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## СЕКЦІЯ

ФІЛОСОФІЯ, СОЦІОЛОГІЯ ТА ПСИХОЛОГІЯ У СУЧАСНІЙ  
ПАРАДИГМІ РОЗВИТКУ СУСПІЛЬСТВА.  
ПЕДАГОГІКА ПРОФЕСІЙНОЇ ПІДГОТОВКИ.

### **RIGHT TO FREEDOM OF SPEECH IN UKRAINIAN CONSTITUTION**

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The right to freedom of speech is one of the most important rights of every human being and citizen. In modern times. Ukraine has identified joining the European space as a strategic goal of its development, with the ultimate goal of full integration into the European Union. This path is only possible through the democratization of Ukrainian society, adherence to global and European values, including the realization of the right to freedom of speech. In this regard, we will describe the main national and international legal acts that enshrine this right.

The Universal Declaration of Human Rights of 1948 is the first international document that laid the foundation for the protection of human rights. Article 19 recognizes the right of everyone to freedom of thought and expression. This right includes the freedom to hold and seek information and ideas through any media and

regardless of national borders. The Universal Declaration of Human Rights served as the basis for the development of all subsequent documents on freedom of speech and information. Despite being a recommendatory document, UN member states pledged to protect and promote human rights. As a member state of the UN, Ukraine, although it abstained from voting directly on the adoption of the Declaration, assumed the obligation to respect and ensure human rights. The right to freedom of speech and information is enshrined in the International Covenant on Civil and Political Rights [2] and its Optional Protocol [3]. The Covenant declares the right to freedom of thought (Article 18) and recognizes the right of everyone to hold and freely express their opinions without interference (Article 19). This right includes the freedom to seek, receive, and impart information and ideas, regardless of national boundaries, orally, in writing, or through any other medium of choice. Unlike the Declaration, the International Covenant on Civil and Political Rights has a mandatory character for the States parties. Ukraine ratified the Covenant on October 19, 1973, by the Decree of the Presidium of the Supreme Council of the Ukrainian SSR, and since then, it is obliged to respect and ensure the rights recognized in this Pact to all individuals within its territory and jurisdiction. In order to further achieve the objective of the Covenant, the Optional Protocol was developed and adopted, which entered into force for Ukraine on October 25, 1991. After joining the Protocol, Ukraine not only pledged to ensure and respect human rights but also became subject to the control of the Human Rights Committee. Since 1993, the UN system also includes a Special Rapporteur on the promotion and protection of the right to freedom of opinion and expression. Among the important duties of the Special Rapporteur are the analysis of information received to identify trends, the preparation of regular reports, the writing of letters to draw the attention of the international community to certain policy and practice directions that affect the state of affairs in the field of respect for the right to freedom of speech and beliefs, and their expression. His mandate is aimed at drawing the attention of the UN Human Rights Council and the UN High Commissioner for Human Rights to situations and cases related to the right to freedom of belief and its expression that cause particular concern.

In order to increase the effectiveness and efficiency of efforts to promote and protect the right to freedom of speech, beliefs, and their expression, the rapporteur must make efforts to develop cooperation with other relevant UN bodies, specialized institutions, funds and programs, regional intergovernmental organizations and national human rights institutions, as well as to develop and expand his network of correspondents among relevant non-governmental organizations, especially at the local level. The activity of specialized UN agencies, including UNESCO, plays a significant role in the development of freedom of speech and access to information. UNESCO stands guard over press freedom and publicly condemns the most egregious violations of this freedom, such as the killing and physical abuse of media representatives. One of the directions of such activity aimed at protecting freedom of speech and the media is the adoption of the Sofia Declaration. It defines the basic principles of regulating the media: the creation and strengthening of constitutional and legal guarantees of freedom of expression and freedom of the press; review, amendment, and/or cancellation of laws, rules, and measures that restrict this fundamental freedom; ensuring access to information for journalists by government bodies; prohibition of forcing journalists to disclose their sources of information; reform of state broadcasting and information agencies and their status as open public institutions that enjoy journalistic and publishing independence; ensuring full independence to the regulatory bodies established in the field of radio and television broadcasting.

In addition to global standards, regional standards of freedom of speech and systems for monitoring their compliance are important for our country, particularly according to European standards. Apart from the European Convention on Human Rights, the Council of Europe has a large number of media law sources that regulate various aspects of the media, including the Declaration on the Free Expression of Views and Information, the European Convention on Transfrontier Television, and the European Charter for Regional Languages, among others. Like the international conventions of the UN, Ukraine has ratified most of the European human rights acts. Specifically, on September 17, 1997, Ukraine ratified the Convention for the Protection of Human Rights and Fundamental Freedoms of 1950, on May 15, 2003, the European

Charter for Regional Languages, and on December 17, 2008, the Convention on Transfrontier Television.

Additionally, as a member of the Council of Europe, Ukraine assumes all obligations that this international organization takes on with regard to upholding and developing human and citizen rights and freedoms. Article 34 of the Constitution of Ukraine declares the right to freedom of thought and speech, and the freedom to express one's views and convictions. In addition to the Constitution, the right to freedom of speech is enshrined in numerous legislative acts, including the laws of Ukraine "On Information," "On Printed Media (Press) in Ukraine," "On Television and Radio Broadcasting," "On Copyright and Related Rights," "On Information Agencies," "On Advertising," "On State Secrets," "On Amendments to Legislative Acts of Ukraine Concerning Protection of the Honor and Dignity of Citizens and Organizations," "On the National Council of Ukraine on Television and Radio Broadcasting," "On State Support of Mass Media and Social Protection of Journalists," "On the Procedure for Covering the Activities of Bodies of State Power and Local Self-Government in Ukraine by Mass Media," "On Publishing," "On the System of Public Television and Radio Broadcasting of Ukraine," "On Telecommunications," "On Access to Public Information," and "On Protection of Personal Data." Therefore, in today's digital age, Ukraine's media environment is regulated by a wide range of legal acts aimed at safeguarding freedom of speech and expression, protecting the rights of media workers, ensuring the accessibility of information, and promoting the transparency of government activities.

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## **COGNITIVE RESOURCES TO INCREASE THE STRESS RESISTANCE OF THE INDIVIDUAL IN THE FACE OF MODERN GLOBALIZATION CHALLENGES**

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The active inclusion of psychological science in the development of the problem of finding and realizing the mental capabilities of a person reflects the actual significance of the introduction of psychological technologies in the process of psychological support of the individual. This issue is of particular importance in the conditions of a full-scale war in Ukraine, world globalization socio-political, educational and cultural processes. The need to increase the level of psychological preparedness of the individual for modern challenges is justified by the fact that there is a need to be living in conditions of high psycho-emotional stress, when the success of individual actions is determined by the level of development of special competencies that ensure the reliability and effectiveness of activities in emotionally difficult and stressful situations.

Theoretical works of A. Ganushkin, M. Dyachenko, L. Nersesyan, V. Pushkin, O. Safina, M. Tomchuk reveal a system-structural approach to the study of the