive pedagogical observations. This involved observing and documenting leisure activities and educational practices in higher education institutions, focusing on how technology was utilized and its impact on student engagement and learning outcomes. The research utilized generalization and systematization methods to derive overarching principles and patterns from the empirical data collected. By systematically organizing and categorizing the observed practices and experiences, the research aimed to draw broader conclusions and identify potential best practices that could be applied across different contexts.

The combination of these methods enabled the research to delve deeply into the complexities of integrating educational technologies into leisure and education. It allowed for the identification of potential challenges, benefits, and areas for improvement in the implementation of technology-based leisure activities within the educational process. The comprehensive nature of the research design allowed for triangulation of data from multiple sources, enhancing the reliability and validity of the findings. Triangulation is essential to verify the consistency of results and minimize bias, thus strengthening the overall robustness of the study. This methodological approach facilitated a deep and comprehensive exploration of the integration of educational technologies in leisure activities within higher education institutions. It contributed to the generation of meaningful insights, practical recommendations, and a nuanced understanding of the complex interplay between technology, education, and leisure experiences among students.

RESULTS AND DISCUSSION

The nature, distinct characteristics, and social dimension of youth cultural and leisure activities lie in their capacity as a system of professional and social engagements that foster the intellectual growth, societal participation, and cultural involvement of individuals within their free time.

The engagement of children and youth in leisure activities is substantially influenced by the condition of the leisure sector itself, as an integral component of the socioeconomic system within society. Furthermore, it is contingent upon social factors such as the accessibility of recreational services and the extent of cultural, creative, and other institutional establishments. Over the past few decades, the leisure sector has experienced adverse trends associated with the proliferation of leisure time among the population, primarily due to the commercialization of leisure services and the limited financial means of a considerable portion of Ukrainian citizens.

As our society undergoes the transformation of old traditions and the emergence of new developmental trends, significant concerns related to youth education, fostering creative abilities, and promoting spiritual and moral growth have been relegated to the background. Unlike in the past, when young individuals' personalities were shaped within the confines of a stable ideology and established systems of public relations, contemporary circumstances complicate their formation due to various objective socio-economic factors, which are not always favorable. Moreover, the moral and spiritual aspects of society lack well-defined criteria. Notably, leisure has emerged as the predominant sphere of secondary socialization for modern youth, including children. This development is largely attributed to the limited fulfillment of the educational function by traditional institutions of socialization, education, and the family.

Let us delve into the definition of the broader concept of "student youth," which refers to a social group experiencing an active transition into independent life, engaging in new social relations, and undergoing the formation of their worldview, spirituality, and character. The youth generation is characterized by certain qualities such as a propensity to explore novel experiences, aversion to routine, dynamism, and impulsiveness. During this phase, individuals strive to establish their internal stance concerning themselves and others, while also determining their position within moral and ethical categories such as goodness, evil, honor, dignity, righteousness, duty, love, and happiness.

Being the prospective intellectual vanguard of the nation, students possess a distinctive reservoir of intellectual potential, exhibit notable civic and social engagement, demonstrate a keenness to acquire novel and progressive knowledge within society and possess the capacity to actualize their profound inner world

and personal reserves. A well-structured leisure time for young individuals encompasses various dimensions (Table 1).

Table 1. Dimensions of Student Leisure Activities.

Key Dimensions of Student Leisure Activities	Characteristics
A realm of spiritual interaction	Allowing for the free selection of a value system.
A social environment	Facilitates the acquisition of diverse social roles
Engagement in artistic endeavors	Promoting the development of creative abilities.
An autonomously organized continuum within the realm of mass culture fosters a sense of openness among the collective within the context of media culture.	Fosters a sense of openness among the collective within the context of media culture.

Source: developed by the authors

The culture and challenges associated with youth have garnered significant attention from Ukrainian researchers in recent times. This focus is understandable, as young individuals represent a valuable societal resource and play a crucial role in shaping the trajectory of societal development. Through their endeavors, they unlock the socio-cultural and socioeconomic potential of the nation. In light of the global trend that emphasizes the increasing significance of youth characteristics within the lives of older generations and the ongoing transformations occurring in contemporary Ukraine, it becomes imperative to identify the key aspects that shape the value system of young individuals. This task holds utmost importance.

A systematic approach to addressing the psychological and pedagogical organization of individuals' leisure time within cultural and leisure associations entails a comprehensive examination of various aspects, including the cognitive, emotional, and volitional dimensions of individuals and their interrelationships within the context of free choice activities. This approach allows for a holistic understanding of the diverse manifestations and dynamics within the realm of leisure activities.

The main mechanisms for organizing leisure activities of children and youth in the educational and socio-cultural space of a modern educational institution can be outlined as follows:

- Establishment of a socio-cultural, creative, and intellectual environment within the university that caters to the socio-cultural, creative, and intellectual needs of contemporary young individuals.
- Modernization of the regulations governing the functioning of children's and youth councils at the university, aimed at guiding and regulating leisure activities within the educational institution.
- Expansion of the functional responsibilities of children's and youth associations, encompassing areas such as volunteerism, donor organizations, literary clubs, linguistic centers, children's and youth scientific societies, and children's and youth media centers.
- Implementation of targeted and systematic efforts in establishing the institution of children and youth curators, comprising teachers and mentors who guide and support the development of children and youth.
- Promotion of children's and youth sports, involving them in youth sports organizations to encourage physical activity and healthy lifestyles.
- Undertaking focused and systematic work in fostering collaborations between universities and partner employers, aimed at developing a unified strategy for interaction and ensuring continuity in the professional growth and employment of young graduates.
- Creation of a youth innovation center that oversees the generation and protection of scientific and creative projects initiated by children and youth.

The realm of student leisure activities encompasses a wide array of facets, delineating between the academic and extracurricular time that students are empowered to manage independently. It is within these leisure activities that students become immersed in the cultural and educational milieu of the university. During their extracurricular time, students engage in relaxation, sports, exploration of areas beyond their chosen field of study, and participation in amateur, artistic, and technical endeavors. Leisure occupies a segment of their free time, and students have complete autonomy in its utilization. A significant portion of this leisure time is devoted to fulfilling their spiritual, cultural, and physiological needs (table 2).

Table 2. Peculiarities of students' leisure activities

LEISURE ACTIVITIES	LEISURE ACTIVITY GOALS
Information acquisition	The pursuit of knowledge and staying informed
Communication	The desire for social interaction and meaningful connections
Learning and self-education	Engaging in personal growth, acquiring new skills, and expanding knowledge beyond academic requirements
Aesthetic activities	Appreciation and involvement in artistic and cultural endeavors
Sports and active pursuits	Involvement in physical activities and recreational pursuits that promote a healthy lifestyle

Source: developed by the authors

The organization of leisure activities for students plays a significant role in fostering a favorable climate within the university setting. It facilitates communication, enhances personal and professional development, and encourages the sharing of experiences. Communication and interaction are essential components of both the educational process and our broader lives. The primary objective of the communication process is to establish mutual understanding regarding the information being exchanged, encompassing various messages. However, the mere exchange of information does not guarantee the effectiveness of communication among individuals involved in the exchange. During leisure time, knowledge can be more easily applied, leading to positive influences on the content and structure of everyday life.

The collaborative execution of projects fosters individual self-affirmation and personal growth among students. Cultural and leisure activities play a role in aesthetic and moral development, contribute to the creation of a cultural environment, positively impact human relationships, and enhance efficiency, thereby facilitating the practical acquisition of knowledge. The effective utilization of leisure activities by students is a crucial objective. The contemporary landscape influences the education system, urging enhancements and the integration of innovative technologies while exploring novel forms of educational and extracurricular engagements.

The primary challenge faced by contemporary students in the era of online technologies is the overwhelming volume of information. Navigating through vast amounts of material requires time and skills to locate relevant resources. Throughout one's life, individuals are influenced by social factors, and a direct correlation exists between academic pursuits and leisure activities. The evolving nature of relationships necessitates fundamental changes. A new environment is taking shape, with its elements still in the process of formation and study. Students' behavior is significantly influenced by their surroundings and the collective they belong to. The desire for social interaction among young people is strong, and every interaction yields specific outcomes influenced by numerous subjective factors. Engaging with intriguing individuals enriches personal experiences and prompts introspection, allowing for a closer examination of oneself and one's life. Likewise, engaging with individuals holding opposing views provides alternative perspectives on situations, enabling one to conclude from different angles. Various forms of collective recreation aim not only to entertain but also to foster curiosity and interest in activities beyond the students' primary and routine endeavors. These include themed events, sports competitions, games, hobby groups, and more.

It is imperative to ensure that the experiences of every student are characterized by a broad range of activities, fostering the exploration of individuality and the realization of creative potential. This facet holds significant importance, particularly during the student years when many young individuals who have already determined their chosen profession have the opportunity to discover and nurture previously undiscovered interests that may eventually become integral parts of their lives.

Students exhibit remarkable inventiveness, ambition, and a wealth of novel ideas, thus necessitating the creation of an environment that fosters their comfort and self-governance platforms for the realization of their creative aspirations. It is worth emphasizing the significant role of mentoring. The assistance provided by university faculty members is of utmost importance. Support from educated and qualified individuals, who are experts in their respective fields, can serve as a powerful source of motivation for every student. The extent and outcomes of culture's influence on an individual are contingent upon various factors, including the organism's sensitivity, the strength of internal motivation, the degree of engagement with social groups and institutions, and the level of cultural development attained. Novel forms of organizing leisure activities, capable of complementing and diversifying the extracurricular educational process, exhibit considerable pedagogical potential. Such forms encompass excursions, competitions, quizzes, workshops, creative gatherings, conferences, and more.

Throughout the entirety of the life cycle, cultural information is assimilated, exerting an influence on personal development. However, an individual's cognitive activity, capacity to form new relationships, goals, and modes of cultural assimilation vary across different life stages. The primary objective of organizing leisure activities within a higher education institution is to foster the formation of a comprehensive and harmoniously developed individual, capable of thriving in a competitive environment, making independent decisions, and adapting to evolving social norms. In addition to professional competencies, students must possess a high level of cultural awareness, ethics, patriotism, and civic responsibility. It is crucial to cultivate a drive for continuous self-improvement and overcome disunity among peers, while also creating conducive conditions for acquiring additional knowledge during leisure time. It is important to suggest the scheme for assessing the impact of students' leisure activities on the cultural and educational sphere of the institution (figure 1). It is a structured approach designed to evaluate the effects of leisure activities on the overall environment of the educational institution. It involves several key steps to gather relevant data and insights. The first step of the scheme involves conducting surveys among students to collect valuable information about their leisure activities, preferences, and interests. This data helps to understand the types of activities students engage in during their free time and the extent to which these activities contribute to their overall personal development.

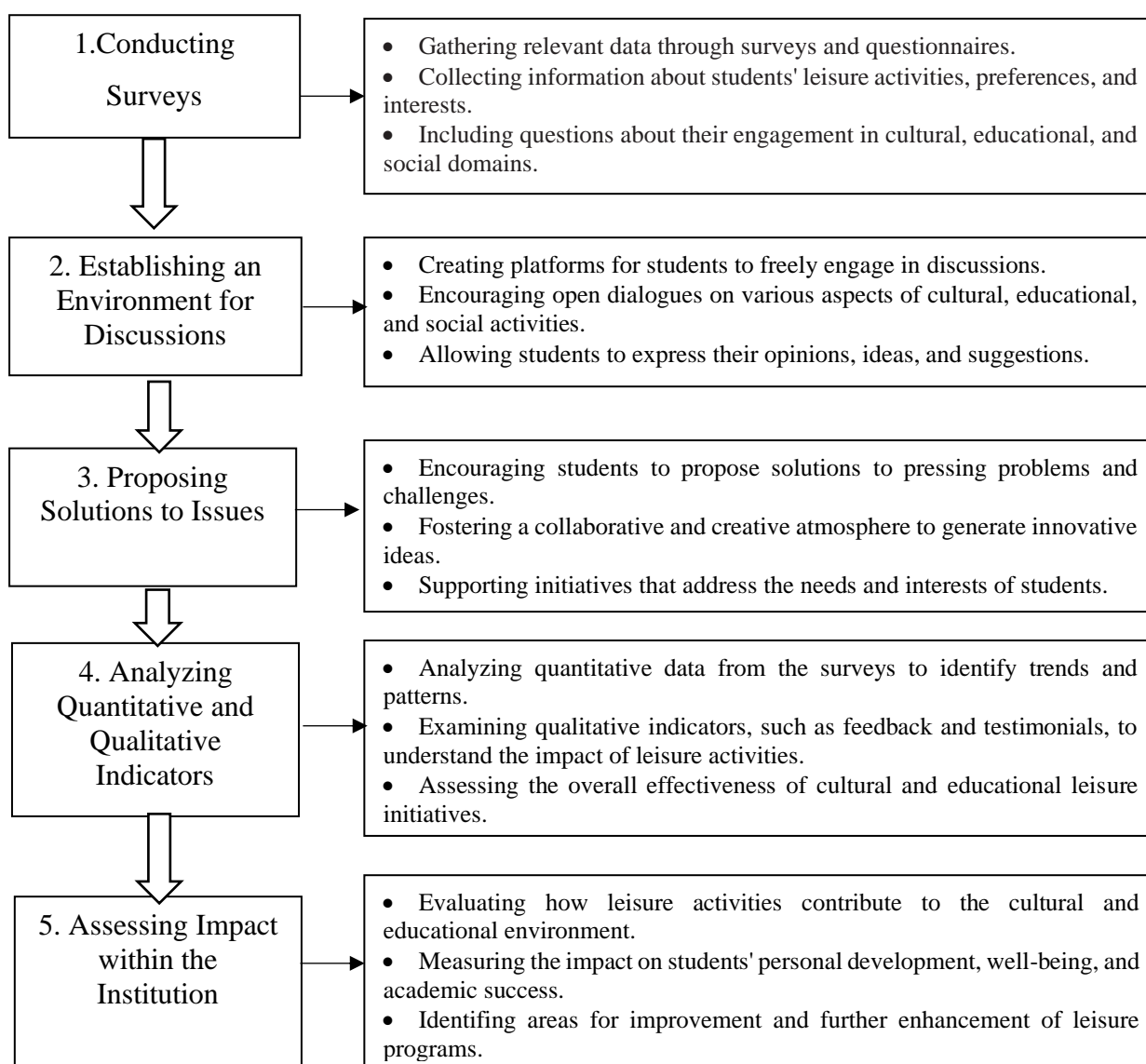


Figure 1. Scheme for Assessing the Impact of Students' Leisure Activities on the Cultural and Educational Sphere of the Institution. Source: developed by the authors

Next, the scheme emphasizes the importance of creating an open and inclusive environment within the institution. This environment allows students to freely express their opinions, engage in discussions, and

propose solutions to various cultural, educational, and social issues. Such discussions can provide valuable feedback on the impact of leisure activities on students' perceptions, attitudes, and well-being. To thoroughly assess the impact of leisure activities, both quantitative and qualitative indicators are analyzed. Quantitative data provides measurable metrics, such as the number of students participating in certain activities or the frequency of engagement. On the other hand, qualitative data delves into the subjective experiences, feelings, and motivations of students, offering a deeper understanding of the influence of leisure activities on their personal growth and social interactions. By implementing this scheme, educational institutions can gain valuable insights into how leisure activities affect the cultural and educational landscape of their campus. The findings can inform decision-making processes, improve existing leisure offerings, and create new opportunities that align with the diverse needs and interests of the student community. Ultimately, a well-organized and thriving leisure environment enhances the overall learning experience and fosters a more vibrant and engaged student community.

In the current circumstances of martial law and self-isolation, students are undergoing education through the utilization of online educational technologies. The integration of numerous online platforms into curricula is actively taking place, with technology becoming an integral component of the educational process. To optimize the benefits of digitalization, it is imperative to contribute methodologically by introducing concepts and technologies that offer a new accessible perspective of the world while preserving cultural traditions. An in-depth analysis of leisure activities as a distinct socio-cultural phenomenon is of utmost importance to discern the intricacies of its development among students and the interplay of communication between them. Presently, it is more crucial than ever to support the advancement of extracurricular activities within the cultural and educational realm of HEIs.

Each year, the domain of leisure activities undergoes notable developments, with the emergence of new qualities, types, and forms. It is imperative to conduct thorough research and analysis within this realm and, guided by the findings and insights obtained, discard ineffective approaches. This course of action aims to prevent the waste of students' and higher education institution employees' time and effort. By expanding the conceptual framework of the theory of leisure activities, numerous practices can be encompassed within the research domain. This expansion facilitates a more comprehensive examination of contemporary leisure and reveals the modern perspective of integrating continuous knowledge acquisition into everyday life. Individualizing cognition and catering to the diverse needs of students towards the application of acquired knowledge are crucial prerequisites for the differentiation of leisure activities on the level of personal culture.

Narrowly focused activities often fail to yield effective results. Leisure presents a multitude of diverse options for everyone to choose from. In higher education institutions, both academic and extracurricular processes coexist and intertwine, influencing students' overall success. Managing students' leisure activities necessitates an understanding of their characteristics, thereby requiring managers to be familiar with the primary types of leisure activities and possess insights into the psychology of students' personalities. The emergence of a new generation of modern students, shaped by the influence of gadgets and social media, has brought forth distinctive features. Notably, students demonstrate a preference for phone conversations and communication through messaging platforms or audio messages. Their thinking is characterized by conciseness, as they favor shorter, more succinct, and easily accessible information. Multitasking is prevalent, as they can simultaneously watch a movie, work on assignments, and engage with their smartphones. They exhibit concern for the environment and may face challenges in interpersonal communication. Additionally, their lives are characterized by a dynamic rhythm.

The informal mechanism of organizing leisure activities encompasses a larger number of students and possesses a greater degree of flexibility and dynamism. It is perceived by students in a distinct manner compared to the traditional form of organizing the educational process that we are accustomed to. The behavior of students within a specific social group transforms under the influence of their environment. The success of students within the cultural and educational space is closely tied to the methodologies employed by specialists. In this context, the effectiveness of a manager in a specific activity is determined by their ability to successfully achieve the intended goals.

The strategic utilization of cultural leisure significantly influences student engagement in the educational process, as students are inherently drawn to activities they are passionate about. Despite the prevailing circumstances, students exhibit resilience and continue to celebrate holidays together, facilitated by universities offering opportunities through online platforms such as Zoom. Master classes are conducted online, and the administration has established mechanisms for administering tests and exams virtually. The period of self-isolation has its advantages: students have the opportunity to grow and develop personally,

and many have managed to engage in long-planned reading and watching activities that were previously postponed due to various reasons. They can now participate in virtual tours free of charge from the comfort of their homes and actively engage in video conferences, chats, and online groups. It is crucial to recognize that online platforms represent a new level of independence and self-organization, and the knowledge acquired within the cultural and educational space of the university serves as the foundation for comprehensive personal development. When students allocate their free time not only for passive leisure activities but also for expanding their knowledge, broadening their horizons, and honing their skills, their lives, and academic pursuits assume greater meaning and effectiveness. Every endeavor should always be driven by a clear purpose.

The war in Ukraine has had a profound impact on Ukrainian students. Many have been directly affected, with some forced to leave their homes and universities due to the conflict and seek safety elsewhere. The constant threat of violence and uncertainty about the future have created immense stress and anxiety, making it challenging for students to focus on their studies and academic pursuits. The war has disrupted the normalcy of university life, with many institutions facing closures, interruptions in academic calendars, and shifts to online learning to accommodate the volatile situation. This disruption has hindered students' educational progress and access to resources, resulting in an adverse impact on their academic performance and career prospects. The emotional toll of the conflict has led to increased cases of trauma, depression, and anxiety among students. The loss of friends, family members, and fellow students in the conflict has left deep scars on the mental well-being of young Ukrainians, affecting their ability to cope with daily challenges and concentrate on their studies. The war has heightened feelings of national identity and unity among Ukrainian students, inspiring many to engage in activism and humanitarian efforts to support their fellow citizens and soldiers on the frontlines. Despite the hardships they face, students have shown remarkable resilience and a strong desire to contribute to the country's recovery and rebuilding process.

Cultural and leisure activities play a significant role in mitigating the negative impact of prolonged stress on individuals, particularly students. In times of conflict and uncertainty, such activities provide a much-needed respite from the constant anxiety and fear that pervades daily life. By engaging in culturally enriching experiences and leisure pursuits, students can momentarily escape the harsh realities of the war and find solace in creative expression, entertainment, and social interactions. Higher education institutions have a unique responsibility to address the psychological well-being of their students during times of conflict. By organizing a diverse range of cultural and leisure activities, universities can actively contribute to the emotional rejuvenation of their student body. Such activities can include art exhibitions, music performances, theater productions, film screenings, literary gatherings, and sports events, among others. These activities not only provide students with a break from the stress of their academic responsibilities but also offer them opportunities to explore their interests, passions, and talents.

To fostering emotional rejuvenation, cultural and leisure activities also serve as a vital outlet for students' feelings and emotions. The arts, in particular, offer a powerful means of self-expression, enabling students to convey their thoughts, fears, hopes, and aspirations through various mediums. Writing, painting, music, and dance become avenues for students to process their experiences, heal emotional wounds, and communicate their stories to others. Creating a supportive and empathetic environment within higher education institutions is crucial for students' overall well-being. During times of conflict, students may carry heavy emotional burdens, grappling with grief, loss, and uncertainty. Universities must recognize the importance of providing mental health support services, counseling resources, and spaces for open dialogue. By encouraging conversations about the impact of the war and providing avenues for students to share their thoughts and feelings, universities can help alleviate feelings of isolation and create a sense of community and understanding. It is essential for higher education institutions to remain sensitive to the unique needs of students during times of conflict. Creating a cohesive and compassionate campus culture can foster a sense of belonging, making students feel supported and empowered to navigate the challenges posed by the war. Additionally, involving students in the planning and organization of cultural and leisure activities can further strengthen their sense of ownership and engagement within the university community. So cultural and leisure activities within higher education institutions serve as indispensable coping mechanisms for students facing prolonged stress during times of conflict. By offering emotional rejuvenation, providing outlets for self-expression, and cultivating a supportive environment, universities play a vital role in safeguarding the mental well-being of their students. Nurturing a sense of community and empathy fosters resilience and empowers students to not only navigate the challenges of war but also actively contribute to the healing and rebuilding process of their society.

CONCLUSION

The organization of cultural and leisure activities for students in higher education institutions plays a vital role in promoting their overall well-being and academic success. These activities serve as essential coping mechanisms, particularly in times of prolonged stress and conflict, helping students to rejuvenate emotionally and find solace amidst challenging circumstances. Higher education institutions have a significant responsibility in curating a diverse range of cultural and leisure activities that cater to the interests and needs of their student population. By offering opportunities for self-expression, creativity, and exploration of various interests, universities contribute to the holistic development of students beyond their academic pursuits. These activities foster a sense of community and belonging within the university campus, creating a supportive and empathetic environment. By engaging students in shared cultural experiences and encouraging dialogue, institutions build stronger connections among students and faculty, promoting social cohesion and unity. During times of conflict, such as the 2022 Russian invasion in Ukraine, the importance of these activities becomes even more pronounced. They provide a much-needed respite from the distressing news and constant fear, allowing students to momentarily escape the harsh realities of war and find comfort in creative expression and entertainment. To ensure the effectiveness of cultural and leisure activities, higher education institutions must remain sensitive to the unique needs and experiences of students. Tailoring activities to address specific emotional and psychological challenges can have a profound impact on students' ability to cope and navigate through difficult times.

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