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## THE INCIDENCE OF PANIC ATTACKS AMONG THE STUDENTS AND THE LEVEL OF THEIR LITERACY REGARDING THEIR MANAGEMENT

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**Relevance:** nowadays an enormous number of individuals in Ukrainian society regularly face inescapable stress factors. As a matter of fact, that life-threatening condition has become a constant phenomenon, and many variations of protective reactions can be observed on a daily basis. One of these protective mechanisms that is most prevalent is called a panic attack. A panic attack is a sudden episode of uncontrolled fear accompanied by a heart attack-like symptoms and intense anxiety.

According to the statistics, many people have experienced such reactions once or twice in their lives. In our reality the number of panic attacks increases significantly. The special events of recent years made Ukrainians' nervous systems more susceptible to the slightest irritants. Therefore, unexpected sudden sound may threaten human beings to death.

This has lead us to the point where circumstances, one way or another, regularly stress out the population of Ukraine. However, it is impossible to avoid all manners of triggers, but in our hands, it is to make people be aware of the strategy of how to relieve the harm of consequence. Moreover, knowing how to cope with panic attacks provides individuals with vitally important stress management and reduction skills.

**Purpose of work:** was to determine the ratio between the number of people who experienced panic attacks and those who had never heard of them, as well as to collect information about theirs literacy regarding the measures that should be taken if it is necessary.

**Research methods:** the study included 100 students from different Ukrainian universities. We sent the questionnaire to active networks to gather answers from professional and everyday communication groups, without providing specific information about the study's purpose. The results of the study were interpreted through graphs and diagrams.

**Results:** 93(93%) of students answered that they are familiar with the meaning of the term «panic attack», whereas 7(7%) validated that they had never heard about this condition. Among students 58(58%) chose «yes» in order to answer whether they had ever experienced a panic attack. 67 (67%) respondents were noted to be knowledgeable enough and ready to take measures in response to panic attacks. 45 out of 100 have faced panic attack personally. 32 out of 100 respondents – confirmed being witnesses to such a situation.

**Conclusions:** based on the study's results, it can be concluded that there is a weighty awareness of panic attacks among Ukrainian students. During the findings it was identified that the majority of respondents had experienced such episode of extensive anxiety on their own or had witnessed others experiencing them.

It should be noted that there is not a big, but a crucial percentage of people who still do not know how to deal with panic attacks. Consequently, it is a question of high importance to provide individuals with relevant action instructions to relive possible symptoms of panic attack.

**Key words:** panic attack, experience of panic attack, stress management