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PSYCHOLOGICAL ASSISTANCE IN MARTIAL LAW: WAR LOSSES AND TRAUMAS

During periods of martial law in Ukraine it is of primary importance to deliver psychological assistance to individuals coping with war traumas and losses. The conflict in Eastern Ukraine, ongoing since 2014, has resulted in widespread violence, displacement, and loss, exacerbating psychological distress among affected populations. The imposition of martial law further complicates the situation, imposing restrictions on civil liberties and heightening tensions.

In this context, providing psychological help to individuals across different segments of the population presents unique challenges due to the interplay of political, social, and cultural factors.

The war-related trauma and loss highlights the profound impact of armed conflict on individuals' mental health and well-being. Studies conducted in various conflict-affected regions have documented elevated rates of post-traumatic stress disorder (PTSD), depression, anxiety, and other psychological disorders among survivors of war violence.

The manifestation and severity of psychological distress vary across different segments of the population, influenced by factors such as exposure to violence, displacement, loss of loved ones, and socioeconomic status.

The ongoing conflict has led to complex patterns of displacement, with civilians, soldiers, internally displaced persons (IDPs), and marginalized communities experiencing varying degrees of trauma and loss. Marginalized communities, such as ethnic minorities and rural populations, face additional challenges due to limited access to resources and services. The stigma surrounding mental health further impedes help-seeking behaviors, particularly among segments of the population with limited access to education and awareness.

The analysis of psychodiagnostic results of the All-Ukrainian survey "Your Resilience in War" (June-July 2022) showed that the group of

respondents with “active experience” during the war (personal participation in combat)) showed that in the subgroups that were allocated depending on the degree of influence of various negative circumstances and wartime events, the group of respondents with “active” experience during the war (personal participation in combat operations and other activities in the combat zone, service during the war in the Armed Forces of Ukraine, the Territorial Defense Forces (TDF), security forces, and volunteer work have a significantly higher level of psychophysiological resilience, professional resilience, and self-efficacy compared to group 3 with “passive” experience (staying in the occupied territories, forced relocation abroad or within Ukraine, place of residence remained unchanged). Conversely, the second group, compared to the first, has significantly more pronounced PTSD symptoms and somatic complaints [1, p.28].

Here are key criteria for restoring psychological health during the war:

1. **Safety and Security.** Ensuring physical safety and security is paramount for restoring psychological health during marital war. Individuals must be protected from direct harm, including violence, persecution, and displacement, to create a conducive environment for healing.

2. **Trauma-Informed Care.** Providing trauma-informed psychological assistance acknowledges the widespread exposure to traumatic events during marital war. Treatment approaches should be sensitive to the psychological impact of trauma, addressing symptoms of PTSD, anxiety, and depression resulting from exposure to violence and loss.

3. **Access to Basic Needs.** Restoring psychological health requires addressing immediate humanitarian needs, including access to food, shelter, healthcare, and sanitation. Addressing these basic needs reduces stressors and enhances individuals’ capacity to cope with psychological challenges.

4. **Community Support and Social Cohesion.** Fostering community support networks and promoting social cohesion can mitigate the adverse psychological effects of marital war. Peer support groups, community activities, and cultural practices that promote solidarity and resilience contribute to restoring psychological well-being.

5. **Cultural Sensitivity.** Recognizing and respecting cultural beliefs, values, and practices is essential for providing effective psychological assistance during war. Culturally sensitive approaches ensure that interventions are acceptable, relevant, and tailored to the needs of diverse populations.

6. Resilience-Building Interventions. Building resilience is crucial for restoring psychological health during marital war. Interventions that promote coping skills, problem-solving abilities, adaptive thinking, and emotional regulation enhance individuals' capacity to withstand and recover from adversity.

7. Psychoeducation. Providing psychoeducation about the psychological effects of marital war helps individuals understand their experiences and normalize their responses. Education about coping strategies, stress management techniques, and available resources empowers individuals to take an active role in their recovery.

8. Trauma Healing and Reconciliation. Initiatives focused on trauma healing and reconciliation facilitate psychological healing and promote peacebuilding efforts. Participating in dialogue, reconciliation processes, and community healing rituals fosters forgiveness, closure, and restoration of trust.

9. Long-Term Support and Follow-Up. Restoring psychological health during marital war is an ongoing process that requires sustained support and follow-up. Continued access to mental health services, monitoring of progress, and addressing emerging needs contribute to sustained recovery and resilience.

High-quality rehabilitation services should be provided by professionally competent specialists, be sufficiently long, and most importantly, be accessible to victims regardless of their place of residence (metropolis, district center or village) and ability to pay. Social and psychological rehabilitation should involve specialists of different profiles because the problem of war trauma is complex and difficult.

Therefore, it is necessary to combine the efforts of practical, clinical, and military psychologists, doctors, social workers, rehabilitation specialists, media professionals, volunteers, civic activists, and many others. The effectiveness of psychological assistance increases when a psychologist collaborates with specialists from different fields [2, p.44].

Providing psychological assistance in connection with war traumas and losses during martial law in Ukraine requires a nuanced understanding of the distinct needs, vulnerabilities, and coping mechanisms of different segments of the population. Through collaborative efforts, it is possible to address the psychological consequences of war traumas and losses and support the recovery and resilience of affected populations in Ukraine.

References

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ОСОБЛИВОСТІ КОПІНГ-ПОВЕДІНКИ В КОНТЕКСТІ АДАПТИВНОСТІ ВІЙСЬКОВОСЛУЖБОВЦІВ

Наявність військового протистояння в Україні акцентує особливу увагу на питаннях пов'язаних з професійною діяльністю військовослужбовців, які діють у складних і небезпечних умовах, що обумовило набуття великого значення процесу повноцінного функціонування та відновлення психологічного здоров'я особистості та загальної психологічної адаптації.

На думку науковців Шевченко Н.Ф. та Бойко Ю.О ефективність діяльності військовослужбовця забезпечують не тільки його знання, вміння та навички, але і здатність до опанування стресових ситуацій. Враховуючи специфіку діяльності військовослужбовця, ця здатність може стати вирішальною для збереження життя. Так, одним із засобів забезпечення ефективної діяльності військовослужбовця і самозбереження в ситуаціях бойового стресу виступає адаптивна копінг-поведінка [2, с.13].

Також на думку Стасюка В.В. копінг-механізми визначають ступінь адаптації особистості до ситуації, а форма поведінки в тій чи іншій ситуації залежить від особистісних характеристик індивіда та від ситуації, яка в рамках даного підходу є вирішальною. Тому активна форма копінг-поведінки є цілеспрямованим усуненням або послабленням впливу стресової ситуації, а пасивна копінг-поведінка передбачає використання різного арсеналу механізмів психологічного