

RESILIENCE OF UKRAINIANS AS A FACTOR OF NATIONAL SECURITY IN WAR CONDITIONS

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Abstract: Vectors for the study of human resiliency can be found in concepts of the life path, in models of the life world, in works devoted to the study of a person's resistance to stress, his personal and meaningful life potentials, existential and personal crises. The paper traces evolution of resiliency concept and considers phenomenon of resiliency during war conflicts based on the example of current war in Ukraine.

Keywords: resilience; people with special needs; psychology; identity; war, adaptation, distress, vulnerability

1 Introduction

An analysis of modern international political practice shows that technologies for waging information and psychological warfare come to the fore in the geostrategic management of political, economic, military, and socio-psychological processes. The large-scale use of various (in terms of goals, forms, content) psychological technologies in relation to individuals, groups, entire segments of the population, often for illegal purposes against the backdrop of a sharp increase in the level of vulnerability of society from targeted psychological influences used in relation to them, gives the aggressor the desired result. R. Grossman, one of the ideologists of psychological warfare in Great Britain in World War II, defined the goals of psychological warfare in achieving significant results, including demoralizing the enemy, undermining his basic worldviews, value systems, and imposing own ideas on him [6]. One of the tools of information warfare as part of a hybrid war is the demoralization of the population, sowing panic and decadence moods. Psychological warfare involves influencing the enemy by means of mass psychological influence in order to change worldviews, initiate the process of self-destruction, voluntary transfer of territory and resources, and work for the winners [35].

According to experts, psychological warfare should be understood as a differentiated system of psychological influences on people in order to make the desired changes in their psychological characteristics, including views, opinions, value orientations, moods, motives, attitudes, behavioral stereotypes, as well as group norms, mass sentiments, public consciousness as a whole [6]. Thus, the resilience of the population is today one of the important, if not critical, factors of national security.

The overall profile of national security and resilience in war conflicts is depicted in Figure 1.

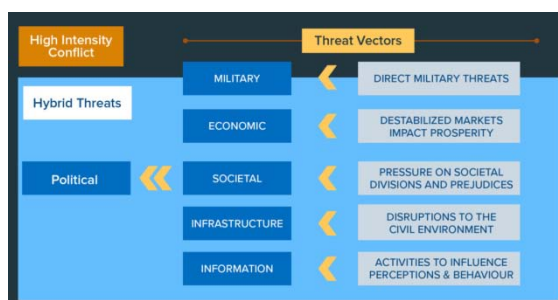


Figure 1. The overall profile of national security and resilience in war conflicts [1]

In psychology, a person's ability to adapt to stress, difficulties and negative situations and maintain mental and emotional well-being is called resilience. Resilience is determined by how a person responds to stress and overcomes difficulties, as well as recovers from traumatic events. It is important to note that the destruction of resilience does not mean that a person cannot recover. There are many ways to develop and strengthen resilience even after and during traumatic events or stressful periods [12; 19; 25-27; 33]. Despite the active study of the phenomenon of resilience, the problem of development, as well as identifying the features of this integral personal property, especially in war conditions, remains poorly understood. The current situation in Ukraine, when a full-scale military conflict has been going on for two years, has a negative impact on the population not only physically in terms of the risk of death or loss of health, but also psychologically in terms of the risk of reduced resilience.

In particular, according to survey results, Ukrainians today suffer more from fatigue (only 36% do not feel it) and lack of adequate sleep (only 44% have adequate sleep). Such body reactions are natural under stress. Despite this, other emotional and moral indicators of Ukrainian citizens are in better condition [13]. Monitoring of emotional states, levels of resilience and psychological exhaustion showed that, in general, Ukrainians appeared able to maintain and stabilize their psychological and emotional state, and acquire sufficient competence in overcoming stressful events of life under war conditions.

According to surveys, 24% of Ukrainians are in a calm state. In tense and very tense conditions – 40% [29]. At the same time, this averaged indicator is difficult to consider reliable and representative. Although this is a relatively low (good) figure for wartime, it obviously differs significantly for front-line and rear regions. Tension increases with age, as opportunities to take care of oneself, material and other resources are likely to diminish. It is also more common in women (probably due to higher sensitivity and the need to take care not only of themselves, but of children) and people who have changed their place of residence - the need to adapt to a new place, a situation of uncertainty, a change in usual living conditions significantly increases stress.

Younger and older respondents, women, residents from the east and west of the country, those who do not work or are retired, have changed their place of residence, and those who have relatives in the war feel the most exhausted. People with special needs are even more vulnerable, in particular due to a sharply decreased level of their physical safety, as well as the loss of some social contacts. For example, here one should mention investigation presented in the Red Cross report: "Novyi Bug is a town with a population of more than 15,000 residents. It is situated in the Bashtan district of the Mykolaiv region, in Ukraine. The situation in Novyi Bug remains very unpredictable. At the end of May 2022 there were attacks on the town of Novyi Bug and the Mykolaiv region was hit by rockets and missiles. Many civilian infrastructures, including inclusive resource centers, houses and hospital premises were either destroyed or damaged" [7].

The research in the population of persons with special needs by Sulyatytskyi et al. [33], established a direct correlation between indicators of the presence of a stress disorder and aggressiveness ($r = 0.46$), which can be explained by the fact that the presence of a stress disorder increases an individual's tendency to aggressive behavior. The revealed direct correlation relationship between indicators of the presence of stress disorder and neuroticism ($r = 0.42$) indicates that the presence of stress disorder affects the level of neuroticism, which is characterized by a neurotic syndrome of the asthenic type with significant psychosomatic disorders. An inverse correlation between the indicators of the presence of a stress disorder and the establishment of analogies and generalization was also obtained ($r = -0.43$). This can be explained by the fact that the presence of

a stress disorder affects indicators of intellectual activity, establishing analogies and generalization. In addition, a high level of neuroticism is characterized by a syndrome of the asthenic type with significant psychosomatic disorders.

Studies have indicated that following exposure to armed conflict, individuals with disabilities are disproportionately susceptible to signs of psychological distress. Previous research has also demonstrated that those who are uprooted by conflict are more vulnerable to post-traumatic stress disorder. There was a strong correlation found between the total disability score and post-traumatic stress symptoms (PTSSs), with different impairment domains predicting PTSSs to differing degrees. The status of displacement did not modify this association. Women reported greater levels of post-traumatic stress, which is in line with earlier studies [11]. Individuals with disabilities are more vulnerable to the deleterious effects of disasters on their mental health and are particularly vulnerable to the trauma of war [30]. According to data gathered in 2002 from the Afghan population [3], 42% of respondents with impairments had PTSD, 85% had anxiety, and 72% had depression. The people most likely to experience psychological anguish were those with impairments and long-term medical issues.

In general, the phenomenon of civilian resilience in military conflicts is a very relevant field of research in today's era of instability, global turbulence, and hybrid warfare.

2 Materials and Methods

The theoretical and methodological basis of the study included: psychological theory of activity, acmeological approach, studies of motivational and semantic orientations of the individual, theories of motivational and value-semantic regulation of the individual. The main methods used were the system-situational method and content analysis, synthesis, comparison, abstraction, generalization, systematization of scientific literature on the study of resources of personal stability in difficult life situations.

3 Results and Discussion

There is still no consensus in psychological science, so it is necessary to stipulate the specifics of the use of terms. Thus, at different times the following concepts arose: "life-creativity", "vitality", "courage to create" (R. May), "rootedness in being" (M. Heidegger), "transcendence", "maturity" (G. Allport), "vitality" (E. Fromm), "stubbornness of spirit" (W. Frankl), "courage to be" (P. Tillich), "existential courage" (J. Hollis), "salutogenesis", "antifragility" (N. Taleb).

Subsequently, the term "hardiness" was proposed - it was suggested in the early 80s of the 20th century by American psychologists S. Kobasa and S. Maddi. By this term they meant a pattern of structure of attitudes and skills that allows one to overcome difficulties and transform them from a potentially traumatic factor into opportunities, actively confront them, use them for personal growth and continue development at a higher level than expected [5]. It should be noted that 'hardiness' does not coincide with the concept of "coping strategy". These are not techniques, algorithms of action, but a personality trait, a mindset for survival. And while coping strategies can take an unproductive form, hardiness allows coping with distress effectively and only in the direction of personal growth, although a correlation has indeed been identified between coping strategies and resilience [5].

In recent years, the term "hardiness" has been transformed into the concept of "resilience". Resilience is understood as an innate dynamic personality trait that underlies the ability to overcome stress and difficult periods in a constructive way. In other words, it is the ability to "bend but not break" [34].

At the same time, there is still no clear unified position on the breadth of the concept of "resiliency". Thus, some researchers believe that it is an integrative system of properties necessary for adaptation, a cumulative potential, therefore this concept is broader and includes vitality. Other researchers equate these

concepts and do not distinguish vitality and resiliency from each other. Other researchers warn that while resilience is characterized by the "lower limit," that is, along the line of vitality, then there is little hope for 'cultural' resolution of difficult situations [28].

An interesting and promising position is that the broadest concept is namely resilience; it contains vitality as a systemic personal quality that determines a person's ability to adapt based on resilience, which is mentioned, in particular, in the works of Ukrainian authors Kryshchanovyc, Husar, and others in the field of education [8; 15-18].

Now the term "resilience" is widely used in organizational psychology, stress psychology, general philosophy and hermeneutics [22]. It occupies a special place in existential psychology as a disposition that helps "to reduce and more easily endure ontological anxiety associated with choosing the future" [24].

S. Maddi considers resilience as a person's beliefs that allow him to remain active and prevent the negative consequences of stress, and they are a more important predictor of coping than optimism and religiosity [20]. In the construct of resilience, he identifies three key components (attitudes):

1. Involvement (commitment) is the conviction that active participation, inclusion in reality "gives the maximum chance of finding something worthwhile and interesting for the individual" [20]. A person with developed involvement receives strength and motivation to act, and pleasure from his own activities, realizes himself, feels his significance and value. The opposite of involvement is alienation, the feeling of being "outside" of life [21].
2. Control is the belief that only struggle as the choice of own strategy of activity can influence the real result, the consequences, although there is no guarantee of success, and the possibilities of one's own influence are limited. A person with a highly developed control component feels that he chooses his own activities, his own path. The opposite of control is helplessness, powerlessness and lack of faith in own strength.
3. Taking risks (challenge) is the conviction that everything that happens is necessary for development, since it provides experience. At the same time, negative experiences are just as valuable as positive ones, since they provide the opportunity to learn something. The opposite of risk taking is uncertainty, the rejection of new opportunities in favor of security. "A person who views life as a way of gaining experience is ready to act in the absence of reliable guarantees of success, at his own peril and risk, considering the desire for simple comfort and security to impoverish the life of the individual".

The more pronounced these components are, the lower the internal tension in stressful situations. This occurs through the mechanism of hardy coping with stress and perceiving them as less significant. All three components complement each other and together help reduce and make it easier to tolerate existential anxiety. The development of these components is the basis for a positive attitude, improving the quality of life, and understanding obstacles as sources of additional growth and development.

Meta-analysis data confirmed that these three components demonstrate discriminant validity [28]. At the same time, commitment is closely related to indicators of emotional well-being (life satisfaction) and ill-being (depression, burnout), social support and emotional coping, involvement in educational activities and success of activities. Control is a predictor of active coping (approach/avoidance), as well as the presence of stress factors and conflicts in life, and risk taking is a predictor of role conflict.

Maddi examined the influence of resilience on a person's relationship with the world around him, on his openness, trust, ability to experience love, receive support, and experience

interest. He does not focus only on the aspect of self-defense, but perceives resilience as transformational coping, which includes the process of creative transformation of oneself and the world around. Therefore, such basic values as cooperation, credibility, and creativity are associated with it.

Maddi also cites five main mechanisms of resilience that act as a buffer against the development of diseases, demoralization and decreased productivity [20; 21]:

1. Resilience Beliefs - appraisal of life changes as less stressful based on involvement, control, and risk taking.
2. Creating motivation for transformational coping, which implies openness to everything new, a person's readiness to act actively in a stressful situation (a person's use of resilient coping strategies).
3. Strengthening the immune response through mental and physical mobilization.
4. Strengthening responsibility and care for own health (resilient health practices).
5. Finding effective social support that will promote transformational coping through the development of communication skills.

It is important to note that Maddi considered resilience not so much a property but rather as an internal resource (attitude) that a person can comprehend and change in order to maintain his physical, mental, and social health. "The larger the scale of the decision, the more strongly it affects personal meaning. But the accumulation of small decisions also affects it to a certain extent. Ultimately, the existential meaning of a decision (whether it is made in the mind or embodied in action, whether it is small or large) is whether the decision leads a person to new experiences or keeps him within familiar territory" [21].

Thus, resilience gives value and meaning to human life in all circumstances.

According to modern psychologists, resilient people have certain characteristics that help them cope with difficulties [22]:

- Survivor mentality - resilient people believe that they can survive in any situation. They keep going until they succeed;
- Ability to control emotions - resilience helps manage emotions in stressful situations;
- A sense of confidence and control - resilient people have strong internal responsibility and are aware that their actions influence the outcome of events;
- Effective coping skills - resilient people always try to find a solution that will change the situation for the better;
- Self-acceptance and self-compassion - resilient people take care of themselves, especially when they are having a hard time or things are going badly;
- Turning to social support - the presence of supportive people is another characteristic sign of resilience. Resilient people understand the importance of support and seek help when necessary.

Today, an analysis of scientific literature allows highlighting the following areas of theoretical understanding of resilience [24]: 1) Study of the level of self-esteem, self-control, sense of humor, and other tools that promote adaptation and personal growth while overcoming difficulties; 2) Study of risk factors for resilience in people at risk; 3) Study of personality traits that ensure effective overcoming and achievement of success, set goals, and desired results.

All three areas are characterized by reducing the conceptual understanding of resilience to the area of increasing productivity, success, personal adaptation, overcoming stress due to difficult life circumstances (illness, disability, incapacity, violence, homelessness) and extreme situations (natural disasters, catastrophes, wars, epidemics, act of terrorism).

The escalation of geopolitical conflicts brings back into the field of view of social psychology not only the problems of the

individual and group's attitude towards war, but also the tasks associated with predicting the impact of wars on people's psychology. The study of post-conflict societies in the social sciences has for many years focused on issues of intergroup emotion management, justice restoration, and nation-building, but recently there has been an increase in research examining the macro-psychological consequences of military conflict. The focus here is on the psychological state of society, that is, the totality of mass and collective experiences, ideas, values and attitudes that influence the functioning of social institutions [14]. These studies can be grouped into several main areas related to the study of psychological well-being, cognitive processes, social integration, and political attitudes in societies traumatized by military conflicts.

The population, exposed to shelling for a long time, is in a prolonged situation of large-scale stress. Military emergencies lead to the formation of mental adaptation disorders in the civilian population. Experience of violence associated with military conflicts can increase the risk of developing post-traumatic stress disorder by more than 10 times [23]. A meta-analysis of 129 empirical studies shows that 22% of residents of regions affected by military conflicts suffer from depression, anxiety, post-traumatic stress disorder, bipolar disorder, and schizophrenia over the next 10 years [29]. An analysis of studies conducted among residents of 12 post-conflict regions in the interval from 2 to 17 years after the war gives higher figures - 27% suffered from depression and 26% from PTSD, while women, the unemployed, single and elderly people were especially susceptible to such disorders [29].

Monitoring conducted in Ukraine jointly with European sociological agencies shows that young people aged 18-24 years were the most susceptible to anxiety and depression in the context of a military conflict, among whom the level of depressive symptoms on the PHQ-4 scale in the spring of 2022 was close to 80%, and anxious - to 60% [14].

Other studies also point to the high vulnerability and psychological traumatization of young people under these conditions. Civilians who witness war are susceptible to post-traumatic syndrome and mental trauma associated with the death of a loved one, emotional violence and the "secondary victim" effect [14]. Secondary mental trauma caused by news of deaths and injuries among the armed forces and civilians causes compassion fatigue and psychological "hardening": feelings of compassion for one or a few people are easier to generate than for thousands who die far from our eyes [6]. Finally, in the context of a protracted military conflict, a feeling of hopelessness arises, blocking the search for opportunities to resolve it.

When studying the experience of Ukraine, it is interesting to turn to the experience of other countries that have experienced full-scale hostilities in the current decade. For example, the "Decade of Terrible Losses" became the most difficult test for millions of young Syrians. 1,400 Syrians aged 18 to 25 were surveyed in Syria, Lebanon, and Germany. In all three countries, young people spoke of severed family and friendship ties, enormous economic hardship and anxiety, unfulfilled dreams and broken plans, and deep psychological trauma caused by years of continuous violence and chaos. Top on the list of what young Syrians need most are jobs and economic prospects. This is followed by medical care, education, and psychological support. Women find it especially difficult to make ends meet: in Syria, nearly 30% say they have no income and are unable to feed their family. Equally clear is the impact of conflict on mental health. In 2021, young people in Syria experienced conflict-related sleep disturbances (54%), anxiety (73%), depression (58%), loneliness (46%), feelings of powerlessness (62%) and depression (69%). In all three countries, young Syrians list psychological support among their most pressing needs [36]. Despite everything, the majority of young Syrians surveyed say they are optimistic about the future. Their dreams and hopes for the next ten years are familiar to every person on the planet: security and stability, the opportunity to have a family and a

well-paid job, accessible health care and other services in every sense - and that upheaval and conflict will be a thing of the past.

The research by Kimhi [13] looks at a sample of residents in Ukraine who were exposed to the present Russian-Ukrainian war in terms of their resistance, protection, and vulnerability. Following an armed war in May 2021, the responses of an Israeli sample were compared with the level of resilience and coping markers. An internet panel business gathered the data. An online survey was completed by a representative sample of 1,001 citizens of Ukraine. With reference to age, gender, and regional distribution, a stratified sample technique was used. During a recent military confrontation with Gaza (May 2021), an internet panel firm also collected data on the population of Israel (N = 647). This investigation produced three noteworthy findings: (a) When compared to the Israeli group, the Ukrainian sample reported noticeably greater levels of perceived threats, sensation of danger, and distress symptoms. Nevertheless, in spite of these negative emotions, the Ukrainian respondents reported significantly higher levels of hope and societal resilience than their Israeli counterparts, as well as somewhat higher levels of individual and community resilience; (b) the respondents' protective factors (hope, wellbeing, and morale) better predicted the three types of resilience - individual, community, and social - than the respondents' vulnerability factors (sense of danger, distress symptoms, and level of threats); (c) the respondents' hope and wellbeing were the best predictors of the three types of resilience; and (d) the respondents' demographic characteristics barely contributed to the prediction of the three types of resilience. Under some circumstances, it seems that a conflict that jeopardizes a nation's independence and sovereignty might strengthen the social resilience and optimism of the vulnerable people, even while their sense of wellbeing is lower and their levels of anguish, sense of danger, and perceived threats are higher.

The aforementioned study was conducted using a structured questionnaire that was ethically authorized by Tel Aviv University's Ethics Committee. The validated instruments, which were abbreviated for this investigation, were the scales employed. The following parts were covered in the questionnaire: The following factors influence distress symptoms: wellbeing; hope; morale; perceived risks; societal resilience; community resilience; individual resilience; and demographics. After analyzing the relationships between each study variable, the authors concluded that the Ukrainian sample's three forms of resilience are strongly predicted by protective and vulnerability factors (see Figure 2):

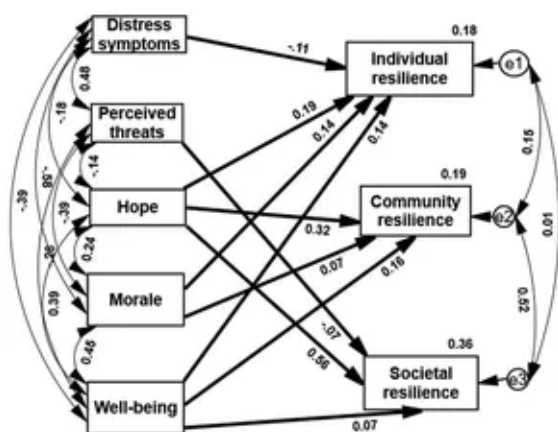


Figure 2. Protective and vulnerability factors, significantly predict three types of resilience among the Ukrainian sample (N = 1,001). All the paths in the above figure are significant ($p < 0.05$) [13].

The political, socio-economic, and cultural-historical consequences of war are reflected in interpersonal and public discourse and increase feelings of uncertainty about the future.

At the same time, studies conducted in Syria after the end of the military conflict showed that 23% were characterized by a clinical level of post-traumatic disorder, and 30% were found to have an average, subclinical level of symptoms. At the same time, the general index of experiencing post-traumatic stress in the civilian population was positively correlated with such psychological defense mechanisms as repression and regression, with the coping strategy "escape-avoidance", that is, mental aspiration, withdrawal into fantasy and behavioral efforts aimed at escape or avoidance problem was associated with more severe intrusive trauma reenactment. These data are in good agreement with the findings of other researchers, pointing to the most common defense mechanisms in war conditions: repression, projection, replacement, and compensation [22]. In addition, it should be taken into account that these same strategies can be used to protect positive group identity in long-term military conflicts [24]. Apparently, defense mechanisms and coping strategies, required in extreme conditions, cease to be effective in the post-war period, making it difficult to overcome post-traumatic stress disorders. However, through mechanisms of post-traumatic growth and social support, the traumatic experience of conflict can have a paradoxical delayed effect: for example, residents of German cities that suffered the most devastating Allied bombing during World War II had lower rates of neuroticism and depression 70 years later [5]. This best characterizes the phenomenon of resilience.

Military conflicts increase intra-group solidarity and pro-social attitudes, including cooperative behavior within local communities, readiness to donate, adopt children, and collect assistance. Nevertheless, wars reduce generalized trust and provoke in-group favoritism [5]. Despite the effects of rallying around the flag when experiencing a military threat, trust in social institutions decreases with defeat in a war, and does not increase with victory in it. Moreover, the long-term impact of wars on trust and social inclusion is devastating. Thus, a study in 39 countries showed that in societies that have experienced collective trauma, there is less proactivity in establishing interpersonal contacts, a lesser tendency to self-disclosure and generalized trust [28]. Another study of 13 post-World War II countries found that citizens who had direct exposure to war as children had lower levels of generalized trust even 60 years later than those who had no such experience. Moreover, this negative effect manifested itself with equal force both in the countries that lost the war and in the victorious countries [28].

During military conflict, feelings of threat and distress increase the need to reduce perceived uncertainty, restore a sense of control and security, and obtain social and emotional support, which in turn strengthens the justification of the social system - belief in a just order of society [23]. Today in Ukraine, this faith is undergoing noticeable destruction due to the large amount of public data, news and narratives regarding corruption in government structures and even military institutions, which reduces not only motivation in military service, but also the general resilience of the population, "cuts the ground out from under legs".

It should also be noted that social inequality in military conflicts, together with affective polarization, increases the likelihood of "cognitive vulnerability" to support extremist ideology. People who consider themselves victims of injustice, losers, or rejected seek to restore lost personal significance, need a certain group identity, and are characterized by high cognitive completeness, that is, feel the need for unambiguous answers to complex questions. This syndrome increases their commitment to radical views, and in the presence of appropriate role models in their personal network of contacts and narratives that justify violence, they quickly become radicalized [23]. A similar phenomenon is observed now, in conditions of war, also in Ukraine - this is a negative attitude towards Russian-speaking fellow citizens, condemnation of entertainment events and recreational activities taking place in the rear, and similar phenomena.

The experience of uncertainty and existential threat, especially when associated with feelings of anger, triggers psychological

defenses aimed at restoring a sense of control, which leads to a paradoxical increase in confidence in one's judgments about what is happening and the perceived certainty of the situation. For example, an analysis of millions of messages on social networks after mass shootings, terrorist attacks and during a pandemic revealed an increase of confidence in linguistic markers, such as "everyone", "nobody", "everyone", "always", "never", "everywhere", "definitely", "should", "necessarily", etc., and the use of such absolutist vocabulary was associated with markers of anxiety and anger [14]. Experiences of anger, characteristic of participants in a conflict, affect cognitive processes, provoking overoptimism and the illusion of control, an external attributional style when explaining events, underestimation of risk and a tendency to risky behavior. Tunnel thinking and confidence in a forceful solution as the only possible one can be combined with high creativity, which is confirmed by a number of experimental evidence [14].

In conditions of protracted military conflicts, political attitudes are determined by the "ethos of conflict" - a special syndrome of socio-psychological characteristics, well studied based on the material of the Palestinian-Israeli conflict and confirmed by research in the Balkan countries. Among the components of this syndrome, there are justification of the goals of war, the belief in the need to ensure the country's security through military methods, delegitimation and dehumanization of the enemy, a positive assessment of own group, the belief that representatives of own group have become victims of aggression, the importance of loyalty to own group, and the belief in the need to maintain unity in the face of the enemy and intolerance for expressing alternative points of view, as well as a low assessment of the likelihood of a peaceful resolution of the conflict [10].

Thus, one of the important components of resilience is the ability to critically comprehend such negative discourses and resist the formation in oneself of radical and, especially, extremist attitudes, psychological patterns of hostility and hatred towards fellow citizens and even close circles.

In times of military conflict, people with special needs are especially vulnerable. The problem of mental stability and social activity of these people is an open issue in social psychology, which requires comprehensive study and conduct of practically oriented scientific research.

Boyce and Weera [2] highlight that, in contrast to stable periods, motor impairments in communities are more widespread and encompass a wider range of issues during violent crises. Disabilities, impairments, and handicaps also change as a war progresses, from instability to open combat to rebuilding. It goes without saying that disablement measures must address a wide variety of impairment, disability, and handicap issues in the setting of conflict zones, where individuals sustain severe violent injuries. Nonetheless, an evaluation that determines the most important requirements and potential solutions from the community's viewpoint should be conducted before taking these disability-related issues into account. It is necessary to create disablement instruments and assess their validity and reliability in the field because none of them have been created specifically for use in armed conflict zones. Such an instrument has to be able to discriminate between those who have disabilities, impairments, or handicaps and others who do not. In order to help organize programs, the approach has to be culturally unique, responsive to different stages of conflict, sharply focused on individual and community interests, and capable of swiftly gathering and analyzing data.

Evidence, however, indicates that when resilience-based abilities are used and incorporated into people's life, they offer a variety of advantages. Among these advantages is the fact that resilience has a spillover effect, meaning that individuals who use it see good changes in other areas of their lives [31; 32]. Resilience is not something that has to be innate in a person; it can be learned and developed through deliberate practice.

The experience of security due to belonging to a significant social group and the acceptance of social support provide a high level of psychological stability [24]. Social support from the group is manifested in providing an individual who finds himself in a crisis or extreme situation with resources - instrumental, informational, and emotional. At the same time, emotional support is a condition for the manifestation of psychological stability, regardless of the genesis of psychological trauma, while the request for informational and instrumental support will depend on the context. Dantzer et al. (2018) emphasize that the confidence that people around will lend a helping hand and provide the necessary support to cope with the consequences of adverse life events makes a contribution to the formation of psychological resilience [4].

Outlining the prospects for research in this area, it should be noted that further research is needed into the factors of psychological well-being of various social groups, including depending on the attitude towards war and the traumatic nature of the experience, the expressiveness of universal-human identity, the level of trust in social institutions, and social optimism. We still know little about the dynamics of different defenses and coping styles during and after military conflict. Identifying the types of experiences of military conflict will help provide more effective psychological assistance.

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