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FEATURES OF PERSONAL ADAPTATION RESOURCES IN CONDITIONS OF THE RUSSIAN-UKRAINIAN WAR

The article is devoted to the analysis and systematization of the concepts "personality adaptation", "personality adaptation resources", "viability", "adaptation potential" that exist in psychological literature. An analysis of options for personal adaptation in war conditions is given, as well as various classifications of personal resources, their criteria and properties. The individual's own approach to understanding the phenomena of personal adaptation in the conditions of military conflict and personal adaptive resources is indicated. Factors of adaptability and possibilities of maximum formation of personal resources in the conditions of martial law are considered.

One of the most important issues not only for Ukraine, but also for the whole world based on the Ukrainian experience, is the research and development of adaptive resources of the individual in the conditions of martial law and in general in the conditions of the protection of Ukraine during the Russian-Ukrainian war and after it.

Both domestic and foreign publications devoted to the topic of the analysis of the adaptive resources of the individual during the Russian-Ukrainian war are extremely few at the moment due to the lack of analogues of a similar situation in modern European life. That is why this issue is so unique both for the European space and for the entire international community.

Both since 2014, and even more massively - since February 24, 2022, there is an incredible, very large, psychological and emotional burden not only on the entire Ukrainian society, but also on each individual person due to military actions on the territory of Ukraine.

The main problem for every person in such conditions is the need to constantly strengthen personal resources in order to be able to adapt not only to rapidly changing socio-economic conditions, but also to compensate for the feeling of a threat to one's life and loved ones every moment. After all, if a person had to save himself and his family, then he needed to evacuate from the place of hostilities, leaving all his property, household, or move to the safest places in his native Ukraine (although there was still a periodic air raid and the threat of Russian missile strike) or emigrate to other countries that support Ukraine, or for some time be forced to live under conditions of temporary occupation by Russian troops.

Key words: personality adaptation, adaptability, adaptive resources, criteria for the adaptability of personality resources, resource classification, viability, life crisis, adaptability factors, resilience, reintegration, cultural intelligence, ethnic identity.

Problem statement. One of the most important issues not only for Ukraine, but also for the whole world based on the Ukrainian experience, is the research and development of adaptive resources of the individual in the conditions of martial law and in general in the conditions of the protection of Ukraine during the Russian-Ukrainian war and after it.

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Formulation of the problem. Adaptation of personality in the conditions of war is an important topic for research. Although in general, personal adaptation is a process by which a person is able to adapt to changes in his environment and function effectively in it, and this is one of the key aspects of his development and self-realization [7, 11, 16, 24, 25, 29, 31, 32, 33], however, a military conflict on the territory of any country has a great impact on the physical and psychological well-being of its population. Therefore, it is very important to describe the nature of the process of personal adaptation, its components, the analysis of personal resources and vitality, necessarily taking into account such indicators as cultural intelligence and ethnic identity [8, 10].

In the process of analyzing the existing approaches to the concept of "adaptation of personal resources", the fact emerged that modern research has not yet formed generally accepted definitions of both the above-mentioned concept itself and the process to which it refers. This applies to both domestic and foreign scientific literature. There are differences in the concept of the criteria of personality resources and their properties, in the implementation of hidden reserves of the personality and the disclosure of its potential, in the understanding of the term "adaptive resources". Differences in the disclosure and interpretation of the conceptual series related to a

deeper understanding of the process of adaptation of personal resources during the Russian-Ukrainian war can be clearly traced depending on the author's scientific interests, theoretical approaches, the country of scientific research, and the cultural and social environment. In general, this concept is often used as a synonym along with other similar terms and replaced by them [7, 8, 10, 11, 16, 23, 24, 29, 31, 33].

The purpose of the article. Given the fact that in psychological science there are certain achievements in the study of issues about adaptive resources of the individual in conditions of life crises, the problem of studying the structure and mechanisms of their formation cannot be considered solved. That is why the purpose of this work is the analysis and systematization of psychological concepts that reveal the structure, factors and mechanisms of adaptive resources of the individual during the war.

Research results. The analysis of the available literature proved that at the current stage of the development of psychological science, the study of the problem of adaptation resources of the individual in the conditions of war did not receive a comprehensive study. It is possible to indicate some directions of existing studies of personality adaptation in war conditions:

1. The question of the psychological consequences of war: many researchers, both Ukrainian and foreign, focus on the study of military psychology and post-traumatic stress disorder (PTSD). This includes PTSD symptom analysis as well as stress management and psychological rehabilitation for individuals. For example, in the article by Orlovska O.A. (2020) examines the psychological consequences of war for combatants and their family members and ways to overcome their stress [31]. The work of American scientists Christine Elnitsky, Michael Fisher and Kara Blevins "Reintegration of servicemen and veterans: conceptual analysis, unified definition and key areas" [23] is of practical importance. The authors investigated the problem of valid measurement of psychosocial reintegration and options for psychological readaptation. Various concepts of psychosocial adaptation of servicemen were clarified and the factors of their choice in real life were outlined.

2. Social dynamics: Some studies focus on the study of the impact of war on the social context, particularly on the family, social relations and gender positions. For example, the works of Berezdetskaya L. [2], Kharchenko O., Mromornova O. [15], Bryndikova Yu.L. [4], Buryak O.O. [5], Galetska I. [6], Babova K.D., [1] investigate the role of both men and women in war conditions and their social adaptation.

3. Personality adaptation strategies: other studies focus on identifying the strategies that people use to adapt to military conflict [5]. For example, a study was conducted in 2016 by scientists of Taras Shevchenko KNU on the initiative of the Fund of War Veterans and ATO Participants, its results are presented in a number of publications [2; 3]. Also, the "Ukrainian Association of Specialists for Overcoming the Consequences of Psychotraumatic Events" with the support of the "Renaissance" International Foundation conducted a study "Psychological and social assistance through the eyes of ATO veterans" [4]. The basis of modern approaches to the diagnosis and correction of the psychological consequences of war is the concept of delayed

reactions to traumatic stress, which has been developing recently. According to DSM-5, post-traumatic stress disorder occurs as a delayed and/or prolonged reaction to a stressful event or situation (short-term or long-term) of an exceptionally threatening or catastrophic nature, which can cause general distress in almost any person (for example, natural or man-made disasters, hostilities, accidents, accidental presence at the scene of the violent death of others, victims of torture, terrorism, rape or other crime) [26]. PTSD develops in 20-25% of people who were exposed to stress, but still maintained their physical health; among the wounded, the prevalence of these violations is about 40% [4, 5].

One of the first scientists who made an attempt to specify the meaning of the concept of adaptive potential at the physiological level was Hans Selye, who reduced it to a source of deep and surface energy. Thus, three main provisions of Hans Selye's adaptation concept were highlighted: 1) Physiological reaction to stress does not depend on the nature of the stressor (the syndrome of the corresponding reaction is a universal model aimed at preserving the integrity of the organism). 2) In the dynamics of the development of the general adaptation syndrome, there are three stages of adaptation: the stage of anxiety (mobilization), which leads to a temporary decrease in the body's resistance, the stage of resistance (sustainable adaptation to the action of the stressor) and the stage of exhaustion as a result of the depletion of adaptation capabilities. 3) If the protective reaction is prolonged and exhausts the resources of physiological mechanisms, then a disease occurs and eventually the organism dies [7].

However, the ability to overcome stress and go through crisis periods in life is supported by such a factor as psychological resilience (from the English resilience — elasticity, elasticity) [19, 29, 32]. This very significant indicator of personality adaptation is considered in the works of Bonanu G.A. (2004), Mastena A.S. (2011), Berta K.B. (2012), where the concepts of resilience and recovery after stress are separated [19, 23, 33].

The cultural aspects of the psychological and social adaptation of the individual are devoted to the study of Linda Cooper, Nick Cuddick, Lauren Godyer, Alex Cooper, Matt Fossey "Transition from military to civilian life: a study of cultural competence" [21, 27], where they reveal the influence of such factors as gender and identity, and the very process of social adaptation of military personnel is considered in the context of Pierre Bourdieu's concepts - habitus, capital and social field.

In the process of social and psychological adaptation of an individual, some authors pay special attention to the stages and inherent factors of adaptation resources. For example, Yu. Bokhonkova in the article "Psychological features of the manifestation of adaptive resources of the individual under the influence of self-esteem" highlights the features of the manifestation of stressful experiences of the individual at the psychological level: the author analyzes the role of emotional regulators of behavior, the stability of cognitive functions, individual methods of compensation and overcoming difficulties, the concept of "adaptive potential of the individual" [3].

The classification of personal resources by A. Hammer and M. Tsainder includes five areas of human activity: the sphere of cognition and ideas, the sphere of feelings, relationships with people, spirituality and physical existence. These scientists grouped personal resources into 5 main groups:

- 1) worldview and beliefs of a person, strength of spirit;
- 2) intelligence, creativity, interest in the world;
- 3) systems of skills, abilities, and knowledge;
- 4) energy resource;
- 5) personality properties aimed at resisting destructive actions (sustainability, purposefulness, optimism, locus of control, etc.) The "energy resource" category includes physical and mental health, human endurance, and temperamental characteristics [17, 30].

Vitality or "hardiness" as a special resource of the individual is described in the works of S. Muddy and S. Kobas. In their opinion, three most important components are distinguished in the structure of this life disposition: acceptance of obligations, control and challenge [7, 25, 28,].

In the works of many scientists, it has been studied that each person has his own, unique set of adaptive resources. Resources can be actively used or be "in reserve" - that is, in a potential state [7, 16, 17, 18, 20, 32].

Resources are in two functional states: actual and potential. When the conditions offered to a person by the situation go beyond the actual resource of the subject, his potential resource is activated [7, 9].

Thus, the theoretical analysis of research on the socio-psychological adaptation of the individual in the conditions of war in Ukraine allows us to define adaptation as a complex multidimensional process of interaction, as a result of which a new positive psychological and socio-cultural identity is formed, which is adequate to all the changes that occur as a result of the war conflict. This is considered as a process of positive personality development, increasing its potential when included in the system of interpersonal relations and finding conditions for compensating its needs for self-respect and self-realization. Adaptation can be positively or negatively influenced by various factors. For example, factors of one type can significantly affect the success of adaptation, facilitate the period of adaptation to new rules, strengthen the individual's healthy confidence and vitality, and also help to keep positive changes in focus. Factors of a different type can significantly complicate the adaptive period of the personality in the conditions of martial law, strengthen the negative view on the assessment of life situations [20].

Regarding the use of the resource approach when studying the features of a person's mental activity in conditions of informational stress, some authors indicate that a person has variable but limited resources at his disposal at every moment of time [21]. That is, the means of processing information that a person possesses at each moment of time are limited. At the same time, a person has the ability to flexibly distribute these resources between different tasks. A real or imagined lack of a resource

(loss of part of a resource, delay in recovery of a spent resource, exceeding the requirements of the environment over the available resource) causes psychological stress [21, 22].

E.A. Sergienko mentions these properties when analyzing the problem of behavior control, self-regulation based on human resources [7]. It presents the model of the "strength of resources" (Strength model) of R. Baumsteister, B. Schmeichel and K. Vogs [7], the main idea of which can be described by six main provisions: 1) actions of self-regulation consume limited resources, so that after performing such actions, the individual stock of these resources is temporarily reduced; 2) when resources are depleted, the individual is less effective in other tasks of self-regulation; 3) the same resources are used for a wide range of regulatory activity; 4) resources like energy or strength can be restored after rest or with the help of other mechanisms; 5) self-control training can lead to long-term growth of the psyche's ability to self-regulate; 6) an individual can change his behavior long before the resources are spent [7].

At the same time, other authors emphasize the individuality of the set of resources that a person possesses at a certain point in time. "The expressiveness of the allocated resources has a purely individual pattern, that is, the ratio of cognitive, emotional and volitional abilities is presented in a person in different ratios. This assumption leads to a hypothesis about the uniqueness of behavior control and desired regulation styles" [7].

Thus, personal resources are a set of individual material and immaterial, intra- and interpersonal values that potentially allow a person to satisfy certain life needs and ultimately determine his relationship with the world and himself. At each moment of time, a person possesses an individual set of resources. Human activity is the consumption of these resources, the efficiency of their use determines the effectiveness of actions [12].

Resources are specific, that is, they are designed to meet a certain range of needs. However, they have the property of interchangeability, that is, at the moment of an acute shortage of a resource, a person is forced to compensate for it by spending disproportionately larger amounts of other resources, thus the possibilities of this conversion are limited by the available resources themselves. Resource recovery is possible through rest or other mechanisms. Resources can be formed and strengthened in the process of human activity [7].

The set of perceived available resources is a determining factor in the choice of behavioral strategies. Actualization of the subject's resources determines the choice of behavior strategy and the success of its implementation [7, 12].

In general, in a period of war, no man can be sure that the status he has now will be the same in terms of prestige or profitability in the near future. Under such living conditions, every person wants to have a certain stable, fundamental affiliation - and this becomes ethnic identity [6, 8].

The problem of ethnic identity is the object of scientific interest of both domestic and foreign scientists of various fields. In modern socio-psychological studies, ethnic

identity is defined as a certain ethno-psychological phenomenon, as an important component of self-awareness [8].

As a rule, ethnic identity is formed and exists in the context of psychosocial experiences and processes with which a person identifies himself or is identified by other people who consider themselves members of a certain ethnic group.

Group identity is based on a set of cultural traits that distinguish members of one group from all other groups—even if they are culturally very close. The differences that they can find in relation to others are usually quite certain and multi-level, while external ideas about the group tend to generalize and stereotype criteria when defining the characteristics of the group [8].

The loss of ethnic identity can lead to negative psychological consequences for a person's identity as a whole, which can be manifested in the feeling of "I am nobody", invisibility, facelessness [6, 8].

When, during the Russian-Ukrainian war, part of the population of Ukraine was forced to become internally displaced persons (IDPs) or emigrate to other countries of the world, the need for polyidentity of people who strive to achieve success and self-realization in any country where they reveal their potential became urgent. Therefore, a cross-cultural personality is characterized by an understanding of culture both in its global manifestation and in a nationally specific version.

Therefore, one of the main adaptive resources of an individual is cultural intelligence (CQ), which is an opportunity to preserve one's own identity at the national level and ethnic culture in a globalized world based on the successful self-realization of an individual in a multicultural space [10].

Conclusions and prospects for further research. The scientific experience of the theory and practice of psychological adaptation of the individual in wartime among different categories of the population presented in the work is of practical importance, which in the future will allow all participants of this process to use the latest approaches and methods, and not to repeat known mistakes.

It should also be noted that foreign scientific literature is characterized by increased attention to both the cultural environment and cultural factors of the process of psychological and social adaptation of people during the war. The role of the cultural environment is considered both at the level of the whole society and at the level of social institutions. Concepts such as ethnic identity and cultural intelligence are considered as important adaptive resources of the individual, and further research is proposed, taking into account the fact of Russia's military aggression on the territory of Ukraine.

In general, the potential to cope with stress is very important when we examine the adaptation of the individual in the period of military operations. In the near future, a new adaptability scale, a coping scale, a mental health scale, a special PTSD scale should be created in this direction for those who remained in Ukraine and who went abroad as a refugee or emigrant.

This applies separately to the diagnosis of stress disorders, which are now often diagnosed in Ukraine. Then it will be possible to offer a comprehensive program of psychological and social rehabilitation of a wide range of the population, which suffered not only from the beginning of the Russian-Ukrainian war, but later, using the example of Ukraine's military experience, to help the victims of military conflicts in other regions of the world.

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ОСОБЛИВОСТІ АДАПТАЦІЙНИХ РЕСУРСІВ ОСОБИСТОСТІ В УМОВАХ РОСІЙСЬКО-УКРАЇНСЬКОЇ ВІЙНИ

Стаття присвячена аналізу та систематизації понять «адаптація особистості», «адаптаційні ресурси особистості», «життєздатність», «адаптаційний потенціал», що існують в психологічній літературі. Наведений розбір варіантів адаптації особистості в умовах війни, також приведено різноманітну класифікацію особистісних ресурсів, їх критеріїв та властивостей. Позначений власний підхід до розуміння феноменів адаптації особистості в умовах воєнного конфлікту та адаптаційних ресурсів особистості. Розглянуті фактори адаптивності та можливості максимального формування ресурсів особистості в умовах воєнного стану.

Одне з найголовніших питань не тільки для України, а також і для всього світу на базі українського досвіду, це дослідження та розвиток адаптаційних ресурсів особистості в умовах воєнного стану та взагалі в умовах захисту України впродовж російсько-української війни і після неї.

Як вітчизняні, так і зарубіжні публікації, присвячені темі аналізу адаптаційних ресурсів особистості під час російсько-української війни, на даний момент надзвичайно нечисленні через відсутність аналогів подібної ситуації у сучасному європейському житті. Тому це питання так унікальне як для європейського простору, так і для всієї міжнародної спільноти.

Як з 2014 року, так і ще масштабніше - з 24 лютого 2022 року, присутнє неймовірне, дуже велике, психологічне та емоційне навантаження не тільки на все українське суспільство, а і на кожному окрему особистість через воєнні дії на території України.

Основною проблемою для кожної людини в таких умовах стає необхідність постійного зміцнювання ресурсів особистості для того, щоб можна було адаптуватися не лише під швидко змінювані соціально-економічні умови, а ще й кожному мить компенсувати відчуття загрози для свого життя та близьких. Адже якщо людина повинна була рятувати себе та родину, то їй потрібно було евакуюватися з місця проведення бойових дій, залишивши все своє майно, господарство, переїхати чи в найбільш безпечні рідні українські місця (хоча там все одно періодично тривала повітряна тривога та була присутня загроза російського ракетного удару) чи емігрувати у інші країни, що підтримують Україну, чи деякий час вимушено жити в умовах тимчасової окупації російськими військами.

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Ключові слова: адаптація особистості, адаптивність, адаптивні ресурси, критерії адаптивності ресурсів особистості, класифікація ресурсів, життєздатність, життєва криза, фактори адаптивності, резилентність, реінтеграція, культурний інтелект, етнічна ідентичність.

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