

FACTORS OF SOCIO-PSYCHOLOGICAL ADAPTATION AND ANXIETY OF REFUGEES DURING THE WAR

Harkusha Inesa, PhD in Social Communications, Associate Professor, Associate Professor of the Department of Innovative Technologies in Psychology, Pedagogy, and Social Work, Alfred Nobel University, Dnipro.

E-mail: inessagarkusha@gmail.com

ORCID: 0000-0002-2164-7968

Dubinskyi Serhii, Candidate of Economic Sciences, Associate Professor, Associate Professor of the Department of Innovative Technologies in Psychology, Pedagogy, and Social Work, Alfred Nobel University, Dnipro.

E-mail: nsec.ep@duan.edu.ua

ORCID: 0000-0003-4032-3202

DOI: 10.32342/2522-4115-2023-2-26-12

Keywords: *adaptation, socio-psychological adaptation, military conflict, anxiety, emotions, security, threat.*

The article provides a theoretical analysis of the problem of anxiety, the tendency of a person to experience anxiety, which is connected with the premonition of real or imagined danger.

*The **purpose of the article** is to review and analyse the factors of socio-psychological adaptation and anxiety of refugees in terms of war, as well as psychological techniques to develop in them a new attitude to stress reactions as a resource that can strengthen immunity to traumatization.*

*The study used the **methods** of terminological, substantive and statistical analysis in determining the content and essence of anxiety as a state and process of experiencing, as well as modelling and projecting methods to find factors of social and psychological adaptation and reducing the level of anxiety of refugees during the war.*

It has been emphasized that anxiety is an individual psychological feature reflecting an increased tendency to feel alarm in various life situations, in particular those that do not objectively foresee this. Common and distinctive features between anxiety and alarm have been identified. In the structure of anxiety, cognitive, emotional and operational components have been found and described, among which the dominant position is occupied by an emotional response to an unfavourable life situation.

It has been shown that anxiety is divided into two main categories: covert and overt. It has been pointed out that there is a connection between the state of alarm and the strength of the individual's nervous system. Assumptions are expressed regarding the inverse correlation of the strength and sensitivity of the subject's nervous system.

The analysis of scientific research has shown that anxiety enables an individual to respond to a threatening situation adaptively. Anxiety also changes the nature of the behaviour, leads to increased behavioural activity, encourages more intense and purposeful efforts, and thereby performs an adaptive function. It has been emphasized that if the anxiety is intense and long-lasting, it prevents the formation of adaptive behaviour and leads to violations of behavioural integration, and sometimes to clinically expressed disorders of the psyche and behaviour.

Peculiarities of the person's psychological states in terms of war events have been analysed. It is argued that the most important self-preservation strategy is to change the subject's attitude to war traumatization. A person should know that it is not at all necessary to become a victim of life's trials, that not every stress causes post-traumatic disorders, and that stress energy can be transformed and used effectively. It has been established that a new attitude to stress reactions as a resource strengthens immunity to trauma and promotes post-traumatic growth.

It has been noted that adaptation and the ability to adapt is a prerequisite for the future active and productive activity of an individual in any sphere of life. When a person feels free and comfortable (adapted), they perform both their social and professional roles well, which is very important in the process of social interaction both during education and in later life. Adaptation is divided into external and internal, and such types of adaptation are distinguished as pedagogical, professional, social, biological, and psychological ones. Factors have been clarified, and external and internal criteria of psychological and pedagogical adaptation have been distinguished.

At the same time, it has been concluded that socio-psychological adaptation to the conditions of a military conflict occurs as an adaptation to a socially tense, constantly changing environment. Therefore, it is important to shift the emphasis from the state of adaptation to the properties of adaptability of the individual and the community, which are associated with such constructs as resilience, psychological resilience, and group efficiency.

References

Bila, I.M. (2017). *Formuvannia adaptivnykh zbidnostei ditei v umovakh simi* [Creation of adaptive children's abilities in the family environment]. *Actual problems of psychology: Coll. of science works of G.S. Kostyuk Institute of Psychology of the National Academy of Pedagogical Sciences of Ukraine*, vol. 15. pp. 17–29. Available at: <https://lib.iitta.gov.ua/710050/1/8.pdf> (Accessed 09 October 2023). (In Ukrainian).

Blokhina, I.O. Psykholohichni prychny vynyknennia tryvozhnosti u studentiv [Psychological causes of anxiousness of students]. *Scientific Bulletin of Uzhhorod National University. Series: Psychology*, 2022, no. 4, pp. 82–86. doi: 10.32782/psy-visnyk/2021.4.16 (In Ukrainian).

Harkusha, I.V., Dubinskyi, S.V. Features of life perspective of forced displaced persons during armed conflict in Ukraine. *Bulletin of Alfred Nobel University. Series "Pedagogy and Psychology"*, 2023, no. 1 (25), pp. 131–140. doi: 10.32342/2522-4115-2023-1-25-14 (In Ukrainian).

Kaliuzhna, Ye.M. (2008). *Psykholohichni mekhanizmy osobystisnoi tryvozhnosti u pidlitkovomu vitsi*. Diss. kand. psykol. nauk [Psychological mechanisms of personal anxiety at adolescence. Cand. psychol. sci. diss.]. Kyiv, 192 p. Available at: <http://enpuir.npu.edu.ua/handle/123456789/31378> (Accessed 09 October 2023). (In Ukrainian).

Khalik, O.O. (2010). *Tryvozhnist yak chynnyk dezadaptatsii praktychnykh psykholohiv-pochatktivtiviv*. Diss. kand. psykol. nauk [Anxiety as a factor of novice psychologists' desadaptation. Cand. psychol. sci. diss.]. Kyiv, 249 p. Available at: <http://enpuir.npu.edu.ua/handle/123456789/10242> (Accessed 09 October 2023). (In Ukrainian).

Kokun, O.M. (2004). *Optyimizatsiia adaptatsiinykh mozhlyvostei liudyny: psykhofiziologichnyi aspekt zabezpechennia diialnosti* [Optimization of human adaptive capabilities: psychophysiological aspect of ensuring activity]. Kyiv, Millennium Publ., 265 p. Available at: <https://lib.iitta.gov.ua/1513/> (Accessed 09 October 2023). (In Ukrainian).

Lytvynenko, O.D. (2018). *Sotsialno-psykholohichni osnovy rozvytku adaptatsiinoho potentsialu suchasnoi molodi* [Socio-psychological foundations for the development of the adaptive potential in modern youth]. Severodonetsk, Volodymyr Dahl East Ukrainian National University (SNU) Publ., 302 p. Available at: <http://www.irbis-nbuv.gov.ua/publ/REF-0000733979> (Accessed 09 October 2023). (In Ukrainian).

Melnyk, O.V. (2018). *Posttravmatyчне zrostannia v konteksti sotsialnoi adaptatsii uchasnykiv ATO* [Post-traumatic growth in the social adaptation of ATO participants' context]. *Materialy naukovo-praktychnoi konferentsii "Osobystist u kryzovykh umovakh ta krytychnykh sytuatsiakh zhyttia"* [Proc. Scien. and Pract. Conf. Personality in crisis conditions and critical life situations]. Sumy, pp. 372–374. Available at: <https://eportfolio.kubg.edu.ua/data/conference/3557/document.pdf> (Accessed 09 October 2023). (In Ukrainian).

Melnyk, O.V. *Posttravmatyчне zrostannia ta rezylentna reintehratsiia uchasnykiv boiovykh dii na Skhodi Ukrayiny* [Post-traumatic growth and resilient reintegration of combatants in Eastern Ukraine]. *Psychological Journal*, 2019, vol. 5, no. 6, pp. 79–92. doi: 10.31108/1.2019.5.6 (In Ukrainian).

Melnyk, O.V. *Psykholohichni osoblyvosti sotsialnoi adaptatsii uchasnykiv boiovykh dii na Skhodi Ukrayiny*. [Psychological peculiarities of the social adaptation of combatants in Eastern Ukraine]. *Aktualni problemy psykholohii* [Actual Problems of Psychology], 2018, vol. XIV, issue 1, pp. 222–232. (In Ukrainian).

Omelchenko, Ya.M., Kisarchuk, Z.H. (2011). *Psykholohichna dopomoha ditiam z tryvozhnyomy stanamy* [Psychological aid to children with anxiety disorders]. Kyiv, Shkilnyy svit Publ., 112 p. Available at: http://irbis-nbuv.gov.ua/cgi-bin/irbis_nbuv/cgiirbis_64.exe (Accessed 09 October 2023). (In Ukrainian).

Sotsiolohichna hrupa «Reitynh» (2023). [Sociological group "Rating"]. Available at: https://ratinggroup.ua/research/ukraine/dvadcyat_piyate_zagalnonacionalne_opituvanny_spriynyattazagro_z_na_zimu_2023-2024.html (Accessed 09 October 2023). (In Ukrainian).

Tomchuk, S.M., Tomchuk, M.I. (2018). *Psykholohiia tryvohy, strakhu ta ahresii osobystosti v osvithnomu protsesi* [Psychology of anxiety, fear and aggression of the person in the educational process]. Vinnytsia, KVNO "VANO" Publ., 200 p. Available at: <http://umo.edu.ua/monografiji>

naukovciv-umo/tomchuk-sm-tomchuk-mi-monoghrafija-psikhologhija-trivoghi-strakhu-ta-aghresiji-osobistosti-v-osvitnjomu-procesi-2018-r (Accessed 09 October 2023). (In Ukrainian).

Voloshok, O.V. *Osobystisni chynnyky tryvozhnosti studentskoi molodi* [Personal factors of anxiety of students]. *Odesa National University Herald. Psychology*, 2012, vol. 17, issue 8, pp. 479–84. Available at: http://nbuv.gov.ua/UJRN/Vonu_psi_2012_17_8_58 (Accessed 09 October 2023). (In Ukrainian).

Yastochkina, I. *Osobystisna tryvozhnist yak sotsialno-psykholohichna problema* [Personal anxiety as a socio-psychological problem]. *Visnyk of the Lviv University. Series Psychological science*, 2020, issue 6, pp. 165–170. doi: 10.30970/2522-1876-2020-6-24 (In Ukrainian).

Одержано 13.09.2023.