

FEATURES OF LIFE PERSPECTIVE OF FORCED DISPLACED PERSONS DURING ARMED CONFLICT IN UKRAINE

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The article provides theoretical analysis of the problem of the peculiarities of life prospects of forced migrants during the armed conflict in Ukraine. Critical situations, natural disasters, and armed conflicts usually have a negative impact on the psyche of those who are involved in these events. The impact of traumatic events extends not only to direct victims but also to a wide range of individuals. The consequences of traumatization affect their families, surroundings, rescuers, and other workers. The authors present their views on life planning, based on three components. Life perspective is opened for those who have already created a system of life relations and support that become more valuable. Achieving life goals helps to reach life limits and, in a certain sense, guarantees the future. The main components of life planning are awareness of goals, determination of ways to achieve them, and understanding the significance of their implementation. Life perspective is a dynamic phenomenon that depends on the constant changes and adjustments in a person's plans and goals. A person's life position and value system are formed as a result of this process and determine the individual's future. Planning a life perspective involves setting goals, defining ways to achieve them, and understanding the significance of realizing life plans. It is a constant process that depends on changes and adjustments in plans and goals, as well as on the realization of one's values and the formation of a life plan. Today, there is information about 4 million people in the Unified Information Database on Internally Displaced Persons. Of these, over 2 million are people who were displaced due to the imposition of martial law. And of those, 1.9 million were forcibly displaced for the first time.

The article mentions six main problems faced by forced migrants.

It is stated that problems with adaptation to new conditions limit access to basic social services such as healthcare and education.

It is emphasized that it is important to carry out social programs and projects aimed at improving the socio-economic situation of forced migrants. It is noted that an important component of social support is providing information about available services and resources that can help in adapting to a new environment. At the same time, it is stated that it is necessary to provide the opportunity for learning the language and culture of the country they have resettled in. It is necessary to consider the gender aspect and provide equal opportunities for men and women in the process of adaptation and obtaining social and psychological support. It is also noted that attention should be paid to the problems that arise in children of forced migrants. Children may need additional psychological support and education. It's important to raise awareness among the public about the problems faced by forced migrants. This can be done through media, social networks, cultural events and so on. Coping behavior – a set of conscious conflict resolution strategies to deal with internal tension and discomfort – is an important form of the adaptation process and personality response to stressful situations, in addition to psychological protection. At the same time, there is a “balanced temporal orientation”, which is an idealized cognitive structure that allows a person to flexibly switch between the past, present, and future depending on the demands of the situation, resource assessments, or personal and social evaluations.

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