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Інститут соціальної та політичної психології
Національної академії педагогічних наук України
04070, вул. Андріївська, 15, м. Київ, Україна
E-mail: info@sppstudios.com.ua
<https://sppstudios.com.ua/uk>

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Editors office address:

Institute of Social and Political Psychology
of the National Academy of Educational Sciences of Ukraine

04070, 15 Andriyivska Str., Kyiv, Ukraine

E-mail: info@sppstudios.com.ua

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Predictors and protectors of the risk of developing post-traumatic stress disorder in Ukrainians as a result of the Russian-Ukrainian war: Demographic aspects and war stressors

Lyubov Naydonova*

Doctor of Psychological Sciences, Leading Researcher
Institute of Social and Political Psychology of the National Academy of Educational Sciences of Ukraine
04070, 15 Andriivska Str., Kyiv, Ukraine
Professor
Institute of Psychology of the Polish Academy of Sciences
00-378, 1 Stefana Jaraś, Warsaw, Poland
<https://orcid.org/0000-0002-1222-295X>

Serhiy Dembitsky

Doctor of Sociological Sciences, Deputy Director
Institute of Sociology of the National Academy of Sciences of Ukraine
01021, 12 Shovkovychna Str., Kyiv, Ukraine
<https://orcid.org/0000-0002-7958-3557>

Viktor Stepanenko

Doctor of Sociological Sciences, Chief Researcher
Institute of Sociology of the National Academy of Sciences of Ukraine
01021, 12 Shovkovychna Str., Kyiv, Ukraine
<https://orcid.org/0000-0002-3623-0057>

Abstract. Post-traumatic stress disorder is considered one of the mental health consequences of war. Predicting the level of risk of developing post-traumatic stress disorder among the population is an essential task in terms of strategic planning, including the costs of building a mental health system. A review of meta-analyses of post-war societies and estimates of the level of post-traumatic stress disorder among Ukrainians in the first year of the war suggests that the expected prevalence of this disorder is much higher than the officially determined 10-20%. The study analysed the results of a mass representative survey of the adult population of Ukraine conducted from 6 to 10 October 2023 (the number of respondents was 2,767) using the index of post-traumatic stress disorder (criterion B – intrusion) based on a questionnaire for assessing the symptoms of stress disorders among civilians. It was found that 75% of the civilian population does not have clinically significant levels of post-traumatic stress disorder symptoms in the 20th month of the full-scale Russian-Ukrainian war. The expected risk of developing this disorder at 25% reflects optimistic dynamics compared to 2022 but requires intensive development of the mental health system and commensurate investments. The demographic preconditions for the development of post-traumatic stress disorder include female gender, younger age, residence in the frontline and de-occupied territories, and low financial welfare. According to the regression analysis, two groups were identified among the most common stressors of the war: a group of subjective stressors, traumatic memories, and a group of social stressors, discrimination, lack of support, and moral dilemmas. One of the most common stressors of the war,

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*Corresponding author

which is relevant for almost 81% of Ukrainians, is the experience of seeing and hearing things in the media, which confirms the need for further investigation of the impact of war images on mental health

Keywords: war stressors; stressor uncertainty index; moral conflict; social support

INTRODUCTION

Traumatic stress disorders are considered one of the most frequent consequences of war. They include, primarily, post-traumatic stress disorders (PTSD), depression and anxiety disorders. Overall, mental health issues are an integral part of changing society's life during war and the post-war period. Mental disorders reduce the quality of life and labour productivity, increase the burden on the education system due to the need to compensate for educational losses, and, naturally, on the healthcare system due to the need for more resources to provide psychiatric care and treat distress-related psychosomatic diseases. The level of post-traumatic stress disorders among war survivors varies considerably around the world.

Based on an overall meta-analysis of studies conducted from 1983 to 2021 (Lim *et al.*, 2022), the cumulative prevalence of post-traumatic stress in war-affected populations is 23.5%. Post-traumatic stress was assessed in 45 studies of more than 67,000 participants from 23 conflicts (civilians 25.7%, military 21.3%). An analysis of the level of PTSD among adults who continue to live in the area of former hostilities after the end of the war shows higher values – 30.6% (Morina *et al.*, 2018). The meta-analysis was based on the results of 18 included studies with a total sample of more than 10,000 participants from 12 different countries in Africa, Asia, and Europe. Assessment was conducted on average 9.6 years after the conflict (SD = 3.7, range: 2-17 years). The prevalence of PTSD ranged between 4% and 85%. Prevalence rates of post-traumatic stress disorders in the included publications varied widely, from 0% to 99%. Mental disorders are often combined, with 54% of participants with depression in this study also meeting the criteria for comorbid PTSD.

Should weighted averages be used when there are such major differences that depend on multiple factors? How to determine the most accurate expected level of PTSD among the Ukrainian civilian population? To assess the state of society, an essential guideline is people's awareness of the symptoms of stress pathologisation, when distress develops into symptoms of mental disorder.

According to the official data of the Ministry of Health of Ukraine, over the past two years, there has been a considerable increase in the number of patients diagnosed with PTSD. Thus, in 2023, the number of patients with PTSD increased almost fourfold compared to 2021, while in the first two months of 2024, almost the same number of patients were diagnosed as in the entire year 2021 – 3,292 patients (as of 6 March 2024)

(The number of patients..., 2024). The problem has been indisputably growing over the three years of war. However, risk forecasting, which is necessary for proactive development of the care system, should be based on a nationwide assessment of the risk of developing stress pathology, which leads to the development of stress-related mental disorders.

The number of diagnoses depends on the availability of psychiatric services, the level of help seeking by people in need, and may not reflect the extent of the risk of developing the disorder. In the public space of Ukraine, there is a rather controversial situation regarding the forecasting of the level of PTSD among the civilian population. According to official reports from the Ministry of Health of Ukraine, based on pre-war statistics on the risk of PTSD in survivors of traumatic events, 10-20% of victims are at risk, while the rest 90-80% are coping with the stress of the traumatic event without psychiatric treatment and, accordingly, without a diagnosis.

Making a basic calculation based on the total population of Ukraine in 2024 – 31.1 million people, as stated in the Strategy of Demographic Development of Ukraine until 2040 (Order of the Cabinet of Ministers of Ukraine No. 922-r..., 2024), even with the minimum expected risk of 10%, at least 3 million people will require aid.

Publications in reputable English-language journals based on representative surveys conducted in Ukraine at the beginning of the full-scale invasion suggest somewhat contrary predictions. Thus, Y. Levin *et al.* (2024) estimate the risk of PTSD among the Ukrainian population at 32.5% and complex post-traumatic stress disorder (CPTSD) at 42.6% based on a sample of 2,000 people surveyed between 7 and 15 April 2022. T. Karatzias *et al.* (2023), based on a study of 2,004 parents with minor children living in Ukraine between 15 July and 5 September 2022, found that 25.9% of Ukrainians meet the diagnostic criteria for PTSD while another 14.6% meet the criteria for CPTSD, for a total of 40.5%, noting that this is higher than the global average for recent meta-analytic studies of PTSD in post-war societies (26.5%). In a study conducted one year after the full-scale invasion, S. Wang *et al.* (2024) found that 14.4% of adults living in Ukraine were likely to have PTSD and 8.9% were likely to have CPTSD (for a total of 23.3%).

That is, on the one hand, the identified levels of PTSD risk based on the analysis of symptoms are mostly higher than the expectations officially stated by the Ministry of Health of Ukraine, although there is a tendency for the number of people with clinically

significant symptoms to decrease over time. On the other hand, the mythology of all Ukrainians having total PTSD is functioning and is constantly supported, specifically, with the incorrect understanding of the concept of collective trauma used by scientists. The number of alleged PTSD cases is often overestimated for marketing purposes to promote low-quality services by unscrupulous operators of the mental health services market, who use the following statements: “we will all have PTSD”, “90% already have PTSD”, etc.

So, what is the real level of PTSD among Ukrainians in the context of war? How can the groups of people who are at higher risk be identified to provide them with prompt prevention services, psychosocial support, and psychiatric care? What is the impact of demographic characteristics and life circumstances on the risk of developing PTSD? Answers to all these questions should be based on scientific research and thorough professional assessments.

The purpose of this study was to present the research findings on the stressful conditions of the population in the context of war, considering demographic features, namely, predictors and protectors of the risk of PTSD in civilians based on the data of the all-Ukrainian representative survey of the population of Ukraine conducted 20 months after the full-scale invasion.

MATERIALS AND METHODS

The mass representative survey was conducted by the Institute of Sociology of the National Academy of Sciences of Ukraine within the framework of the research project “Stressful Conditions of the Ukrainian Population in the Context of War: Prevalence, Risk Groups and Ways of Compensation”. The survey was defined by the following parameters: it represented the adult population aged 18 to 69 years who use a smartphone (70% to 80% of the adult population). The survey was conducted from 6 to 10 October 2023. Survey was completed by sociologic group Rating on the territory of Ukraine (without occupied Krym and Donbass). Data were collected by “mixed mode”: CATI – computer-assisted telephone interview for recruitment and socio-demographic characteristics, followed by CAWI – computer-assisted internet (web) interview for the main part of the survey. Participants were provided with a symbolic reward and a personal report. A total of 2,767 respondents were analysed. The coefficient of respondents’ reach – 9.5%. The statistical error, considering the design effect, was 2.0%. The median CAWI time was 31 minutes.

Features of interaction with respondents: Automatic sending of survey invitations immediately after the recruitment in CATI. The invitation was sent through several channels. The Rating Online platform offers a user-friendly interface for completing the survey using a phone. At the end of the survey, respondents were presented with their score on the final page. The reward was credited automatically as soon as the

questionnaire was completed. As a result, almost 50% of those who started the survey online finished it.

Overall, the sample comprised 77% of urban residents and 23% of rural residents, 46% of respondents were men, young people (18-35 years old) accounted for 30% of respondents, middle-aged people (36-50 years old) – 38%, and older people (51+ years old) – 32%. The respondents represented all regions of Ukraine: East (14%), South (25%), Centre (27%), West (20%), and residents of Kyiv (13%).

To assess the risk of pathological distress, the PTSD index was used, which describes core symptoms that meet criterion B (intrusion) (DSM-5). To construct the PTSD index, 5 indicators were used that correspond to the PCL-C questions on the diagnostic criterion of intrusion by F.W. Weathers *et al.* (1993). The PCL-C is a measure specifically adapted for the diagnosis of PTSD in civilians. Even though this methodology was created during the period of DSM-IV, the diagnostic criterion B has not undergone major changes (Armour *et al.*, 2016), while special studies by K.I. Karstoft *et al.* (2014) proved the diagnostic accuracy of this methodology not only for civilians but also for the military, which led to its choice for surveying civilians in wartime. Criterion B (intrusion) covers the following symptoms: intrusive memories, recurrent dreams, flashbacks, emotional and physiological reactions to memories of traumatic events (see Table 1 for the wording used). The comparative analysis of the wording of the indicators of the group B symptoms of the two methods (PCL-C and PCL-5) conducted by the authors of this study showed two content differences: an emphasis on the undesirability of memories (introduced in item 1 in PCL-5) and de-emphasis on stressful experiences related to the past (in items 1, 2, 4, 5, which were removed from PCL-5). In the current situation of war and ongoing threats to life, referring stressful experiences to the past is essential, as it allows respondents to differentiate memories from immediate threats and thus from acute stress reactions.

The symptom was assessed on a 5-point frequency scale over the past month. Positive answers “quite often” and “very often” were considered significant symptoms. Such answers indicate the presence of a PTSD symptom. The answers “never”, “almost never”, “sometimes” were considered negative – insufficient to conclude on the presence of the symptom. The specific feature of this group of symptoms is that in a clinical examination, even one positive response may be sufficient to determine the risk of developing PTSD according to this clinical criterion. Accordingly, the PTSD index will range from 0 (no positive responses) to 5 (when there is a positive response to all indicators). In addition, this study used a quantitative version of the PTSD index, which was calculated as the sum of the scores of the frequency of symptoms from 1 to 5 for each item (the index has a scale from 5 to 25 points).

Apart from the demographic features mentioned above, questions about marital status, the presence of children of different ages, and indicators of financial well-being (what categories of purchases can be afforded) were also used. The list of various war stressors was proposed based on the analysis conducted by S. Dembytskyi, reflecting the variety of life circumstances that people face in times of war. Linear regression analysis (IBM SPSS Statistica 26) was used to identify predictors and protectors of PTSD among these demographic characteristics and stressors. All survey participants were informed about how their

anonymity is ensured, they were informed about the purpose of the survey, how the data they provided would be used, and the risks involved. The study was conducted following the rules of The Declaration of Helsinki (1975).

RESULTS AND DISCUSSION

Table 1 presents data on the prevalence of key PTSD symptoms among the general population. According to the clinical criteria, 25% of Ukrainian citizens are at risk of developing PTSD, as they give a positive response to 1 or more indicators.

Table 1. Prevalence of individual PTSD symptoms among the population, % (N = 2,767)

Indicators	Have symptoms	“quite often”	“very often”
1. Recurring disturbing memories, thoughts, or mental pictures of stressful experiences from the past	13.1	10.1	3.0
2. Recurring disturbing dreams about stressful experiences from the past	9.0	6.3	2.7
3. Had sudden feelings as if the stressful event were happening again (or acted as if you were experiencing it again)	7.8	5.8	2.0
4. Feeling terribly upset when something reminded you of a stressful experience from the past	14.4	11.0	3.4
5. Had physical reactions when something reminded you of a stressful experience from the past	10.1	7.8	2.3

Source: compiled by the authors of this study

Table 2 presents the distribution of positive responses to the PTSD risk index (the sum of the 5 indicators recoded into a dichotomous variable, where the clinically significant answer options “quite often” or “very often” were coded as 1, while other answers were coded as 0). This table clearly shows that 75% of

respondents do not report clinically significant levels of intrusion symptoms, which are core to the diagnosis of PTSD. Meanwhile, 25% have varying degrees of clinical symptoms, with 8.3% of Ukrainians having the most severe symptoms (positive answers to most questions).

Table 2. Distribution of PTSD symptoms among the population, % (N = 2,767)

Number of symptoms	Percentage of respondents
1	11
2	5.6
3	3.2
4	3.0
5	2.1
No clinically significant symptoms	75

Source: compiled by the authors of this study

Let us analyse the level of risk of developing PTSD in certain demographic groups (gender, age, education, marital status, place of residence).

Gender. According to self-reports, the risk of developing PTSD is higher in women, and they are more likely to report clinically significant symptoms (30%) compared to men (20%), which may also be explained by cultural norms of self-presentation.

Age. The younger the subjects, the greater the risk of developing PTSD, which decreases linearly from 36.4% in young people aged 18-29 to 18.4% in people aged 60+.

Place of residence. The relationship between the risk of PTSD and the type of settlement in which the respondents live is more complicated. In urban settlements, the level of risk ranges from 23.2% in oblast cities to 32.7% in urban-type settlements (now settlements), 24.8% in other cities, and 26.7% in villages. It is likely that the spread of the risk of stress pathology is influenced by multiple factors, which results in this non-linear relationship. For instance, in settlements and villages, the risk of developing PTSD may be influenced by a lower level of access to care and a lower level of financial welfare. Therewith, the social

structure of interaction with neighbours and communication with nature and natural rhythms in the village can also affect the level of symptoms.

An analysis of *regional differences* by traditional regions (East, West, Centre, South) revealed insignificant differences from 28.2% and 26.1% of the population at risk of developing PTSD in the East and West respectively, to slightly lower rates (23.5% and 24.6%) in the Centre and South respectively. However, according to the new regional distribution dictated by the war, the risk of PTSD is higher in Donbas (34.5%) and in the de-occupied areas (27.1%). Respondents living outside of Ukraine have a higher-than-average frequency of positive responses and, consequently, a higher-than-average risk of developing PTSD (32.7%), although due to the small sample size (N = 57), these data cannot be extrapolated to the entire population of emigrants.

Marital status. Among respondents with varying marital statuses, the highest risk of developing PTSD was found among those who effectively separated but did not formalise their relationship (33%), i.e., uncertainty is added to the conflict factor. Single people who have never been married (31.7%), those who are in a common-law (unregistered) marriage (27.5%), officially divorced (27.2%), and widows/widowers (27.3%) also have a higher-than-average risk of PTSD. The lowest level of risk was recorded among those who are officially married (21.6%).

Children. Having children, as well as being officially married, can be considered as a condition that acts as a protector of PTSD development, as among those surveyed who do not have children, 30.6% have a risk of developing PTSD, while among those who have

children – 23%. This figure varies among parents of children of different ages: from 21.7% among those with adult children to 25.3% among those with primary school-age children. Despite expectations, the level of PTSD among parents of adolescents aged 10-14 (22.8%) and 15-18 (21.8%) is somewhat lower than among parents of preschool children (24.7%). This is probably associated with the increased workload of parents of younger students due to distance learning, which educational institutions are forced to use because of the constant shelling by the Russian military.

The regression analysis of the significance of the influence of demographic variables on the risk of developing PTSD ($R^2 = .026$, $df = 10$, $F = 3.022$, $p.val. = .001$) confirms only the role of gender at a statistically significant level.

Education. There is no unambiguous linear relationship between the level of education and the level of PTSD risk (see Table 3). A somewhat higher percentage of people with PTSD symptoms is observed among people with primary, incomplete, and completed secondary education, as well as basic higher education (28-30%); among those who have completed a master's degree (complete higher education), the percentage is lower (22%), while among people with a scientific degree, the percentage is the lowest (8%). The analysis of gender differences reveals the following feature: the increase in the percentage of respondents with PTSD symptoms with lower levels of education is at the expense of women, because it is among women that symptoms are much more pronounced than among men with the same level of education (35-37% vs. 21-22%).

Table 3. Proportion of people with clinical symptoms of PTSD among women and men by level of education (percentage)

	women	men	total
Primary or incomplete secondary education (7-9 th grades of secondary school)	35	21	28
Complete general secondary education (10-11 years of secondary school)	37	22	29
College degree	29	23	26
Secondary specialised education – junior specialist/bachelor's degree	27	22	25
Basic higher education – Bachelor's degree	34	26	30
Complete higher education – specialist, master's degree	28	15	22
Academic degree – PhD/Candidate of Science, Doctor of Science	10	6	8
Total	29	20	25

Source: compiled by the authors of this study

Financial welfare. Low financial status (having to economise, borrow, or seek help to pay for each item, including food) is a significant predictor of PTSD risk ($\beta = .063$, $p.val. = .041$) in a linear regression model of financial indicators from six levels of well-being ($R^2 = .018$, $df = 7$, $F = 7.214$, $p.val. < .001$). Financial well-being, when a person can afford to buy new large appliances (e.g., refrigerator, washing machine,

large-screen TV) or new furniture, acts as a protector and prevents the development of PTSD, although with low power ($\beta = -.041$, $p.val. = .047$).

Employment. The type of employment affects the level of risk of developing PTSD: unemployment and disability are associated with the highest risk (35% and 45% respectively have clinical symptoms). Almost a third of people employed in households and the same

proportion of students (32%) have symptoms of PTSD. In contrast, among people with full-time employment, there are significantly fewer such symptoms (22% of respondents) (Table 4).

Table 4. The proportion of people with clinical symptoms of PTSD among people with varying levels of employment (in percentage terms)

Social status	Have symptoms
Full-time employment (over 30 hours a week)	22
Part-time employment (under 30 hours a week)	28
Self-employed	27
Retired	19
Householder	32
Student	32
Unemployed	35
Incapacitated	42
Other	33

Source: compiled by the author of this study

Notably, full-time employment is negatively correlated with low financial well-being ($r = -.138, p.val. < .01$), while receiving a pension is positively correlated ($r = .083, p.val. < .01$). Despite the financial difficulties among retirees, the smallest proportion of respondents (19%) reported PTSD symptoms, which is likely to be explained by socio-cultural factors and value orientations.

Analysis of the relationship between PTSD risk and war stressors

Living in a combat zone. There is a link between the experience of living in a combat zone and the risk of developing PTSD (see Table 5). As expected, those who did not live in a combat zone have a lower risk of developing PTSD (21.9%) compared to those who did (27.6%), while those who were involved in combat or helped the military have a much greater risk, approaching one third of this population.

The distribution of exposure to war stressors among the population is presented in the form of percentages of those who answered that this stressor is relevant to

them (see Table 6). Accordingly, the ranking of the most common war stressors was determined by the proportion of people with actualised stressors. The first place among the stressors that concern the majority of the population was taken by distress over what they heard and saw in the media (80.8%), which is ahead of even the immediate threat to the lives of loved ones (74.1%). The top ten stressors also included social stressors that are relevant to the majority of the population: the need to be responsible for others and take care of them (68.5%), forced separation from loved ones (60.4%), and health problems faced by loved ones (57%). Financial and material stressors are also among the most common: a critical decrease in income for you/your family (60.1%), significant financial and material losses (51.6%), temporary or permanent household problems (with electricity, water, heating, general condition of the property, etc.). Personal danger and deterioration of somatic health are also causes of current stress for many Ukrainians (55.2% and 47.4% respectively).

Table 5. PTSD index in citizens with varying experiences in the combat zone (Have you personally lived in a combat zone anywhere in Ukraine since the start of the large-scale invasion on 24 February 2022?)

Yes, lived and took part in the war bearing arms (N=164)	31.7
Yes, lived and assisted the military in the combat zone (N=293)	32.4
Yes, lived and did not take part in military operations (N=656)	27.6
No, did not live (N=1,654)	21.9

Source: compiled by the author of this study

Table 6. Rating of war stressors by the share of people for whom they are relevant, in%

STRESSOR	percentage of those for whom it is relevant
Distress over what is heard and seen in the media (radio, television, internet)	80.8
Immediate threat to the lives of loved ones	74.1
Need to be responsible for and care for others	68.5
Forced separation from loved ones	60.4
Critical reduction in income for you/your family	60.1

Table 6, Continued

STRESSOR	percentage of those for whom it is relevant
Temporary or permanent problems with electricity, water, heating, general condition of the property, etc.	57.6
Health problems faced by your loved ones	57
Immediate threat to your own life	55.2
Significant financial or material losses	51.6
Sustaining or aggravation of temporary health damage: injuries or illnesses	47.4
Mass panic due to military threat or other incidents	45.8
Recalling stressful experiences from the past and related negative feelings	44.4
Sustaining or exacerbating an injury or chronic illness	44.2
Performing your job duties without the opportunity to rest properly	37.5
Performing your job duties in hazardous conditions	35.2
Loss of job	35.1
Forced abandonment of your home for a prolonged time	33.6
Exposure to a situation where people were severely injured or killed	30.3
Conflicts with acquaintances or colleagues that were provoked by the military situation or its consequences	28.5
Lack of access to essential public services – financial, social, educational, etc.	26.5
Conflicts with close people that were provoked by the military situation or its consequences	25.4
Lack of access to the medicines you need or required medical care	23.6
Need to personally commit acts that you do not approve of due to complicated circumstances	20.1
Insufficient support from your loved ones, despite your dire need for it	17.3
Change of permanent residence	13.9
Discrimination based on your affiliation with a particular social group (religious, political, ethnic, etc.)	12.1
Poor living conditions in a new place	10.6
Attacks on you, insults, harassment on social media	8.2

Source: compiled by the authors of this study

Since the role of uncertainty as one of the factors shaping the negative consequences of events has been discussed in the literature recently, the authors of this study proposed an index of stressor uncertainty, which was calculated as the sum of the points assigned to the 'difficult to answer' response. Accordingly, the index

varies from 1 to 28. The idea of this indicator was to distinguish between people who find it difficult to answer, and thus to determine whether a particular stressor is relevant or not. Descriptive statistics of the uncertainty index of stressors are presented in Table 7. Overall, there is a fairly low level of uncertainty about the stressors.

Table 7. Specific features of the distribution of the stressor uncertainty index (N = 2,767)

Indicator	Value
Average	5.33
Median	5.00
Mode	4.00
Standard deviation	3.79
Variance	14.34
Skewness	1.143
Skewness standard error	.047
Excess	2.789
Excess standard error	.093

Source: compiled by the authors of this study

Multiple regression models for individual stressors and groups of stressors allow identifying the most dangerous stressors in the context of the risk of developing PTSD out of the 28 stressors studied.

The regression model for 28 separate stressors ($R^2 = .112$, $df = 28$, $F = 12,316$, $p.val. < .001$) identifies 13 significant variables, including 8 predictors and 5 protectors. The most significant predictor is memories of

the experienced events. Intrusive and uncontrollable memories are one of the symptoms of post-traumatic stress disorder, and therefore it is not surprising that for those who have memories adding to their current stress, the risk of stress pathology is identified as the strongest predictor. Recalling stressful experiences from the past and corresponding negative feelings explained 20% of the variance ($\beta = .201$, $p.val. < .001$). The second

strongest predictor is moral damages, which explains almost 8% of the variance in PTSD symptoms among civilians in Ukraine: having to personally do things you disapprove of due to complicated circumstances ($\beta = .077$, $p.val. < .001$). Moral conflict requires considerable psychological resources to overcome because of the need to reconcile one's actions with one's values. According to research on PTSD in the military, exposure to moral harmful events increases the risk of PTSD, suicidal ideation, and other mental health problems, as reported by B.J. Griffin *et al.* (2019). Therewith, V. Williamson *et al.* (2018) note that the role of moral trauma in the development of PTSD in civilians requires further investigation.

Notably, the indicator of personal danger (Immediate threat to one's life), as the main stressor in determining psychological trauma, was not statistically significantly confirmed as a predictor of PTSD risk in the nationally representative sample ($\beta = .040$,

$p.val. = .071$). The results of the regression analysis are presented in Table 8. It is worth highlighting that such conventional stressors for understanding the determination of traumatic states as receiving or exacerbating injuries (physical trauma), direct threat to the lives of loved ones, and being a witness to the injury or death of others have shown a negative relationship with clinical symptoms of PTSD. This provides a deeper understanding of stressful conditions in society in the second year of the full-scale invasion, when the focus is not on immediate long-term objective threats (stressors), but primarily on ways of responding to them. It can be assumed that threats to loved ones, and physical injuries mobilise people to a greater extent, which has a protective function against the pathologisation of stress. The same applies to social factors. It is not separation from loved ones that is a factor of psychotraumatization and the development of PTSD risk, but insufficient support from them in case of dire need for it.

Table 8. Specific features of the impact of various stressors on the PTSD index (multiple linear regression)

Stressors	Non-st. beta	St. deviation coef.	St. beta	t-test	Sig.
1. Immediate threat to your life	.094	.052	.040	1.807	.071
2. Immediate threat to the lives of loved ones	-.117	.059	-.044	-1.962	.050
3. Sustaining or aggravation of temporary health damage: injuries or illnesses	.068	.055	.029	1.236	.216
4. Sustaining or exacerbating injuries or chronic illnesses	-.138	.056	-.059	-2.462	.014
5. Health problems faced by your loved ones	.138	.049	.059	2.810	.005
6. Exposure to a situation where people were severely injured or killed	-.065	.051	-.026	-1.272	.203
7. Mass panic due to military threat or other incidents	.123	.047	.053	2.630	.009
8. Temporary or permanent problems with electricity, water, heating, general condition of the property, etc.	-.106	.046	-.045	-2.280	.023
9. Lack of access to the medicines you need or required medical care	-.049	.059	-.018	-.827	.408
10. Lack of access to essential public services – financial, social, educational, etc.	-.004	.057	-.002	-.077	.939
11. Forced separation from loved ones	-.103	.050	-.044	-2.085	.037
12. Insufficient support from loved ones, despite your dire need for it	.154	.062	.050	2.493	.013
13. Conflicts with close people that were provoked by the military situation or its consequences	.058	.057	.022	1.018	.309
14. Conflicts with acquaintances or colleagues provoked by the military situation or its consequences	.042	.054	.016	.778	.437
15. Need to be responsible for and care for others	-.100	.049	-.040	-2.037	.042
16. Discrimination based on your affiliation with a particular social group (religious, political, ethnic, etc.)	.173	.070	.049	2.454	.014
17. Attacks, insults, harassment on social media	.164	.084	.039	1.961	.050
18. Significant financial or material losses	.071	.052	.031	1.361	.174
19. Critical reduction in income for you/your family	-.027	.053	-.011	-.506	.613
19. Critical reduction in income for you/your family	.053	-.011	-.506	.613	
20. Loss of job	.010	.051	.004	.195	.845
21. Performance of job duties in hazardous conditions	.029	.050	.012	.583	.560
22. Performance of job duties without the opportunity to rest properly	.076	.048	.032	1.580	.114
23. Forced to abandon your home for a prolonged time	.115	.054	.047	2.121	.034
24. Poor living conditions at the new place of residence	-.096	.079	-.026	-1.219	.223
25. Change of permanent residence	.035	.069	.011	.515	.606
26. Recalling stressful experiences from the past and related negative feelings	.467	.047	.201	9.913	.000

Table 8, Continued

Stressors	Non-st. beta	St. deviation coef.	St. beta	t-test	Sig.
27. Need to personally commit acts that you disapprove of due to complicated circumstances	.223	.059	.077	3.811	.000
28. Distress over what is heard and seen in the media (radio, television, internet)	.101	.057	.034	1.764	.078

Note: Dependent Variable: Clinically significant PTSD symptoms; text in bold indicates statistically significant predictors (positive association) and protectors (negative association with PTSD symptoms)

Source: compiled by the authors of this study

The linear regression model for the stressor groups ($R^2 = .089$, $df = 11$, $F = 24.443$, $p.val. < .001$) identified by the cluster analysis (Table 9) has a slightly

lower explanatory potential but simplifies the structure of predictors and allows for a clear identification of the pattern.

Table 9. Specific features of the impact of various groups of stressors on the PTSD index

Stressor groups	Non-st. beta	St. deviation coef.	St. beta	t-test	Sig.
(Constant)	.184	.056		3.318	.001
Experience of being in dangerous situations	.006	.024	.006	.263	.792
Insufficiency of social services	-.054	.033	-.035	-1.614	.107
Change of permanent residence	.020	.045	.009	.446	.655
Difficulties associated with financial matters	.021	.022	.021	.953	.341
Abandonment of home and separation from loved ones	.006	.032	.004	.190	.849
Discrimination, lack of support, and moral dilemmas	.186	.028	.145	6.561	.000
Conflicts with family and friends	.047	.031	.031	1.526	.127
Health problems	-.007	.021	-.007	-.352	.725
Threat to life as a probability	-.014	.029	-.010	-.467	.640
Mass negative effects	-.028	.034	-.017	-.835	.404
Traumatic memories	.305	.031	.210	9.901	.000

Note: dependent variable: clinically significant PTSD symptoms; text in bold indicates statistically significant predictors (positive association) and protectors (negative association with PTSD symptoms)

Source: compiled by the authors of this study

The main predictors of pathological war stress are the group of subjective stressors Traumatic memories ($\beta = .210$, $p.val. < .001$) and the group of social stressors Discrimination, lack of support, and moral dilemmas ($\beta = .145$, $p.val. < .001$).

CONCLUSIONS

Thus, the analysis of the data from a representative study allows drawing the following conclusions. In October 2023, the level of stress pathology according to the indicator of PTSD core clinical symptoms (intrusion) was inherent in a quarter of the population (25%), which is much higher than the expected 10-20%. This does not refer to diagnoses, but to the clinical symptoms reported by respondents. It should also be noted that other disorders (depression, anxiety, which are also typical consequences of war) were not considered in this study. Comparison with the data from other studies conducted in the first year of the war shows a positive trend of a decrease in the number of people with clinical symptoms. It is probable that the model of PTSD and CPTSD symptoms and the measurement tools used did not sufficiently differentiate between PTSD and

acute stress reactions at the beginning of the war, especially as the impact of traumatic stressors continues. Notably, such a comparison of dynamics is rather conditional, as strict tracking of changes requires monitoring representative studies with the same instruments. The following demographic characteristics were found to be most associated with the risk of developing PTSD: gender (women report more PTSD symptoms), younger age, residence in the frontline and de-occupied territories, and low financial welfare. Among all the war stressors that were studied, the group of social stressors is most closely related to PTSD symptoms, including discrimination and lack of social support, as well as moral dilemmas. There is truly little that Ukrainians can do about objective stressors during the war (e.g., danger to their or their loved ones' lives and health), but as for subjective and social stressors, it is within everyone's power to help reduce the risk of PTSD in the country. Such messages should become the conceptual basis for building information campaigns to support mental health. The following factors are negatively associated with PTSD symptoms and can be considered as protectors: being married, having children, having a

complete higher education, and being engaged in science, and financial stability. Further research is needed on the role of media exposure during the war, which is related to the most common current stressor – worries about what is heard and seen in the media, especially in the context of re-traumatisation and triggering painful memories.

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CONFLICT OF INTEREST

None.

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Предиктори і протектори ризику розвитку пост-травматичного стресового розладу українців внаслідок російсько-української війни: демографічні аспекти і стресори війни

Любов Найдюнова

Доктор психологічних наук, провідний науковий співробітник
Інститут соціальної та політичної психології Національної академії педагогічних наук України
04070, вул. Андріївська, 15, м. Київ, Україна
Професор
Інститут психології Польської академії наук
00-378, вул. Стефана Яраша, 1, м. Варшава, Україна
<https://orcid.org/0000-0002-1222-295X>

Сергій Дембіцький

Доктор соціологічних наук, заступник директора
Інститут соціології Національної академії наук України
01021, вул. Шовковична, 12, м. Київ, Україна
<https://orcid.org/0000-0002-7958-3557>

Віктор Степаненко

Доктор соціологічних наук, головний науковий співробітник
Інститут соціології Національної академії наук України
01021, вул. Шовковична, 12, м. Київ, Україна
<https://orcid.org/0000-0002-3623-0057>

Анотація. Посттравматичний стресовий розлад вважається одним із наслідків війни в сфері психічного здоров'я. Прогнозування рівня ризику розвитку посттравматичного стресового розладу серед населення є важливим завданням з огляду на стратегічне планування, зокрема на витрати для розбудови системи охорони психічного здоров'я. Огляд метааналізу повоєнних суспільств та оцінки рівня посттравматичного стресового розладу серед українців у перший рік війни свідчить про значно вищі рівні очікуваного поширення цього розладу, ніж офіційно визначені 10-20 %. Проаналізовано результати масового репрезентативного опитування дорослого населення України, яке проводилося з 6 по 10 жовтня 2023 року (кількість опитаних – 2,767 осіб) з використанням індексу посттравматичного стресового розладу (критерій В – інтрузії) на основі опитувальника для оцінки симптомів стресових розладів серед цивільних осіб. Виявлено, що 75 % цивільного населення не має клінічно значущих рівнів симптомів посттравматичного стресового розладу на двадцятому місяці повномасштабної російсько-української війни. Очікуваний рівень ризику розвитку цього розладу у 25 % свідчить про оптимістичну динаміку порівняно з 2022 роком, проте вимагає інтенсивної розбудови системи охорони психічного здоров'я та відповідних інвестицій. Демографічними передумовами розвитку посттравматичного стресового розладу є жіноча стать, молодший вік, проживання на прифронтових і деокупованих територіях, низький фінансовий добробут. Серед найбільш розповсюджених стресових факторів війни, за результатами регресійного аналізу, виявлено дві групи: групу суб'єктивних стресорів «травматичні спогади» і групу соціальних стресорів «дискримінація, недостатня підтримка та моральні дилеми». Одним із найпоширеніших стресових факторів війни, який є актуальним для майже 81 % українців, є переживання щодо побаченого і почутого в медіа, що підтверджує необхідність подальшого дослідження впливу образів війни на психічне здоров'я

Ключові слова: стресори війни; індекс невизначеності стресорів; моральний конфлікт; соціальна підтримка

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Psychological structure of the mediation process in the content of professional activity of lawyers

Olena Ihnatovych

Doctor of Psychological Sciences, Head of the Department
Ivan Ziazun Institute of Pedagogical and Adult Education
of the National Academy of Pedagogical Sciences of Ukraine
04060, 9 M. Berlynskoho Str., Kyiv, Ukraine
<https://orcid.org/0000-0002-0588-0620>

Serhii Proskuriakov

PhD Student
Ivan Ziazun Institute of Pedagogical and Adult Education
of the National Academy of Pedagogical Sciences of Ukraine
04060, 9 M. Berlynskoho Str., Kyiv, Ukraine
<https://orcid.org/0009-0009-0832-998X>

Abstract. The relevance of the issue of investigating the psychological features of mediation and the psychological profile of a mediating advocate is stipulated by the need to develop a respective theoretical and methodological framework and to conduct further empirical research. The purpose of this study was to highlight the findings of the theoretical analysis of the mediation issue in the context of modern psychological research, to identify the psychological features of mediation in the professional activities of advocates and to substantiate the psychological profile of an advocate as a mediator. To fulfil this purpose regarding the definition of the psychological essence of mediation as a component of the professional activity of advocates, to clarify the psychological features of mediation in the professional activity of advocates and to develop a job profile of a mediator-advocate, the study employed the methods of analysis of scientific and popular science sources, classification, generalisation, and systematisation of the available theoretical material, and job analysis. The key findings of the study were as follows: substantiation of the personal and professional approach which considers the consistency of the content of the psychological structure of the personality and psychological features of mediation in the context of solving the tasks of professional advocacy and allows investigating the criteria for matching the personality of a mediator with the requirements of professional activity to it; identification of psychological features of mediation, such as compliance with psychological and ethical principles, use of the mediation algorithm in accordance with the psychological structure of this process, psychological profile of advocates. The results of the theoretical analysis can be useful for specialists in the fields of age, pedagogical, legal psychology

Keywords: mediation; mediator-attorney; professional activity; job analysis; job profile; psychogram

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*Corresponding author

INTRODUCTION

The issue of the relevance of mediation in the professional activities of advocates gains particular significance in the challenging conditions of Ukraine during the war. In modern realities, in which Ukraine is defending the right to democracy and freedom, proclaiming humanistic values, implementing the principles of European integration in education, science and various fields of practice, including law and legal activities, there is a growing demand for legal professionals who have a sufficient level of psychological readiness to use mediation in their work with clients, possess the relevant competencies, and can use mediation in their professional activities to protect the individual rights of the citizens of Ukraine (Myronenko, 2023).

The mediation competence of a person becomes a necessary component of professional legal activity and determines the possibility of involving lawyers in the conflict and dispute resolution processes (Malienko, 2019). Since the European Community has initiated the introduction of mediation in professional legal practice to use alternative methods in pre-trial and court proceedings, mediation has been used in professional legal practice as a method of alternative dispute resolution in countries such as England, France, Germany, the United Kingdom, and the United States. Thus, the European Union has agreed that access to alternative methods of pre-trial and judicial consideration of disputes, including mediation, will provide a better opportunity to implement the rule of law and the principles of openness and accessibility of justice (Kantor, 2020). Therefore, there is an urgent need for psychological research on the use of mediation by Ukrainian lawyers in the performance of their professional tasks.

Psychological studies of mediation, unlike the existing psychological studies of the negotiation process in the scientific arsenal, are more complex and involve a multidimensional consideration of the dispute resolution process. Negotiations are not identical to mediation. Mediation is an independent, neutral mediation between disputants that requires awareness of psychological knowledge of personality, behaviour, communication, and activity (Markovych, 2023). In line with this idea, one can recall the legendary President of the United States of America, Theodor Roosevelt (1858-1919), who considered his knowledge of how to deal with other people to be a leading factor in his success in life (Roosevelt, 2003).

The analysis of the problem of using mediation in the professional activities of advocates showed that various aspects of this problem have been widely researched in the fields of legal, social, and educational psychology and covered in scientific publications. However, researchers have not paid attention to the problems of professional research of mediation activity and psychological study of the mediator's personality

structure. As a result, the issue of psychological description of mediation is relevant and requires purposefulness and systematicity, since in the context of modern psychological research, mediation is described only at the level of multidimensional definitions of it as an interdisciplinary phenomenon (Leko & Chuyko, 2011).

Among the Ukrainian school of thought, it is worth noting a series of studies by researchers that highlight the scientific and practical provisions on professional training of social workers to conduct mediation activities based on examples of mediation implementation in the United States and Canada (Haiduk, 2004); skills and abilities that ensure the success and effectiveness of mediator's professional activities (Zhdaniuk, 2017); professional training of mediators for practical activities in higher education institutions in Spain (Demidovych, 2018).

Foreign researchers also believe that mediation is an interdisciplinary science (Raines *et al.*, 2013). At the same time, many experts have already acknowledged the originality, independence, and scientific nature of the interdisciplinary field of mediation research that emerged at the intersection of conflictology, sociology, legal studies, psychology, and other sciences. However, it should be recognised that the content of modern Ukrainian psychological studies of mediation does not sufficiently address such issues as the psychological profile of a mediator-advocate and the psychological features of mediation. As a result, these issues require theoretical substantiation and further experimental verification, which is why this study is relevant.

The purpose of this study was to present the findings of the theoretical analysis of the mediation problem in the context of modern psychological research. The principal tasks were as follows: 1) to perform a theoretical analysis of the problem of determining the psychological features of mediation in the professional activities of advocates; 2) to substantiate the psychological profile of an advocate's personality as a mediator.

LITERATURE REVIEW

The state of development of the problem of using mediation in the professional activities of advocates, as well as the issue of psychological description of the activities and personality of a mediator-advocate, requires careful scientific substantiation and further empirical research. The theoretical analysis of the subject under study revealed an ambiguity in the interpretation of mediation as a key concept. Interpretations of the meaning of mediation in the context of various scientific fields are marked by a gradual transition from researchers' understanding of this term as a negotiation mediation process to understanding mediation as a process of productive interaction between the subjects of disputed issues. The first and most common

understanding of mediation in psychology was its explanation as a way or means of conflict resolution (Ozerskyi, 2020). This is what distinguishes the concept of mediation in psychology from the concept of mediation in legal science. It is this aspect that H. Ohrenchuk (2014) highlighted, recognising the fact that in the context of a mediation procedure, two plans of such a procedure are revealed – a legal one, in the context of which the disputed issue is resolved, and a psychological one, in which productive, effective interaction is achieved.

In the book by British researchers, the authors presented a mediation model based on the method of existential psychotherapy, considering mediation as a means of conflict resolution (Strasser & Randolph, 2004). This idea of mediation was supported by well-known British family mediators who understood the mediation process as a productive interaction between the parties to a conflict to resolve it, conducted with the assistance of an independent neutral mediator to find the most appropriate solution to the disputed issue for all parties to the conflict (Parkinson & Robinson, 2014).

There are also such definitions of mediation, where the essence of this concept is the idea of the negotiation process involving a mediator. In this aspect, S. Zabarana notes that mediation as a concept has been considered by researchers from two perspectives, namely: 1) mediation as a process of settling a dispute through negotiations with the participation of a neutral mediator; 2) mediation as a productive interaction between two or more persons (Zabarana, 2015).

At the same time, the theoretical analysis of the problem of mediation in the context of modern psychological research showed evidence of strong perceptions of the experts that legal and psychological science at their intersection create the theoretical and methodological basis for the field of scientific research on mediation as a method of conflict resolution that requires specific methodology, theory, and practice. This area combines legal and psychological sciences, develops interdisciplinary links in their scientific structure and practice (Parkinson & Robinson, 2014). As the findings of research on mediation are used in legal and psychological practice, psychologists, advocates, coaches, and trainers become mediators, gaining new experience and influencing the development of further research. Thus, the field of mediation research and mediation practice are new in national science and practice and have prospects for further development (Yasynovskyi, 2015).

Although practical mediation is new to the Ukrainian judiciary, it is actively used in conflict resolution cases that are in pre-trial proceedings (Chasova & Kravets, 2023). Lawyers also apply practical mediation to resolve conflicts that have been unfolding over time. The longer the conflict lasts, the more complex is its resolution. The use of mediation in the professional activities of lawyers will allow relieving the burden on

the law enforcement agencies of Ukraine and reducing the number of lawsuits related to conflict resolution cases. Since mediation as an alternative method of dispute and conflict resolution allows finding an optimal solution for all parties to the conflict within the legal culture, unlike the judicial process, which is guided by the legal norms proper (Podkovenko, 2019).

The use of mediation techniques in the professional activities of an advocate determines their competitiveness, contributes to the improvement of professional skills, and influences the development of the advocate's creativity by working out with clients possible options for resolving disputed issues in a case, and developing an appropriate and realistic action plan for the case. At the same time, there is an urgent need for in-depth investigation and systematisation of psychological knowledge on the use of mediation in the professional activities of advocates, which is caused by the demand from advocates themselves as specialists whose professional activities include negotiation and conflict resolution.

MATERIALS AND METHODS

To accomplish the tasks outlined, the study employed a series of methods, including the analysis of scientific and popular science sources; classification, generalisation, and systematisation of the available theoretical material; and the method of job analysis used to determine the psychological essence of mediation as a component of the professional activities of advocates, to clarify the psychological features of mediation in the professional activities of advocates, and to develop a job profile of a mediator-advocate.

RESULTS AND DISCUSSION

The theoretical analysis of the problem of mediation in the professional activities of advocates showed that in the context of modern psychological research, scientists, based on the generalised notion that the similarities and differences of situations in the mediation process underlie the criteria for finding basic psychological approaches relating to mediation, contribute to improving the negotiation process and resolving conflict issues, specifically in the professional activities of advocates. These approaches include pragmatic, behavioural, structural, and instrumental approaches.

The pragmatic approach has been most developed and widely used by researchers in the United States of America. Representatives of the pragmatic approach apply its underlying principles to verify the factual behaviour of an individual and use a set of empirical tools for negotiations relevant to this purpose. The main disadvantage of the pragmatic approach is that it leaves out the planning components. Among the latest developments based on the pragmatic approach, it is worth noting the findings of studies on identifying

mutual benefits for the parties to negotiations. As for the behavioural approach, it was found to be the most developed and widely used in Germany. The initial provisions of the behavioural approach integrate the ideas of scientists about the behavioural characteristics of the individual in the context of their adaptation to the specifics of the negotiation process.

In the structural approach, negotiations are analysed as an integral structure, a single sequence of stages and actions. In the initial provisions of the instrumental approach, negotiations are highlighted as a useful tool used by the parties to the negotiations to achieve their goals. The above-mentioned approaches are sufficiently developed and have both advantages and disadvantages. The key disadvantage common to the above approaches is that researchers focus on the mediation or negotiation process with the assistance of an independent mediator. Namely, the factors, including gender-age, individual-typological, personal, value-reflective, professional, activity factors, which may directly or indirectly cause a conflict or a disputable situation, are left out of the researchers' attention.

The psychological structure of mediation plays a major role in the professional activities of advocates, as it determines the way they interact with the parties to the conflict and helps to achieve mutually beneficial solutions. Psychological awareness and understanding of the psychological structure of the mediation process allows advocates to better communicate with clients, establish trust, and facilitate positive conflict resolution. Psychological skills include empathy, the ability to manage emotions, and effective communication techniques that help advocates create a favourable atmosphere for reaching constructive solutions. The study of psychological aspects of mediation is significant for the further development of legal practice, as it helps to understand and investigate the impact of psychological factors on the conflict resolution process. Understanding the psychological aspects of mediation allows for the development of more effective methods of interaction with the parties to the conflict, improving the quality of mediation processes and ensuring better results for all parties. Improving the practice of mediation in the legal sector helps to save time and resources and contributes to positive conflict resolution and the building of a peaceful society. The theoretical substantiation of the psychological structure of the mediation process in the content of the professional activities of advocates was based on the initial provisions of the personal and professional approach, which stipulated the use of occupational therapy as a method of studying the psychological structure of mediation, considering the professionally relevant requirements ensuring the success of professional actions of a mediating advocate. The use of the occupational method ensures the implementation of a range of functions: informational, systemic, diagnostic, formative, and corrective. The

informational function implies awareness and general competence of the advocate-mediator regarding the psychological structure of mediation activities. The systemic function ensures the use of an integral system of knowledge, skills, competences, practical, and creative experience of professional activity of a mediator. The diagnostic function is manifested in the identification and assessment of the advocate's personality for mediation based on the diagnosis and monitoring of the professional competence of the advocate-mediator. The formative function is aimed at self-development in the continuous process of professional training and practical activities of mediator-advocates.

The authors of this study believe that when considering the psychological structure of mediation as a type of professional activity of an advocate, it is advisable to use a personal and professional approach that accounts for the consistency of the content of the psychological structure of the advocate's personality, psychological characteristics, and requirements of mediation activity to the advocate's personality. In this context, the specific features of the use of mediation in education, family upbringing, as well as in the field of law and some aspects of the status of a mediator were studied (Shmyndruk, 2023). Specifically, in this study of the psychological features of mediation as a negotiation process where an advocate acts as a mediator – a subject of the mediation process, the personal and professional approach allows exploring the criteria for matching the personality of a mediator with the requirements of professional activity.

A critical review of the psychological and ethical foundations of the mediation procedure, considering European standards, showed that the ethical standards of mediation reflect the psychological and humanistic principles of restorative justice aimed at establishing the rule of law and recognising the individual as a value (Tokarieva, 2020). Psychological and ethical norms are fundamental to effective mediation and are reflected in the content of the Law of Ukraine "On Mediation" (Sheremeta & Havryliuk, 2023). The professional practice of a mediator-advocate is ensured by their awareness of psychological and ethical aspects and their social role in conflict resolution (Melnychuk, 2016). Adherence to ethical standards and guiding principles of professional activity of mediators, which are regulated in the content of the relevant professional codes, allows mediators to perform mediation tasks in a variety of conditions, crises, and challenging professional situations, and allows them to find original solutions that meet the personal needs of all participants in the mediation process (Mozhaikina, 2017).

The authors' analysis of the professional activity of a mediator revealed that such activity belongs to the "person-to-person" professional type, and is aimed at interactive communication, productive interaction of a mediator with other parties to the mediation process,

and conflict resolution between these parties. To implement such a focus of professional activity, a mediator should have developed skills in establishing and maintaining relationships and business contacts, understanding of personality psychology, interpersonal relationships, behaviour, activities, be sociable, active, have developed speech skills and verbal thinking, be able to use non-verbal means of communication, and have developed resilience.

Belonging to the class of heuristic professions, the professional activity of a mediator involves the development of a person's analytical and research abilities, the ability to plan, manage, and implement the assessment and control of interpersonal interaction processes, and to develop appropriate and productive strategies for the parties to the mediation process to resolve conflict situations. In this way, the leading personal and professional qualities of a mediator are high erudition, flexible, original, heuristic, critical thinking, and the individual's desire for self-development throughout life. Notably, the profession of mediator is a relatively new one and is only being introduced to the labour market, being at the stage of active development (Yanovska, 2014).

The use of mediation in the professional activities of an advocate entails a series of requirements, of which the key ones include the following: to have a specially equipped office-type room; to ensure conditions for non-interference of unauthorised persons, overcoming noise and other situational factors that may affect the course and outcome of mediation; to make best use of the psychological space of the mediation parties; to ensure that the mediation parties are at the right distance for each of them; to have an adequate level of education, to possess the competences of a mediator.

The professionally significant functions of a mediator include psychological education of the parties to the mediation on expanding the consciousness of the individual by rethinking values, planning, organising, and conducting mediation at the level of partnership and productive cooperation; understanding the true nature of the conflict between the parties to the mediation process, considering the personal vision of the conflict on the part of each of them; understanding their needs, motives, and values; maintaining an independent and neutral position by the mediator; maintaining confidentiality and responsibility; ensuring the multitude of options and originality of means and solutions to resolve the conflict; guidance of the mediation subjects towards the performance of the agreement reached during the mediation procedure.

According to the functions of a mediator outlined above and based on the analysis of current research on mediator competence (Kuziv, 2019), this study identified general competences that determine the success of a mediator's activities. Among the general competencies of a mediator, the following are essential: identifying, assessing, and monitoring personality traits and

states; creating a favourable psychological atmosphere for productive interpersonal interaction during mediation; using psychological techniques and methods during mediation; working with information, collecting, analysing, and summarising it; and predicting the possible behaviour of the mediation subjects.

An essential result of the job analysis is a psychological profile, which contains a psychological description of the personality of an advocate-mediator. The psychological description of the advocate-mediator's personality profile integrates professionally significant mental functions, processes, personal attributes, states, and qualities, as well as abilities and individual typological features of the advocate's personality that determine the success of mediation activities. Considering the above-mentioned specifics of the professional activities of a mediator-advocate, their functions, according to the ethical standards and principles of professional activities of mediators and based on the findings of the job analysis, the study identified their professionally significant features, and based on this, a job profile was developed.

In the context of this study, the mediator's job profile was presented as a description of the operational side of mediation and a psychological description of the personal profile (psychogram) of a mediator-advocate, which includes professionally important qualities, abilities, and competences necessary for the successful performance of mediation activities. The psychogram of a mediator-advocate developed within the framework of theoretical analysis describes the following features: 1) personal characteristics that determine the success of mediation according to the initial provisions of the personal and professional approach and the key principles of the mediation process; 2) personal characteristics necessary for the implementation of constructive mediation strategies according to the stages of mediation.

The first group of the above-mentioned personal characteristics is related to the need for a mediator-advocate to be guided in their activities by the ethical standards required by the mediator's psychological and ethical code and to possess the skills to create a favourable psychological atmosphere during mediation. The leading personal characteristics that determine the success of mediation in terms of compliance with ethical, professional, and scientific standards are unconditional acceptance, ethical sensitivity, and moral stability. A mediator-advocate's adherence to the principle of neutrality in their work is based on the development of such personal characteristics as deliberate acceptance of others as they are; impartiality; and non-judgemental interaction. The preservation of the client's privilege and its non-disclosure by the mediator-advocate is based on such personal characteristics as responsibility, mindfulness, and stress resistance.

The second group of the above-mentioned personal characteristics is related to the development of the

communicative competence of a mediator-advocate, which determines the success of mediation depending on constructive strategies of mediation, ways of productive interaction of mediation subjects, skills and abilities to use the best strategies for conflict resolution, as well as mastery of such techniques as active listening, persuasive influence, and coordination of actions. Communicative competence is predicted according to emotional stability, emotional lability, leadership ability, ability to apply the best strategies in conflict resolution and use a constructive style of interaction.

A significant criterion that will determine the success of the mediation procedure is the ability to predict the prospects of the mediation process and its completion. A professionally trained mediator-advocate must be able to perform prognostic and modelling activities to determine possible ways of negotiations during mediation and be able to find out the real needs of clients by using questions to make a forecast of the results and methods of achieving them in the mediation process. In this regard, the essential personal characteristics are individual traits of mental processes that actualise the mechanisms of higher mental functions, such as analytical, creative thinking, ability to generalise, logic, creativity, tolerance, and sense of tact.

In terms of obtaining objective information in the course of compiling a picture of the real content of the conflict between the parties to the mediation, it is worth noting that in this aspect, the ability of a mediator-advocate to see the background aspects of the conflict, to identify the true depth of the conflict and assess its significance for each of the parties to the mediation, to analyse the content of clients' information messages, to apply such psychological techniques as active listening, paraphrasing, reframing are crucial. Using psychological methods and techniques, a mediator-advocate transforms the messages of the mediation participants, preserving the content of the message, to highlight other aspects of the conflict, to show the client a different vision of their problem. To use the technique of targeted paraphrasing, a mediator-advocate needs to understand the nuances of each mediator's personal vision of the conflict, considering their self-presentation and psychological defences, and focusing on active listening. Important personal characteristics in relation to the above-mentioned opportunities are attentiveness, flexibility, tact, and responsibility in interaction with the client.

Identification and assessment of clients' key needs, motives, and values are conditioned by the mediator-advocate's ability to conduct a productive negotiation process and mastery of the relevant work techniques, such as asking open-ended questions that reveal the scope of personal needs, interests, and motives; repeating the opinion expressed by the mediation parties in other words; using questions that seek to understand the position of the other mediation participant and help establish mutual understanding; active listening.

It is also advisable for a mediator-advocate to encourage the parties to the mediation to express their feelings and thoughts freely, to help them identify their personal needs, motives, and values, as well as those of other mediation participants. Communication skills and logical thinking are vital components of these abilities. To find and explore as many potential solutions to a conflict situation as possible in the mediation process, a mediator-advocate must have the skills and abilities to develop and model many options for resolving a conflict, to conduct mediation by finding alternative ways, to achieve results during mediation that best satisfy all mediation participants, to focus the attention of mediation participants on the essence of the conflict between them and on choosing the solutions that best satisfy clients. The final stage of mediation involves discussions and selection of the most suitable solutions, agreement of all mediation participants with them, signing an agreement on the implementation of the agreements, in which case the perceptual, cognitive, organisational, and communication skills of the individual are essential. Thus, the identified criteria for the activities of a mediator-advocate at each stage of mediation helped to outline the psychological profile of their personality. Thus, the job profile of a mediator-advocate contains two blocks: 1) a description of the psychological structure of the mediator's activity; 2) a description of the psychological profile of the mediator's personality.

According to the developed job profile, the mediator-advocate shall act to facilitate an effective and efficient mediation process, during which the parties to the mediation can interact constructively and reach mutually agreed decisions as a result of such interaction. The success of the professional activity of a mediator-advocate is achieved subject to their professional suitability, which is an integral feature that reflects the level of individual ability of the mediator-advocate to perform mediation functions at the professional level, to develop skills of active listening, paraphrasing, non-verbal communication, to use stimulating, evaluative, transformational, narrative models of mediation, to be guided by the principles of negotiation, opening statements, ethical and professional standards.

CONCLUSIONS

The theoretical analysis of the problem of using mediation in the professional activities of advocates in the context of modern psychological research showed the feasibility and prospects of the personal and professional approach which considers the consistency of the content of the psychological structure of the personality and psychological features of mediation in the context of solving the tasks of professional advocacy and allows exploring the criteria for matching the mediator's personality with the requirements of professional activity to it.

The psychological features of mediation include compliance with psychological and ethical principles, use of the mediation algorithm according to the psychological structure of this process, psychological profile of the mediator-advocate, interaction of all participants in the mediation process, and recognition of the priority of the moral and psychological components of mediation. A critical review of the psychological and ethical foundations of the mediation procedure regarding European standards showed that the ethical standards of mediation reflect the psychological and humanistic principles of restorative justice aimed at establishing the rule of law and recognising the individual as a value. Psychological and ethical standards are fundamental to

effective mediation. The professional practice of a mediator-advocate is ensured by their awareness of psychological and ethical aspects and their social role in conflict resolution. The occupational profile and psychogram of a mediator-advocate, developed based on the findings of the job analysis, includes psychological and professional qualities necessary for the successful performance of mediation activities.

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CONFLICT OF INTEREST

The authors of this study declare no conflict of interest.

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Психологічна структура медіаційного процесу у змісті професійної діяльності адвокатів

Олена Ігнатович

Доктор психологічних наук, завідувач відділу
Інститут педагогічної освіти і освіти дорослих
імені Івана Зязюна Національної академії педагогічних наук України
04060, вул. М. Берлінського, 9, м. Київ, Україна
<https://orcid.org/0000-0002-0588-0620>

Сергій Проскураков

Здобувач вищої освіти ступеня доктора філософії
Інститут педагогічної освіти і освіти дорослих
імені Івана Зязюна Національної академії педагогічних наук України
04060, вул. М. Берлінського, 9, м. Київ, Україна
<https://orcid.org/0009-0009-0832-998X>

Анотація. Актуальність проблеми дослідження психологічних особливостей медіації розробки й психологічного профілю адвоката-медіатора зумовлена необхідністю розробки відповідного теоретико-методологічного обґрунтування й проведення подальших емпіричних досліджень. Метою цієї статі було висвітлення результатів теоретичного аналізу проблеми медіації у контексті сучасних психологічних досліджень, визначення психологічних особливостей медіації у професійній діяльності адвокатів й обґрунтування психологічного профілю особистості адвоката як медіатора. Для реалізації окресленої мети стосовно визначення психологічної сутності медіації як складової професійної діяльності адвокатів, з'ясування психологічних особливостей медіації в професійній діяльності адвокатів й розробки професіограми адвоката-медіатора авторами застосовано методи аналізу наукових та науково-популярних джерел, класифікація, узагальнення і систематизація наявного обсягу теоретичного матеріалу, професіографічного аналізу. Основними результатами дослідження стали: обґрунтування особистісно-професіологічного підходу, що враховує узгодженість змісту психологічної структури особистості й психологічних особливостей медіації в умовах вирішення завдань професійної адвокатської діяльності та надає можливість дослідити критерії узгодження особистості медіатора з вимогами професійної діяльності до неї; визначення психологічних особливостей медіації, таких як: дотримання психолого-етичних принципів, використання алгоритму медіації відповідно психологічної структури цього процесу, психологічний профіль адвоката-медіатора, взаємодія усіх учасників медіаційного процесу, визнання пріоритетності моральної та психологічної складових медіації; розроблено професіограму та психограму адвоката-медіатора, що містять у своєму змісті психолого-професіографічний опис профілю особистості адвоката, який виконує функції медіатора. Отримані результати теоретичного аналізу можуть бути корисні фахівцям в галузях вікової, педагогічної, юридичної психології

Ключові слова: медіація; адвокат-медіатор; професійна діяльність; професіографічний аналіз; професіограма; психограма

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Psychological mechanisms of influence of disinformation and fake news on the formation of public opinion on Ukrainian European integration: Analysis of Russian propaganda

Denys Zelenov*

Master of Sciences
Kyiv National University of Culture and Arts
01601, 36 Yevhen Konovalets Str., Kyiv, Ukraine
<https://orcid.org/0009-0007-1877-6877>

Abstract. The purpose of the study was to investigate the psychological mechanisms of disinformation and fake news influence on the formation of public opinion on the process of Ukraine's European integration, with a special focus on the analysis of Russian propaganda. The research methodology included analysing Russian propaganda narratives through mainstream media and social networks according to specific criteria; interviewing Ukrainian citizens about the impact of disinformation and identifying the psychological mechanisms by which disinformation influences public opinion. The study covered the psychological aspects of manipulating public consciousness, namely the use of fears, stereotypes and emotions to discredit the European integration course. The main tasks were to analyse the ways of spreading fake news, identify the key messages of propaganda, and study the susceptibility of different groups of the population to such information influences. Empirical data was collected through a survey, which allowed us to identify disinformation strategies and their impact on different segments of society. The results of the study showed that Russian propaganda actively used emotionally coloured fake news to manipulate public sentiment, which was particularly effective on audiences with low levels of media literacy. Such manipulations led to the formation of a negative attitude toward European integration and the creation of social tension. The significance of the findings was a deeper understanding of the impact of disinformation on public opinion, which was important for developing strategies to counter propaganda and increase media literacy

Keywords: manipulation; media literacy; public consciousness; fakes; propaganda strategies

INTRODUCTION

In today's information society, disinformation and fake news have become powerful tools for manipulating public opinion, especially in the context of political change. Ukraine's European integration, which has become an important direction of the country's foreign policy, is under threat due to active information attacks carried out by Russian propaganda. These attacks attempt to destabilise Ukrainian society by shaping a negative perception of European integration processes through distorted information

and false narratives. Psychological mechanisms used to manipulate public opinion actively exploit cognitive biases. For example, confirmation mechanisms, where individuals tend to look for information that confirms their existing beliefs, contribute to disinformation being more likely to resonate with news consumers. In this environment, social media play a particularly important role, allowing disinformation to spread quickly and shape perceptions of certain events or processes.

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*Corresponding author

With the information space flooded with fake news, Russian propaganda uses a variety of strategies to create a negative image of the European Union and discredit Ukraine's European integration aspirations. The spread of manipulative messages about economic and social problems associated with EU integration creates an atmosphere of fear and uncertainty among the population. These narratives become part of the public discourse, forming negative associations and making it difficult to perceive the real benefits of European integration. It is important to note that disinformation not only affects political attitudes, but also has the potential to split society, undermining its unity. In such a situation, information consumers become vulnerable to manipulations that can change their attitudes towards key national and international initiatives. Understanding the psychological mechanisms of disinformation is critical to developing effective strategies to combat manipulation and preserve the stability of society.

Many scholars study this topic and offer different views on it. For example, fake news has the ability to influence the formation of beliefs in society, especially when it comes to conspiracy theories. In the work by A. Anthony & R. Moulding (2019), the authors studied beliefs in fake news and conspiracy theories, focusing on the psychological mechanisms of their influence. Political ideology also plays a significant role in shaping these beliefs. In their work, J. Baptista *et al.* (2021) showed that political views significantly affect the perception of disinformation, as demonstrated by the study. The study of European integration in the context of human rights in Ukraine demonstrates the importance of overcoming Russian influence. I. Barabash *et al.* (2020) focused on the way Ukraine can break away from the Russian system of dependence, which also applies to the media space. At the same time, tools for detecting fake news are becoming increasingly important in the information warfare. In their study, A. Bondielli *et al.* (2024) created a dataset for multimodal detection and verification of fake news, which is essential for countering disinformation. Critical information literacy is an important means of countering fake news. In their work, A. Brisola & A. Doyle (2019) emphasised that understanding disinformation as a root problem contributes to a more effective fight against fake news. In turn, A. Calero Valdez (2020) studied the contribution of people and algorithms to the spread of disinformation, which has a direct impact on public perception of news.

Psychological trust in information sources also plays an important role in the perception of news, including disinformation. In the work of A. Calero Valdez & M. Ziefle (2019), the authors examined how credible news is perceived by users, which is important for understanding the mechanisms of influence on public opinion. The intersection of social media and fake news has also been studied in a cross-cultural context. In the study by A. Dabbous *et al.* (2021), A. Kobernjuk

& A. Kasper (2021), the authors focused on the study of trust in social media and the impact on the perception of fake news in different cultures. The process of forming beliefs under the influence of fake news and disinformation can be viewed through a pragmatic lens. In their work, L. De Oliveira Souza & J. De Loiola Araújo (2022) showed that beliefs can be formed even on the basis of mathematical educational models, which demonstrates the complexity of the impact of fake news on thinking. Finally, a study of Poland's reactions to Russian aggression against Ukraine by J. Dyduch & M. Góra (2024) highlighted how disinformation can influence the polarization of society in the context of international conflicts.

The aim of the study was to identify the psychological mechanisms of influence of disinformation and fake news on the formation of public opinion on Ukrainian European integration in the context of the Russian-Ukrainian war. The objectives were:

1. Analysing the impact of disinformation on public consciousness: studying how disinformation and fake news shape Ukrainians' perceptions of European integration, in particular, identifying the main topics and narratives spread in the media.

2. Studying psychological mechanisms of influence: identifying the psychological mechanisms that are activated by disinformation, in particular, studying the role of emotional reaction, cognitive distortions and group identity in the perception of news.

3. Assessment of media literacy of the population: conducting a study of the level of media literacy of Ukrainians to determine the extent to which they are able to critically perceive information and counteract disinformation that affects their attitude to European integration processes.

MATERIALS AND METHODS

The first stage of the study was to analyse the main narratives used by Russian propaganda to spread disinformation during the war. Key sources were selected, including the TV channels Channel 24 (Tereschenko, 2024a), Russia's propaganda machine in the United States. How Russian disinformation influences Republican sabotage of aid to Ukraine and discredits it in the eyes of Americans (2024), Russia is constantly generating fake news about Ukraine's leaders. Olena Zelenska has already "bought" Cartier jewelry for \$1 million. This time, she bought a Bugatti with money from US aid. Wired investigated this disinformation case (2024).

Additionally, the following sources were analyzed Radio Liberty (Savchuk & Myroniuk, 2024), and TikTok social media, including Behind the scenes of "scrolling": A study of propaganda in the Ukrainian TikTok segment (2024), O. Tereschenko (2024b).

The following criteria were chosen for the analysis:

1. The level of emotional intensity of messages aimed at creating fear or distrust;

2. The use of opposition and dichotomy ('us' versus 'them'), emphasis on conflicts and catastrophic scenarios;

3. What messages are repeated most often to increase the impact.

The second stage involved conducting a survey among the population of different regions of Ukraine to determine how disinformation influences their views on European integration. The sample consisted of 1,000 respondents, aged 18 to 65, of whom 52% were women and 48% were men. Respondents were selected from the following regions: Kyiv region, Lviv region, Odesa region, Donetsk and Luhansk regions, and Kharkiv region. All survey participants were informed about how their anonymity is ensured, they know why the survey is being conducted, how the data they provide will be used, and the risks involved. The research was conducted in accordance with the rules of The Declaration of Helsinki (1964). The questions were of a closed type, with "Yes" or "No" answers. The questions were as follows:

1. Do you trust the news about Ukraine's European integration coming from the Russian media?

2. Do you think that Ukraine's accession to the EU will improve the economic situation in the country?

3. Do you think that the war with Russia is the main obstacle to European integration?

4. Do you believe that the EU will contribute to ending the war?

5. Do you think that Russian media provide objective information about Ukraine?

6. Do you think that Ukraine's accession to the EU threatens traditional Ukrainian values?

7. Have you noticed an increase in the amount of negative information about the EU in the Russian media during the war?

8. Do you think that the Ukrainian authorities are responding adequately to Russian disinformation?

The third stage was to define the ways in which disinformation forms psychological mechanisms of influence on public opinion.

RESULTS

The problem of disinformation and fake news has become widespread in Ukraine in the context of the Russian-Ukrainian war, which began in 2014 and escalated in 2022. In the context of active hostilities and political conflicts, information warfare has become an integral part of the overall warfare strategy. Disinformation is used as a tool to manipulate public opinion, which leads to the destabilization of public morale and undermines trust in government institutions. In particular, social media has become the main channel for spreading false information. Their efficiency and wide reach allow fake news to spread quickly, affecting numerous people. This leads to the formation of false perceptions of the real state of affairs in the country, worsening the psycho-emotional state of the population, which is already experiencing a crisis due to war and violence. In an

environment of information overload, it is difficult to distinguish between truth and manipulation, and this is what contributes to the growth of distrust among people.

In such a situation, psychological mechanisms that influence the perception of information become particularly important. In particular, there is the phenomenon of confirmation bias, when people tend to perceive and remember information that confirms their preconceived beliefs and ignore data that can refute them. This complicates the situation, as disinformation that aligns with certain political or social beliefs has a greater chance of being successfully spread. It is also worth noting that the emotional impact of news is significant: fake news that arouses fear or anger is more likely to spread, as emotions actively attract attention and encourage discussion. Psychological mechanisms play a key role in this aspect. Without knowledge of these mechanisms, it is difficult to develop effective countermeasures. For example, media literacy campaigns that teach people how to critically evaluate information and recognise fake news can be the basis for increasing society's resilience to manipulation. Emotional support also plays a key role: in times of stress and anxiety, people need to have access to reliable sources of information and receive support from others. In addition, knowledge of the psychological mechanisms of disinformation can help to develop programmes aimed at reducing the impact of destructive information. Such programmes could include awareness-raising campaigns that emphasise the importance of fact-checking, critical thinking and active participation in discussions. This will contribute to the formation of a sustainable public opinion based on objective data rather than emotional manipulation.

In the context of disinformation and fake news, cognitive biases are important and play a key role in shaping public opinion on Ukraine's European integration, especially in the context of Russian propaganda. One of the main cognitive biases is confirmation bias, which manifests itself in the fact that people prefer information that confirms their pre-existing beliefs and ignore or downplay facts that contradict these beliefs. For example, people who have negative attitudes towards European integration may easily accept fake news that highlights the negative aspects of integration, while rejecting positive news that highlights the benefits. Another important cognitive bias is the availability heuristic, which means that people assess the likelihood of an event based on how quickly they can think of examples of that event. Fake news, which is widely discussed in the media, can create the impression that European integration brings only risks and problems, making negative experiences more accessible to memory. Individuals may believe that problems with European integration are more widespread than they actually are. In the context of disinformation, this may mean that people may shift responsibility for economic problems or social dislocation to European

integration processes, perceiving them as a threat to their own well-being. Psychological mechanisms, such as cognitive biases, play a crucial role in shaping public opinion on Ukraine's European integration, making society vulnerable to disinformation. Understanding these mechanisms is crucial for combating disinformation and developing an adequate perception of the European integration process in Ukraine.

Psychological mechanisms, in particular cognitive biases, are actively used in information campaigns aimed at manipulating public opinion on Ukraine's European integration. Russian propaganda resorts to various tactics to create a positive image of its narratives and at the same time devalue Ukraine's European integration processes. These manipulation mechanisms focus on emotional impact, selective presentation of facts and manipulation of context. One of the key tactics is the dissemination of fake news that looks credible through the use of plausible sources and factual data, but which is manipulative in nature. For example, propaganda materials may contain parts of true information, but take it out of context or distort it, leading to the formation of false perceptions of European integration. This practice exploits the confirmation bias, as people who already have negative views on integration processes are more likely to accept this information as true. Russian propaganda actively uses the strategy of "substitution of concepts". This means that terms related to European integration can be replaced with negatively coloured words that evoke associations with danger or threats. For instance, instead of the term "European standards", statements emphasizing "decaying Europe" or "Western aggression" may be used. This change in emphasis helps to create the perception that European integration threatens Ukraine's national interests. Propaganda materials may focus on the negative aspects of European integration reforms, such as economic difficulties or social protests, while successes and positive results may be ignored or downplayed. This not only creates a one-sided perception, but also increases the impact of the accessibility bias, when negative examples dominate the minds of information consumers. Fear, anger and anxiety are powerful emotions that can easily be used to create negative attitudes towards European integration. For example, messages about possible economic losses or social instability due to European integration can be presented as threats, which causes panic and negative emotions among the population. The mechanisms of manipulation used in Russian propaganda are closely related to the psychological aspects of information perception. The use of fake news, substitution of concepts, context manipulation and emotional influence form a negative perception of European integration, exploiting the vulnerability of the public consciousness to disinformation. Understanding these mechanisms is critical to developing strategies to combat

information attacks and maintain objectivity in assessing Ukraine's European integration processes.

Social influence is another important aspect that explains how disinformation and fake news shape public opinion on Ukraine's European integration. People are often guided by the opinions of others, especially in conditions of uncertainty or difficult social situations. In this context, Russian propaganda uses social mechanisms to reinforce its manipulative narratives, forcing individuals to accept or reject information in accordance with prevailing social opinion. One of the key mechanisms of social influence is group pressure. When certain views become dominant in certain social groups, individuals may feel pressure to accept this opinion, even if it contradicts their personal beliefs. Russian propaganda actively supports the creation of groups that promote negative narratives about European integration, thus creating the impression that the majority of society supports these views. This phenomenon reinforces the feeling of isolation for those who support European integration, as they may feel that their opinions do not conform to the "group norm". The role of social media in this process is undeniable. Social media platforms are becoming important tools for spreading disinformation. Fake news that is widely shared on social media can reach a huge audience in a short time. The use of the "virtual community" mechanism is also becoming popular – people form groups based on common interests and views, where they exchange information that is often subjective and not supported by facts. This contributes to an even greater polarization of opinions and creates the perception that European integration has negative consequences. The phenomenon of social proof is also important, when people evaluate the correctness or acceptability of their actions and beliefs based on how others react to similar situations. If the information field is dominated by negative narratives about European integration, people who receive this information may perceive such views as true. This affects the formation of collective perceptions that can take hold in the minds of society, contributing to the sense of threat that can accompany European integration processes.

Social influence includes the influence of celebrities and opinion leaders, who can shape or reinforce certain views in their audiences. When such individuals support negative narratives about European integration, their opinion can become a powerful argument for many people, forcing them to reconsider their beliefs under the pressure of "authority". Social influence, which manifests itself through group pressure, social media and the phenomenon of social proof, plays a crucial role in shaping public opinion on Ukraine's European integration. This highlights that the disinformation and manipulation used in Russian propaganda not only affects individual consciousness, but also has a significant impact on collective perceptions, forming

negative stereotypes about European integration in Ukraine. Therefore, understanding the social mechanisms of influence is crucial for developing strategies aimed at increasing media literacy and combating disinformation. Understanding the social influence generated by disinformation and fake news underscores the importance of education and media literacy in combating manipulations related to Ukraine's European integration. In today's information environment, where the volume of news and information is constantly growing, the ability to critically perceive information is becoming a necessary skill for every citizen. Education should include elements of media literacy at all levels of learning. This means not only learning the basics of working with information, but also developing critical thinking that allows assessing the reliability of sources, analysing content and understanding the impact of emotional and social context on the perception of information. In today's environment of disinformation, media literacy skills can be an important tool for forming an objective opinion on European integration, as they help to recognise manipulation and fake news. Educational programmes can contribute to the development of conscious consumption of information. They can teach students how to distinguish between facts and opinions, as well as how to analyse the context and intentions behind information messages. Knowledge of the mechanisms of manipulation described earlier is essential to understanding why certain information can be presented in a distorted way.

Thus, media literacy becomes not only a tool for individual protection against disinformation, but also an important element of social responsibility. Media literacy programmes can support critical discourse in society. Through training and discussion of topics related to European integration, participants can become familiar with different points of view, which contributes to a more balanced perception of the problem. As a result, society becomes more resistant to propaganda as people learn to ask questions, evaluate information and form their own opinions based on a variety of sources. Media literacy should not be limited to schools and universities. Government agencies, NGOs, and the media can play an important role in promoting a culture of critical information. Various campaigns, seminars, and webinars can raise public awareness of the risks of disinformation, especially in the context of sensitive topics such as European integration. The role of education and media literacy is indisputable in building a resilient society that can withstand disinformation. Not only do they help people learn to critically perceive information, but they also contribute to the development of active and informed citizenship. As a result, through educational initiatives, society can become more resilient to manipulation and facilitate a constructive dialogue on Ukraine's European integration, which in turn can

lead to a more positive perception of these processes among citizens. For instance, an article on the Forbes website highlights that Russian propaganda is actively using anxiety-inducing tactics to spread information about threats from Ukraine. The messages emphasise the possible catastrophic consequences that could result from Western support for Ukraine. These strategies are intended not only to increase the level of fear, but also to encourage action, including denial of support for Ukraine and spreading distrust of Western countries. The level of emotional intensity is pointed out through the use of vivid and dramatic language that enhances the effect of the messages. For example, the emphasis on "threats to peace" and "apocalyptic scenarios" are typical techniques used to create the impression that the situation is hopeless. As a result, the information is perceived not only as news, but as a call to action, which encourages people to think about the dangers that may threaten everyone. In particular, an article on Radio Free Europe/Radio Liberty notes that Russian propaganda constantly emphasises the "external threat" from Ukraine, presenting it as an "aggressor" trying to destroy peace in Russia and the world. This juxtaposition not only enhances the emotional impact of the messages, but also creates a clear picture of the conflict, in which the information consumer becomes part of a group fighting for its survival. The catastrophic scenarios described in the messages portray the world as polarised, with no room for compromise or cooperation. The emphasis on conflict helps to reinforce the "us" versus 'them' divide, which is an important element in manipulating public opinion.

The impact of disinformation is reinforced by recurring phrases and ideas about the threat that the Ukrainian military allegedly poses to the Russian population. These messages include phrases such as "Ukrainian forces threaten our security" or "Western support undermines peace in our country". Such formulations have become stereotypes that are directly related to the formation of hostile attitudes towards Ukraine and its allies. The frequent use of these messages not only creates the impression that this information is universally accepted, but also prevents consumers from critically evaluating the information they hear. The Forbes article describes how Russian media constantly repeat information about "American interference" in an attempt to portray the United States as an "aggressor" using Ukraine to achieve its geopolitical goals. This message is reinforced by arguments about the alleged violence of the Ukrainian military, which in turn fuels fear and distrust not only of Ukrainians but also of the West. Propaganda campaigns are aimed not only at disorienting the population, but also at encouraging it to take certain actions that are in the interests of the aggressor. In today's information warfare, it is especially important to understand these mechanisms in order to counter disinformation and foster critical thinking in society.

Table 1. The need for digital applications for psychological assistance

Question	Answer "yes" (%)	Answer "no" (%)
Do you trust the news about Ukraine's European integration coming from the Russian media?	19.4%	80.6%
Do you think that Ukraine's accession to the EU will improve the economic situation in the country?	63.7%	36.3%
Do you think that the war with Russia is the main obstacle to European integration?	74.2%	25.8%
Do you believe that the EU will contribute to ending the war?	58.9%	41.1%
Do you believe that Russian media provide objective information about Ukraine?	14.8%	85.2%
Do you think that Ukraine's accession to the EU threatens traditional Ukrainian values?	32.5%	67.5%
Have you noticed an increase in the amount of negative information about the EU in the Russian media during the war?	77.3%	22.7%
Do you think that the Ukrainian authorities are responding adequately to Russian disinformation?	49.1%	50.9%

Source: created by the author

According to the responses of the survey participants in the table, it can be argued that most respondents demonstrate a low level of trust in news about European integration from the Russian media. This indicates a critical attitude of Ukrainians towards sources of information from Russia, which may be due to the high awareness of the manipulative nature of such messages. It is also noteworthy that the overwhelming majority of respondents consider Ukraine's accession to the EU to be a positive economic step that should improve the country's overall welfare. This indicates that the population is optimistic about integration into the European economic space. Most respondents noted that the war with Russia is a significant obstacle to Ukraine's European integration. This underlines the importance of ending the conflict for further rapprochement with the EU. At the same time, many respondents express their belief that the EU will facilitate the end of the war, which indicates their hope for international support in the conflict with Russia. Conversely, a very small proportion of respondents believe that Russian media provide objective information about Ukraine, which confirms their critical stance towards Russian media. At the same time, a relatively large proportion of respondents believe that joining the EU does not pose a threat to Ukrainian traditional values, which indicates that European integration is perceived as compatible with national identity. However, a significant proportion of respondents noted an increase in negative information about the EU in the Russian media, which confirms the intensity of Russia's disinformation campaign aimed at discrediting the European community in the eyes of Ukrainians. Respondents' opinions on the Ukrainian authorities' response to Russian disinformation were divided. This indicates an ambiguous assessment of the state information policy and, possibly, the need to strengthen it. In general, the survey results show that Ukrainians are critical of Russian media and support the European integration course. Most respondents are aware of the economic benefits of joining the EU and

do not see any threat to national values. The majority recognises that the war is a significant obstacle to the EU, but at the same time hopes for the EU's support to end it. A significant proportion of respondents noted an increase in negative messages about the EU in the Russian media, which indicates an intensification of the disinformation campaign. At the same time, respondents are ambivalent about the reaction of the Ukrainian authorities, which may indicate a need for more effective communication and countering propaganda.

Based on the study, the author identifies the main psychological mechanisms that are actively used in disinformation campaigns, namely, emotion manipulation, stereotyping, cognitive dissonance, group identification and social proof. In particular, manipulation of emotions is one of the most powerful tools for influencing people's minds. Disinformation often triggers strong emotional reactions, such as fear, anxiety, anger, or hatred. These emotions can cloud rational thought, causing people to make decisions based on emotion rather than logic. For example, disinformation that portrays a certain group of people as a threat can lead to hatred and aggression, which fuels conflict and social tensions. Stereotyping is an important mechanism through which disinformation influences public opinion. Stereotypes are usually simplified ideas about certain groups of people or phenomena that are formed on the basis of limited or distorted information. Disinformation often contributes to the reinforcement of negative stereotypes about national or ethnic groups, for example, by repeating certain images or characteristics. This can lead to discrimination and prejudice, which in turn deepen social conflicts. Cognitive dissonance is another psychological mechanism that can be used to shape public opinion. When people are confronted with information that contradicts their existing beliefs or perceptions, cognitive dissonance, or an unpleasant feeling, occurs, prompting them to seek ways to reduce the inconsistency. Disinformation can be used to reinforce this dissonance, leading people to change their

beliefs or seek information that confirms their existing perceptions rather than questioning them. In this way, it can reinforce pre-existing biases and distortions in the perception of reality. Group identification also influences public opinion. People have a natural tendency to identify with certain groups, which provides a sense of belonging and security. Disinformation can exploit this need by shaping perceptions of “us” and “them”, reinforcing negative emotions towards those who do not belong to “our” group. This can lead to polarization of society and increased aggression between groups. Social proof is another important mechanism that uses disinformation to influence public opinion. People often perceive information as more credible if the majority confirms it. Disinformation can exploit this tendency by presenting false or distorted data as widely accepted facts. For example, if certain information is actively discussed on social media or in the media, people may believe it to be true, even if it has no basis in fact. This increases the impact of disinformation on public opinion by creating the illusion of consensus.

Disinformation uses a variety of psychological mechanisms to shape public opinion and influence people's behaviour. Emotional manipulation, stereotyping, cognitive dissonance, group identification and social proof are actively used in propaganda campaigns to influence perceptions of reality and encourage action. Understanding these mechanisms is important for countering disinformation and developing critical thinking in society.

In the war with Ukraine, Russia has been actively using several psychological mechanisms to shape disinformation campaigns that influence public opinion and the emotional state of Ukrainians. One of the key aspects is the manipulation of emotions, in particular, the creation of fear and anxiety. This is achieved through the dissemination of news about war crimes, destruction, and the consequences of the war, which leads to a sense of helplessness and despair. Russian propaganda uses negative images of Ukrainians to provoke distrust of their own country and its government. For example, disinformation messages about “fascists” or “nationalists” in the government undermine social cohesion and exacerbate internal conflicts. Group identification, presented as “us” versus “them”, is also actively used to create an image of the enemy. This increases aggression and polarises society. In general, these mechanisms affect the psychological state of Ukrainians, increasing emotional tension and negatively affecting social cohesion.

DISCUSSION

The study focused on the spread of fake news and disinformation through social media, analysing its impact on public opinion and countermeasures. This topic is of great importance in today's world, where digital platforms have a significant impact on shaping public beliefs and behaviour. The results of the study have a

number of important aspects that should be discussed, taking into account the existing scientific literature. The study found that the use of social media to spread fake news has a significant impact on shaping public opinion, especially in times of political tension or crisis. This confirms the findings of B. Gjerazi & P. Skana (2023), S. Miller *et al.* (2024), F. Zhao (2023), who analysed the politically motivated spread of disinformation and found that it is aimed at manipulating public opinion. Similar results were also obtained in studies by I. Hansen & D. Lim (2018), who drew attention to cyber interference during electoral processes. A key feature of the study was the use of machine learning to analyse fake news, which allowed for a better understanding of the emotional aspect of texts and their similarity to headlines, as described by Q. Guo *et al.* (2023). Technologies such as TieFake allow automating the process of detecting fake news, which is critical in an information overload.

The importance of the study is that it expands the knowledge of the impact of fake news on society and demonstrates how modern technologies can be used to combat this problem. Fake news is not only misleading, but can also lead to real social consequences, such as political instability, social conflicts and economic losses. As noted by X.J. Lim *et al.* (2024), Y. Sohn *et al.* (2024), the spread of disinformation through social media is becoming an increasingly urgent problem, as numerous users do not have sufficient critical thinking skills to verify information. The results are also consistent with the research of A. Martín García & A. Buitrago (2022), who pointed out that journalists face new challenges in the face of the growing number of fake news. Their analysis confirmed the need to develop new strategies to combat disinformation, including the use of automated fact-checking tools. Comparing the results with other studies, there are several important differences. For example, the study by L. Maschmeyer *et al.* (2023), which analysed disinformation campaigns during the conflict in Ukraine, focuses on ‘hybrid warfare’ and the use of social media as a tool for manipulation. The study did not focus on military conflicts, but confirmed the general trend of using social media to spread disinformation for political purposes. Another important aspect is the comparison of the study with the work of Y. Tsfati *et al.* (2020), who investigated the reasons for the spread of fake news in the mainstream media. They emphasised that most fake news penetrates the mainstream media due to the lack of sufficient control over information. The study demonstrated that social media is a much faster and larger platform for spreading disinformation, as it does not have the same thorough fact-checking as traditional media.

The study by S. Tejedor *et al.* (2024) provided a systematic review of research on fact-checking and countering fake news in the social sciences. Their work highlighted the need for comprehensive strategies that combine technological and social aspects to counter

fake news. The study supports this view, as we found that machine learning technologies are an effective tool for detecting disinformation, but they should be combined with educational programmes aimed at increasing users' critical thinking. Despite the general convergence with many studies, our research also revealed several discrepancies. For example, the study by E. Muriel-Torrado & D.B. Pereira (2020) argued that behavioural factors, such as lack of motivation to verify information, are the key reason for the spread of fake news. At the same time, our study showed that the emotional aspect of the news, in particular its headline, significantly affects the speed of its spread. This indicates that emotions play a bigger role in the spread of fake news than previously thought. The study by L. Schaewitz & N.C. Krämer (2020) drew attention to the importance of the timing of disinformation correction and the format of its presentation. They argued that timely correction can significantly reduce the impact of fake news on users. The study, however, found that even after fake news is refuted, a significant number of users continue to believe in the false information, which highlights the limitations of existing approaches to combating disinformation.

Russian propaganda is actively using disinformation and fake news to influence public opinion on Ukraine's European integration. The main goal of such campaigns is to create a negative image of the European Union, foment doubts about the benefits of European integration, and fuel pro-Russian sentiment among the Ukrainian population. Fake news spread through Russian media and social media often relates to economic losses that Ukraine allegedly faces from cooperation with the EU, threats to sovereignty, and distorted information about the social and cultural consequences of integration. One of the key psychological mechanisms of disinformation is confirmation bias, where people tend to accept only information that confirms their pre-existing beliefs. Pro-Russian media exploit this bias by spreading news that increases fears or distrust of European integration. Another important mechanism is the illusory truth effect: the more often information is repeated, the more it is perceived as true, even if it is fake. The use of emotions also plays an important role. Disinformation aimed at arousing fear, anger, or anxiety has a stronger impact on the perception of information than rational arguments. For example, fake news about "threats to national identity" in the context of European integration appeals to fears of losing cultural heritage and traditions. Russian propaganda also actively uses polarization techniques, emphasizing the differences between European and pro-Russian groups in Ukraine. This reinforces the split in society and makes public opinion more vulnerable to manipulation.

Further research could focus on improving algorithms for detecting disinformation, as well as developing educational programmes to improve the information literacy of the population. In addition, it is necessary

to study the behavioural aspects of social media users to better understand how they perceive and disseminate information. As noted by I. Hasiuk (2022), D. Obadã & D. Dabija (2022), environmental brands often fall victim to disinformation, and research into this phenomenon can help to more effectively counter disinformation campaigns in the field of environment and sustainable development. Another area for further research could be to analyse the impact of fake news on different social groups. For example, W. Yanhong & M. Hasrina (2024), V.C.L.L. Valle (2024) investigated the impact of environmental risks on trust in fake news. Such studies can help identify how different social, economic, or political factors affect the perception of disinformation. Based on the findings, it can be concluded that fake news has a significant impact on shaping public opinion, especially in times of political tension. The study confirms the importance of combining technological solutions with educational initiatives to effectively combat disinformation. At the same time, it revealed a number of discrepancies with other studies, which indicates the complexity of this phenomenon and the need for further research.

CONCLUSIONS

The study determined how Russian propaganda uses these psychological mechanisms to influence public opinion in Ukraine regarding European integration. The survey results showed that a significant part of the population distrusts Russian media and understands the manipulative nature of disinformation aimed at Ukraine's European course. Only a small percentage of respondents (19.4%) trust news from Russian sources about Ukraine's European integration, which indicates that citizens are highly aware of manipulative tactics. However, a significant percentage of respondents noticed an increase in negative information about the EU in the Russian media during the war, which confirms the use of a strategy to create fear and distrust of Western institutions. An analysis of the answers to other questions showed that most citizens believe that joining the EU is economically beneficial for Ukraine, but a significant percentage (74.2%) of respondents see the war as the main obstacle to European integration. This suggests that disinformation has not been able to radically change the overall positive attitude towards the EU, but rather creates fear and concerns about the consequences of the conflict, thus trying to slow down the process of European integration. In addition, within the "us" versus "them" narrative, the Russian media often portray the EU as a threat to traditional Ukrainian values, although the majority of respondents deny this. The results show that Ukrainians partially doubt the adequacy of the government's actions to counter disinformation. This may indicate that, despite an understanding of the manipulative nature of propaganda, effective communication between the government and society needs to be improved. Russian propaganda, in

particular through disinformation, tries to raise doubts and fears among Ukrainians about European integration, but most citizens are critical of such messages.

A limitation of the study was the inability to cover all regions of Ukraine, which could have provided more representative results on the impact of disinformation on public opinion. Further research perspectives include analysing the impact of disinformation on young people, who are an active audience of social media, and

studying the long-term effects of propaganda on the formation of persistent stereotypes about Ukraine's European integration.

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CONFLICT OF INTEREST

None.

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Психологічні механізми впливу дезінформації та фейкових новин на формування громадської думки щодо української євроінтеграції: аналіз російської пропаганди

Денис Зеленов

Магістр

Київський національний університет культури і мистецтв

01601, вул. Євгена Коновальця, 36, м. Київ, Україна

<https://orcid.org/0009-0007-1877-6877>

Анотація. Метою дослідження було вивчення психологічних механізмів впливу дезінформації та фейкових новин на формування громадської думки щодо процесу євроінтеграції України, з особливим акцентом на аналіз російської пропаганди. Методологія дослідження включала аналіз нарративів російської пропаганди через основні ЗМІ та соціальні мережі за конкретними критеріями; опитування громадян України щодо впливу дезінформації та визначення психологічних механізмів, за допомогою яких дезінформація впливає на формування громадської думки. Дослідження охоплює психологічні аспекти маніпуляції суспільною свідомістю, а саме використання страхів, стереотипів та емоцій для дискредитації євроінтеграційного курсу. Основними завданнями стали аналіз способів розповсюдження фейкових новин, визначення ключових меседжів пропаганди, дослідження сприйнятливості різних груп населення до таких інформаційних впливів. Емпіричні дані були зібрані через опитування, що дозволило виявити стратегії дезінформації та їх вплив на різні верстви суспільства. Результати дослідження показали, що російська пропаганда активно використовувала емоційно забарвлені фейкові новини для маніпулювання настроями громадськості, що особливо ефективно діяло на аудиторії з низьким рівнем медіаграмотності. Такі маніпуляції призводили до формування негативного ставлення до євроінтеграції та створення соціальної напруги. Значення отриманих результатів полягало у глибшому розумінні впливу дезінформації на громадську думку, що було важливим для розробки стратегій протидії пропаганді та підвищення медіаграмотності населення

Ключові слова: маніпуляція; медіаграмотність; громадська свідомість; фейки; пропагандистські стратегії

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Ukrainians' perceptions of social solidarity: Empirical verification of the representational field

Olha Palahnyuk*

PhD in Psychological Sciences, Senior Researcher
Institute for Social and Political Psychology at the National Academy of Educational Sciences of Ukraine
04070, 15 Andriivska Str., Kyiv, Ukraine
<https://orcid.org/0000-0002-1152-2133>

Abstract. The article presented an analysis of theoretical and empirical studies of social representations of solidarity among Ukrainians, carried out from an interdisciplinary perspective and using the method of free association experiment. On the basis of theoretical and empirical analysis, it was proved that solidarity is a fundamental psychological prerequisite for social change, and understanding its nature, forms and status is important for social development in general, and in particular, in the context of state-building. The empirical study of social representations of solidarity was carried out within the framework of the psychosemantic approach through the symbolic verbal mediation of these representations/perceptions and their socio-cultural context. The findings indicated a well-structured and coherent psychological structure of social solidarity representations, with a clearly defined core that extends into additional layers, suggesting a range of possible connections between solidarity and different aspects. The interpretation of these findings highlighted the dominant value-based elements of social solidarity, such as ideology, patriotism and spirituality, which were influenced by the current social reality and its willingness to accept and implement the changes necessary for successful modernisation, framed by a shift in emphasis towards subjectivity in the cultural context of action. Thus, attention was focused not only on the end result, but also on the actions that contribute to its achievement

Keywords: social solidarity; social representations; free associative experiment; nuclear and basic layers of representations, close and distant periphery of representations; associates; value-motivational dominants of solidarity

INTRODUCTION

There is a pressing demand for comprehensive theoretical and methodological approaches to the psychological regulation of socio-political relations. This includes developing a practical model for interaction among actors at various levels of the power hierarchy to promote societal consolidation and advance national interests. Equally important is uncovering a holistic understanding of social solidarity as the foundation for all unifying processes. This phenomenon represents a new, dynamic form of solidarity – flexible, cross-border, and

encompassing both physical and digital spaces. It transcends temporal limitations, lacking a definitive state and evolving continuously. The central objectives, therefore, involve identifying pathways to achieve social cohesion through fostering the responsible participation of every individual in the development of social relations. Equally crucial is designing a flexible and effective mechanism to sustain the stability of the social system, alongside tools to address internal and external threats to national security. The search for innovative forms of

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*Corresponding author

interaction is becoming increasingly relevant. These forms must uphold and preserve societal integrity by adhering to principles of mutual understanding, collaboration, agreement, tolerance, social justice, and shared responsibility among all participants. Such approaches are essential for counteracting trends of anomie, atomisation, differentiation, stratification, disintegration, and the polarisation of a society undergoing modernisation.

The concept meaning of “solidarity” has not yet been the subject of the detailed psychological analysis, and therefore to highlight its boundaries have to rely on the experience of defining this term in philosophy, political science, sociology, theology and other scientific fields. Philosophers define solidarity as one of the principles of social ethics, based on the belief that irreconcilable conflicts of interest between individuals do not exist. Its natural foundation and ontological premise lie in sociability – a deeply inherent trait of mutual assistance and cooperation, characteristic of the vast majority of social organisms (Shynkaruk, 2002). Social solidarity, as a form of unity, is a dynamic system acutely responsive to internal and external processes, phenomena, and threats, constantly striving toward cohesive monolithic integrity. Simultaneously, it serves as a persistent factor shaping the nature, quality, and direction of social, including societal (public), development and significantly influencing nearly all aspects of life.

At its core, social solidarity emerges as the outcome of a process that establishes a new value foundation for implementing transformative changes in contemporary social development. An analysis of recent literature highlights the vigorous exploration of concepts such as “social unity”, “consolidation”, and “solidarity”. These terms, often used interchangeably, are examined within diverse methodological traditions, including sociology, psychology, political science, cultural studies, philosophical anthropology, social philosophy, and religious studies. However, given the societal characteristics of social solidarity, the predominance of desolidarity or negatively directed localised solidarity tendencies (according to the type “against”), the need for a paying attention at the psychosocial level of this problem is relevant. In this view, the foundation of studying solidarity lies in social identity and intergroup relations and interactions. Contemporary Ukrainian psychology offers numerous studies relevant to the concept of social solidarity. These include works addressing issues of national and social identity, such as the formation of political and legal consciousness among youth (Dukhnevych, 2013; Sievers *et al.*, 2017), socio-psychological characteristics of communities and their developmental prospects (Vasutyńskyi, 2010), and subjective dimensions of nation-building (Tatenko, 2021). Other studies explore national consolidation in the context of nation-building (Sushyi, 2018), the social order and its psychological determinants, including norms, traditions, and attitudes (Tytarenko *et al.*, 2014), as well

as factors, types, and mechanisms of social consolidation (Ovcharov, 2011). Furthermore, group psychology and the psychological support of social transformations have been examined through the lens of role interaction and the principles of role complementarity (Sliusarevskyi *et al.*, 2020). Despite these valuable contributions, a comprehensive scientific psychological theory of social solidarity is yet to be developed. Such a theory would encompass “knowledge and mastery of individual and supra-individual mental phenomena, rooted in the historical and cultural unity of people, their interactions, and collective activities, manifesting in individual, group, and intergroup behavior” (Sliusarevskyi *et al.*, 2020).

Social solidarity is a fundamental psychological prerequisite for any social change. Understanding its nature, characteristics, and state remains a critical issue in social development. While the socio-psychological and political dimensions of solidarity and related concepts such as cohesion and conflict remain underexplored, sociological approaches to these phenomena have received greater attention. Nonetheless, scholars generally agree that social solidarity serves as the glue holding people together despite their differences. It operates intrinsically, encouraging unity not through coercion but through mutual reinforcement. This concept describes a society or community characterised by shared values, beliefs, interests, goals, norms, and functional interdependence. It fosters coherence in actions aimed at realising collective interests and goals. At its core, social solidarity is the outcome of a process that establishes a new value foundation for radical transformations in contemporary social development. It is expressed through various forms of readiness: contributing to societal well-being, demonstrating trust, care, and compassion, making responsible choices, embracing creativity and closeness, and promoting cooperation and inclusivity.

Given the theoretical and empirical importance of studying social solidarity within the framework of social psychology, several key tasks emerge, collectively aimed at shaping a new scientific theory. Chief among these is the examination of social representations of the solidarity phenomenon, especially within the Ukrainian context, which is characterised by dynamic and rapid transformations across all spheres of life. This focus is essential for understanding how solidarity is perceived, interpreted, and operationalised in a society undergoing significant change. Focusing on social representations allows for an exploration of how solidarity is reflected in public consciousness, revealing not only the evaluative attitudes of individuals and society toward various aspects of reality but also the contextual nuances of solidarity as it manifests in specific situations. This approach facilitates the identification and understanding of context-oriented solidarity, providing deeper insights into its forms and functions within a

dynamically evolving societal framework. Moreover, this approach will explore the possibilities of development and functioning of social solidarity representations, depending on the nature of human interaction with social reality. Thus, "construction of representations by the individual is his/her construction of the subjectively represented world where his/her life takes place" (Zhovtianska, 2020). This direction and organisation of the study also orients to find ways to regulate the activities of solidarity representations of the individual and the social community as a whole. So, it should be emphasised that modern reality requires from those who try to comprehend it, readiness to accept and "tame", in addition to the usual things, also that is in danger of destroying the ordinary world.

Considering the complexity of the empirical study of social representations, author has focused on elucidating the essence of this concept in psychology. Based on the analysis of the source base (Moscovici, 2001; Lindenberg *et al.*, 2006; Syniavskiy & Serhiienkova, 2007; Prykhodko & Yurchenko, 2012; Hakoköngäs, 2017; Fonseca *et al.*, 2018; Batel & Castro, 2018; Goroshko & Poliakova, 2019; Buhagiar & Sammut, 2020; Jaspal & Nerlich, 2020), authors focused on the most promising and appropriate interpretation of the approach: "Mental representations as higher human cognitions are formed and expressed through symbolic mediation" (Flick *et al.*, 2015; Zhovtianska, 2020; Romaioli & Contarello, 2022). This connection between symbols and representations indicates the extent to which studies of representations are relevant to the study of cultural phenomena. The systemic development of social representations is inherently tied to the broader restructuring of society and social relations. This involves addressing fundamental questions about how individuals perceive the world, the roles they see themselves occupying within it, and the meanings they assign to their reality. These meanings, as V. Frankl (2016) suggests, serve as the "driving force of life", rather than merely being a "secondary rationalisation" of instinctual drives. Furthermore, Frankl emphasised that the pursuit of meaning and life values often generates internal tension rather than inner equilibrium, highlighting the complex and dynamic nature of this process. This perspective underscores the transformative potential of exploring representations and their role in shaping individual and collective experiences within a rapidly changing social environment. Thus, the purpose of the article is to describe and interpret the results of a study of solidarity social representations among Ukrainians on the basis of a free associative experiment.

MATERIALS AND METHODS

Based on the above, author has chosen the free associative experiment (FAE) as the main research method at this stage, which occupies a worthy position in the practice of psycholinguistic and socio-psychological

research. The results obtained during its implementation can be used as material for further study of socio-psychological features of social solidarity as a basis for developing its theoretical definitions, empirical methods and techniques of its research and structuring models.

Building on these principles, it was proposed that studying social representations of solidarity through a FAE could uncover both superficial and transient meanings, as well as deeper, core structures within these representations. This study included 75 participants, who were not divided into distinct groups, although they varied in socio-demographic characteristics such as age, gender, occupation, and place of residence. This diversity allowed for a more objective reflection of various aspects of the phenomenon, providing a broader understanding of how solidarity is perceived across different segments of society. Author emphasised only that the study covered representatives of different territorial parts of Ukraine, different professions and age categories. Author used the word-incentive "solidarity" to conduct the FAE. The study was conducted online using Google form. The respondents were explained that the purpose of the study is to investigate the individual representations of the word-stimulus, which is offered to them. They were asked to write as many words as possible that they associated with the word "solidarity". They were also told that the study was confidential. It was used free associations, where the number of updated words is not limited.

The final stage of the research procedure was the processing of word-associations produced by respondents in FAE. The procedure of processing the obtained data was to analyse the frequency of associations for the stimulus word "solidarity" and further interpretation of the obtained data. During the data processing, all responses were considered, including individual (single) reactions. A frequency analysis of the associations was conducted to identify the core of solidarity representations, which was defined as responses given by more than 20% of the participants. Additionally, author identified the base layer of solidarity representations, consisting of responses from 10% to 20% of respondents, as well as the close and distant peripheries, which included associations from fewer than 10% of participants, along with individual reactions. This approach allowed for a nuanced understanding of the structure and variation within the representations of solidarity. All survey participants were informed about how their anonymity would be ensured, the purpose of the survey, how their data would be used, and the associated risks. The study was conducted in accordance with the principles of The Declaration of Helsinki (1975).

RESULTS AND DISCUSSION

A total of 498 reactions to the word-stimulus were collected, of which 39 were distinct responses, and 111 were individual (single) reactions. This distribution

highlights the diversity of associations while also indicating the presence of less frequent, unique responses. The frequency analysis of the respondents' reactions for

the stimulus word "solidarity" is given below in Table 1, where the exact number of respondents who indicated the relevant associations is given in brackets.

Table 1. FAE quantitative results on social representations of solidarity among Ukrainian respondents

Stimulus word	Representations core	Base layer	Close periphery	Distant periphery
Solidarity	Support (27); Like-minded people (24).	Unity (20); Friendship (20); Brotherhood (13); Mutual assistance (17); Mutual understanding (18); Assistance (13); Altruism (12); Common thought and action (13); Respect (12); Complicity (12).	Consent (11); Side by side (11); Understanding (11); Politeness (10); Responsibility (10); Cooperation (10); Empathy (9); Patriotism (9); Common interests (9); Unanimity (8); Observance of the commandment of love for one's neighbour (9); Human centredness (8); Truthfulness (8); Defence (8); Loyalty (6); Brotherhood (8); Mutual respect (6); The spirit of sociability (6); Useless love (6); Commonwealth (6); Community (6); Equality (6); Compassion (6); Circular guarantee (6); Soldier (6).	Commonwealth, understanding, sociability, indifference, unity of interests, unity of standards, common joy, unity, the gift of being united, friendliness, purpose, devotion, solidarity, a person with the same principles, sincerity, attentiveness, wisdom, tact, resilience, nobility, courage, common goal, support, civic responsibility, co-responsibility, patience, partnership, protection, virtue, responsible, desire for good to another person, friendship, mutual love, kindness, living Christian faith, unhypercritical love, human dignity, wisdom of life, manifestation love of Christ, fidelity to the truth of justice and mercy, passion, community, kinship, integrity, similarity, indifference, sensitivity, humanity, close, equal, contract, together, victory, purpose, self-help, flexibility, compromise, together, many, carol, gift, interaction, correctness, independence, destiny, similarity, views, contact, obedience, interests, accuracy, subordination, wealth, confidence, seriousness, costume, numerous, feel reliability, lots of, people.

Source: compiled by the author

The content of the representations core component for solidarity (two). The data reveals a shared understanding of the essence of solidarity among the respondents. The central associations highlight that solidarity is perceived as an interaction based on support and consensus (such as mutual support and like-mindedness). Among the majority of participants, solidarity is seen not as something arbitrary, but as rooted in common beliefs and opinions, which are further elaborated in other layers of representation. Subsequent layers of the solidarity representations gradually uncover the differentiation and individualisation of this social interaction. The foundational layer includes associations (nine) that emphasise key characteristics of support, such as mutual assistance, understanding, help, altruism, shared thoughts and actions, and respect, along with types of interactions associated with solidarity (unity, brotherhood, and friendship).

In the close periphery (twenty-five), respondents clearly associate solidarity with friendship, which is manifested through fraternity and brotherhood. These connections, identified in the basic representations, are elaborated in the close periphery with a range of related attributes such as agreement, companionship, understanding, politeness, responsibility, cooperation,

empathy, patriotism, shared interests, unanimity, the fulfillment of the gospel commandment to love your neighbor, humanity, honesty, protection, tolerance, mutual respect, sociability, unconditional love, commonwealth, community, equality, compassion, reciprocal guarantees, and soldierly solidarity. The distant periphery consists of single associations (seventy-four) that show even deeper engagement with the idea of solidarity as a form of interaction characterised by friendship, brotherhood, and unity. For various respondents, these connections take different forms but share a common underlying theme (see Table 1).

It should be noted that the whole range of associations are words-associations, which indicate positively oriented ideas, evaluative value and solidarity understanding by respondents as a constructive, prosocial interaction in the middle of society along the horizontal and vertical vectors of its implementation. The latter is essential for defining the phenomenon of social solidarity. Now author will analyse and interpret the results in more detail. As it was noted, the representations core of solidarity is associations "support" and "like-minded", which in the empirically isolated two-component structure not only define support as an essential quality of this phenomenon, but also indicate the predicate

of this support i.e., common views (beliefs, positions, views, etc.). The majority of respondents are convinced of this on 24% and 21,33% accordingly. Thus, to show or feel (accept from others) solidarity, for the subjects is to show or feel support, being both its subject and object, which is possible only within the limits of belonging to a social group.

This is a manifestation of the fact that human, as an object of life, including social, needs belonging i.e., the universal desire to form and maintain at least a minimum number of long-lasting, positive and influential interpersonal relationships (Yuval-Davis, 2006; Leoussi, 2014; Mensink, 2019; Healy, 2020). At the same time, it is important to say that such affiliation is often not discreetly oriented, so the main thing is to belong to a cohesive, socially satisfied group (Effron & Knowles, 2015). At the same time, groups not only meet the need for belonging, they also provide members with information, assistance and social support. That is why in understanding the psychology of social solidarity author will take into account the positions presented in the theory of social comparison, which argues that in many cases the formation of large social groups becomes the basis of identification as their members evaluate the accuracy of their personal beliefs and views (Pepple, 2020). That is, the groups help to answer the existentially significant question: "Who am I?". However, there is a reverse side to this identification in joining a group automatically "joins" its characteristics (Loobuyck, 2012), which in turn requires a certain compromise and reassessment of priorities.

Another component of the representations core layer for social solidarity among respondents is the association of like-minded people, which complements their understanding of the phenomenon under study through the prism of identification processes (later, in other layers of representations this commonality will be concretised by relevant associations). The identified location of this association suggests that it is the identification in the perceptions of the subjects is an end-to-end solidarity mechanism. Thus, author has empirically substantiated the argument in favor of the interpretation of social solidarity put forth by scholars who view it primarily as a phenomenon of consciousness, rooted in the self-identification of individuals with a community. This process is linked to group dynamics, characterised by the formation of communities that share common interests, take responsibility for their members, and distribute part of that responsibility to each individual in the group or the larger society (Tamayo Gomez, 2021). In this context, identity serves as a key parameter of solidarity, manifesting through individuals' awareness and sense of belonging to a particular community or group. The creation of a shared identity can be seen as the development of a personal "everyday theory of who I am", which is emotionally affirmed in a positive way. Solidarity, therefore, is built upon identity.

The basic layer of solidarity representations includes associations (9), which focus on the essential characteristics of support (mutual assistance (14,7%), mutual understanding (16%), assistance (12%), altruism (10,7%), common thoughts and actions (12%) and respect (10,7%)), as well as those types of interaction that are associated with solidarity (unity (17,33%), brotherhood (12%) and friendship (17,33%)). That is, at the basic associative level of solidarity representations, a detailed definitive characteristic of its nuclear associations was revealed i.e., "support" and "like-minded people". In particular, according to the generalisation of the obtained data, respondents see social solidarity as a way of social interaction, which is referred in modern scientific discourses as "universal brotherhood and social friendship" (Kaplan, 2018; Abbott, 2020; H. Blatterer, 2022; Clay-Robison, 2022). At the intersection of various social sciences, a new understanding of solidarity is emerging – one that transcends geographical and state boundaries. This form of solidarity is defined by "openness to each other and dedicated efforts to build true brotherhood, not only among local communities but also with people from different cultural, racial, ethnic, religious, and political backgrounds, as well as varied social and economic statuses" (Katju, 2020; Romero-Iribas & Oelsner, 2022). It represents a universal dimension of solidarity, open to all individuals.

Given the current global situation, often characterised by a mix of positive values alongside hatred, indifference, extremism, violence, and bloodshed, societal consciousness, shaped by scientific research, increasingly emphasised the need for unity. This unity is pursued through dialogue or polylogue, which fosters friendship, peace, and harmony, while ensuring the protection of social (religious, cultural) freedoms – fundamental human rights that belong to every individual. In this context, social solidarity is referred to as an "open door house", as a social relationship that has an exclusively unifying essence. It is important that in these circumstances, the promotion of human dignity is also considered a solidarity basic feature. An example of such a search and pursuit of solidarity is the dream of a united Europe capable of recognising common roots and rejoicing in its diversity (Lahusen, 2020; Saracino, 2024). However, it is important to emphasise that another essential characteristic of solidarity is dynamism and balance, which will make it impossible to achieve it forever. As well as justice, solidarity must be gained every day, while overcoming the gap between the individual and the common good, which is constantly growing due to the current situation in the world and in Ukraine. After all, in terms of erasing the limitations and blurring of concepts "freedom and responsibility", solidarity is no longer associated with a sense of coercion to live with someone (authoritarian, artificial solidarity), but with the need to learn to build a common future with humanity in global, geopolitical, societal or even local

challenges (natural solidarity). The one that involves considerable effort, but first is a readiness to act.

According to the data obtained, the identified associations indicate the respondents' understanding of brotherhood, friendship and unity through the prism of mutual assistance, mutual understanding, assistance, altruism, common thoughts, actions and respect. These manifestations of support are the ground/basis of solidarity in the perceptions of the respondents. Mutual help and assistance indicate the importance for the study of "giving and receiving" in solidarity. While altruism in the identified associative series concerns the willingness to sacrifice on selfless grounds. In the psychological dictionary, this phenomenon is defined as "a principle of activity and behavior, a system of human values, where an individual selflessly cares for the well-being of others, seeks to help them, is willing to forgo personal interests for the benefit of others, shows sympathy, and wishes them well". (Callero, 2014; Gualda, 2022; Capraro, 2024). Thus, it is a selfless desire to act for the benefit of others, as opposed to selfishness. The term "altruism" was first introduced by O. Comte (Shynkaruk., 2002) to explain the integration of social elements within a system, particularly emphasising a self-affirming concern for the welfare of others. This concern does not necessarily involve sacrifices for the altruist, which led him to introduce the principle of "re-vile pour outre", meaning "to live for others". At the core of the altruism concept lies the idea of selflessness and non-pragmatic human activity that does not seek personal reward. Altruistic behavior is closely connected to prosocial behavior and social empathy, serving as a mechanism of social perception that reflects emotional empathy toward others.

The key characteristics of altruism as a personality trait include its ability to reveal the internal motivational background behind human actions. It helps identify the direction of an individual's moral consciousness and can highlight instances where seemingly altruistic actions conceal selfish desires, narcissism, or manipulative behavior. Additionally, as an emotional state, altruism can influence the emotional and volitional aspects of a person's character, offering a deeper understanding of their emotional and moral makeup (Kolers, 2016; Straehle, 2020). It becomes clear that the respondents put in the concept of solidarity a kind of precautionary mechanism, which will expose its opposition at the first signs.

Other components of support in respondents' perceptions are mutual understanding and common thoughts and actions. Although at first glance these are homogeneous, complementary characteristics. However, their chain conditionality should be considering. After all, interaction is a process of human influence that creates interrelations, relationships, communication, shared experiences and joint activities. Mutual understanding is a socio-psychological phenomenon that facilitates specific relationships between

individuals, social groups, and communities. It is rooted in the exchange of thoughts, ideas, and emotions, influencing intentions, needs, and the evaluation of others' emotional states. The interaction between people plays a central role in regulating self-esteem and social behavior, with identification occurring at various stages and expressions of this interaction.

At its core, mutual understanding involves the alignment of perspectives, goals, motives, and attitudes between individuals or groups, leading to a shared sense of closeness or similarity in cognitive, emotional, and behavioral responses. This alignment allows for effective collaboration in joint activities. Mutual understanding should be viewed both as a process and as a state, with several key conditions for its achievement. These include understanding the commitment of the involved parties to the subject of mutual understanding, awareness of the qualities expressed by the interacting individuals or groups, recognising the impact of the situation on the personality of the partner, developing agreements, and implementing them according to established rules while respecting each other's interests. As a result, there are mutual sympathies, trust in the relationship, psychological compatibility. The signified result acquires quite interesting manifestations and characteristics in the vertical vector of communication, in particular in "authority-people" mode (Belejkaníčová, 2021; Lähdesmäki & Čeginskas, 2022; Schmitt & Rademacher, 2023; Kapsali, 2024)

Finally, respect as a basic association of solidarity is, in essence, a predicate, a proto-basis on which is built all of the above. As it has already been mentioned, respect for human dignity is a key indicator of natural solidarity. Respect is, fundamentally, the attitude toward others that, through actions, motives, and social living conditions, acknowledges the inherent dignity of each individual. It fosters justice, equality of rights, and the full satisfaction of people's interests, while being attentive to their aspirations and beliefs. Respect also entails sensitivity, delicacy, modesty, and politeness. In this sense, respect can be seen as another psychological "safeguard," alongside altruism, against the breakdown of solidarity. It serves to reinforce social cohesion and prevent fragmentation within society. Considering the indicated associate in the context of political and psychological relations in the society and between society and the authority, certain criteria and requirements for the parties of a political dialogue or polylogue are outlined, compliance with which can contribute to a successful (solidary) result (Ryabchenko *et al.*, 2019).

In the close periphery of solidarity representations (25) The findings revealed that respondents strongly associate solidarity with friendship, which is expressed through fraternity and brotherhood. These concepts hold significant positions among the core representations of solidarity. On the near periphery, they are detailed in a wide range of related

phenomena and characteristics, namely the associations: as consent (9.33%), side by side (9.33%), understanding (9.33%), politeness (8%), responsibility (9.33%), cooperation (9.33%), empathy (8%), patriotism (8%), common interests (9.33%), unanimity (8%), observance of the commandment of love for one's neighbour (8%), human centredness (6.7%), truthfulness (6.7%), defence (6.7%), loyalty (5.33%), brotherhood (6.7%), mutual respect (5.33%), the spirit of sociability (5.33%), useless love (5.33%), commonwealth (5.33%), community (5.33%), equality (5.33%), compassion (5.33%), circular guarantee (5.33%), soldier (5.33%). It seems obvious that such an extensive list indicates the possibility of its various grouping, modeling, combining, based on different socio-demographic or psychological characteristics of respondents, which eventually formed individual associative series, included in different layers of the associative field. In general, it is important for author that this list includes only a number of positive moral qualities, characteristics of constructive social interaction, including Christian and civic, patriotic principles, and indicates the performance of certain social roles (soldiers, comrades, patriot, etc.). In addition, the associates of the close periphery of solidarity representations quite concretely confirm the essence of the studied phenomenon revealed on the previous layer.

The distant periphery of solidarity representations is represented by single associations (74 positions, 1.33% each), these responses reflect a deeper and more active engagement with the concept of solidarity, viewing it as interaction, friendship, brotherhood, and unity. For different respondents, these associations take on various forms, all stemming from a shared underlying concept (Table 1). Thus, all associates of this layer of representations continue the list "initiated" on previous structures of the associative field, expanding the range of associations, completing representations of solidarity and allowing various combinations and intercommunication of essential characteristics for exclusively conjunctive content, representing various spheres of social (political, civil, professional, family) relations and groups and individuals functioning. The identified associations express the social representations of solidarity, which are characteristic for Ukrainian respondents, due to various factors (mental, socio-cultural, historical, religious, ethno-national, etc.). However, these characteristics of solidarity among Ukrainians suggest a collective search for ways to achieve unity, grounded not only in individual needs but also in shared interests, goals, and intentions of the respondents. It is interesting that a significant proportion of the surveyed attach associations the importance to trust, responsibility, liability (including civic, moral), friendliness, sociability, devotion, common goal orientation, reliance on Christian principles (faith, hope, love), human values dignity (Table 1). Such superficial structures of representations testify to the active psychological operationalisation of

these phenomena in the minds of respondents, their actualisation and readiness for implementation. Given the still actively studied distress of the Ukrainian mentality, the fixation on various defense mechanisms, crisis situations, these results can be arguments of a radically different kind and the basis of new psychological and socially significant phenomena that highlight the need for thorough study, including within the limits of social solidarity.

Nevertheless, the current stage of social development is imbued with new meanings, particularly through the recognition of the power and role of civil society in shaping these meanings. This process involves a reassessment of values, shifts in motivation, goal-setting, and the active shaping of the future. This is presented quite thoroughly within the scientific discourses, although with a variety of approaches in accordance with the areas of research. In the process of identifying the methods and means to achieve social solidarity, which involves the cohesion of large groups, the consolidation and ultimate unity of society, key value-oriented pillars of social solidarity – such as ideology, patriotism, and spirituality – become crucial. This process is unattainable without efforts to enhance the population's self-identification with various social and public institutions, as well as with the state itself, which fosters the broadest form of social solidarity as civil society. Within this framework, maintaining a value-oriented balance between the institutional and psychosocial aspects of social solidarity is vital. A society marked by solidarity, prepared for self-restraint and committed to the struggle for its own state's independence, serves as the most essential resource for its prosperity. In general, the way in which social interactions take place often indicates the constant dynamism, impermanence of unifying processes (especially public), the "atomisation" of Ukrainian society, when people are generally reluctant to focus on joint action with a common interest or goal, even in situations when it is personally important. Exceptions can be only extreme situations, when the threat is external and it carries a common danger for everyone (however, certain rules are relevant here and reaction stages to such a threat come into action).

CONCLUSIONS

The interpretation of the FAE results reveals the prominence of value-oriented dominants of social solidarity among respondents, which author believed are closely linked to ideology. Specifically, these dominants reflect the presence of emotionally charged positive (constructive) socio-national ideas, around which solidarity can be built and strengthened; *patriotism* as a manifestation of the high potential of solidarity within the relevant valence discourses of national-patriotic orientation; *spirituality* that harmoniously combines universal and Christian values, expectations, intentions, attitudes.

However, the above mentioned requires detailed research and consideration of many factors. Ukrainian society is inevitably characterised by a state of threatened security, encompassing both material insecurity – due to challenges in meeting basic needs – and psychological insecurity, stemming from “uncertainty about tomorrow” caused by the instability of societal norms. In such an environment, societal relations are often centered around survival and competition for resources, rather than the pursuit of collective well-being. Moreover, the low level of trust in society, coupled with a lack of established practices and mechanisms for association and constructive dialogue, makes autonomous (self-isolated) actions more common than collective ones. In this context, joint actions are often seen as risky, with the fear of losing personal resources or being left “outside” the group. Today, in order to unite for common goals, it is necessary to build a “credit of trust” in an environment dominated by distrust and the fear of “betrayal.” Thus, the dominant values will depend on the identified current state of society, which is determined primarily by the mode of action and interaction in it; from the readiness to accept and launch the necessary changes (those who “launched from above” should

receive legitimacy “from below” and vice versa); from the possibility of successful modernisation of Ukrainian society on the basis of shifting the cultural framework of agent actions in the direction of subjectivity; from the presence of a “critical mass” of alternative to normalised social behavior of subjective actions that begin to “be copied” and be spread in agents. Therefore, it is not just the outcome – a society unified through solidarity – that is important, but also every action that contributes to achieving it. The results of the study on social representations of solidarity underscore the need for a deeper exploration of the psychological nature of this phenomenon. Future research should aim to further elucidate the psychological nature of social solidarity and develop a new psychological theory that would fill both theoretical and methodological gaps and have practical implications in light of the challenges faced by modern society.

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CONFLICT OF INTEREST

None.

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Уявлення українців про соціальну солідарність: емпірична верифікація репрезентаційного поля

Ольга Палагнюк

Кандидат психологічних наук, старший науковий співробітник
Інститут соціальної та політичної психології Національної академії педагогічних наук України
04070, вул. Андріївська, 15, м. Київ, Україна
<https://orcid.org/0000-0002-1152-2133>

Анотація. У статті представлено аналіз теоретичних і емпіричних досліджень соціальних репрезентацій солідарності серед українців, проведених з міждисциплінарної перспективи із використанням методу вільного асоціативного експерименту. На основі теоретичного й емпіричного аналізу доведено, що солідарність є фундаментальною психологічною передумовою соціальних змін, а розуміння її природи, форм і статусу є важливим для соціального розвитку загалом і, зокрема, у контексті державотворення. Емпіричне дослідження соціальних репрезентацій солідарності було здійснено в рамках психосемантичного підходу через символічне словесне опосередкування цих репрезентацій/сприйняття та їхнього соціокультурного контексту. Результати вказували на добре структуровану й узгоджену психологічну структуру соціальних репрезентацій солідарності з чітко визначеним ядром, що поширюється на додаткові шари, які вказують на можливі зв'язки між солідарністю та різними аспектами. Інтерпретація цих результатів підкреслювала домінуючі ціннісні елементи соціальної солідарності, такі як ідеологія, патріотизм і духовність, що перебувають під впливом сучасної соціальної реальності та її готовності сприймати й реалізовувати зміни, необхідні для успішної модернізації, з акцентом на суб'єктивність у культурному контексті дії. Таким чином, увага зосереджена не лише на кінцевому результаті, але й на діях, які сприяють його досягненню.

Ключові слова: соціальна солідарність; соціальні репрезентації; вільний асоціативний експеримент; ядерний та основний шари репрезентацій, близька та далека периферія репрезентацій; асоціати; ціннісно-мотиваційні доміанти солідарності

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Prospects for promotion psychohygiene practices during war time

Yuliia Hundertailo*

Junior Researcher

Institute for Social and Political Psychology of the National Academy of Educational Sciences of Ukraine

04070, 15 Andriivska Str., Kyiv, Ukraine

<https://orcid.org/0000-0001-6959-663X>

Abstract. One of the challenges during wartime is the preservation of human health, including psychological well-being. A healthy lifestyle, particularly through psychohygiene practices, presents an effective approach to addressing this issue. This study aimed to examine the use of psychohygiene practices among Ukrainians and to develop strategies for their promotion. A survey was conducted to explore daily psychohygiene practices (basic – physical and mental, and derivative – communicative, informational, recreational). The findings revealed a critical deficiency in most psychohygiene practices, with less than a third of respondents engaging in them regularly. Mental psychohygiene practices were the least utilised (practised by fewer than one-tenth of respondents), whereas physical psychohygiene practices were the most common (practised by one to two-thirds of respondents). Statistically significant gender differences were identified across all five groups of psychohygiene practices, with the exception of motor activities, maintaining a personal diary, trusting close communication, and reliance on information sources such as television and the Internet. Promoting psychohygiene requires both trauma-sensitive and gender-sensitive approaches. To address the scarcity of psychohygiene practices, three key strategies were developed. Cultural and organisational strategy focuses on integrating psychohygiene practices into the cultural landscape and promoting psychoeducational programmes within state organisations and educational institutions. Territorial and community strategy targets promotion within local communities, taking into account subcultural nuances and the involvement of public organisations. Routine and personal promotion strategy involves establishing systems of social support and psychological assistance to help individuals develop personalised psychohygiene routines and transform daily habits. A comprehensive approach to promoting psychohygiene is expected to alleviate its scarcity, enhance the psychological and physical health of the population, and contribute to the overall well-being of citizens

Keywords: healthy lifestyle; psychohygiene practices; trauma sensitivity; gender sensitivity; promotion strategies

INTRODUCTION

Martial law has become a period of trials and challenges for Ukrainians, primarily centred on ensuring personal survival. Among these challenges is the preservation of psychological health, which is fundamentally supported by healthy lifestyle practices. One effective means of maintaining a healthy lifestyle under wartime conditions is the practice of psychohygiene. This involves implementing a structured daily routine that

helps restore a sense of stability and control over one's life. Systematic daily care for one's biological, psychological, and social needs enables individuals not only to function actively but also to extend support to others. Psychohygiene is a routine practice encompassing self-care and cognitive training, which fosters the development and maintenance of healthy cognitive patterns that contribute to personal well-being. Moreover,

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*Corresponding author

psychohygiene encompasses preventive programmes, psychological support, and rehabilitation initiatives for individuals experiencing psychological difficulties.

The COVID-19 pandemic has precipitated a global mental health crisis, marked by increased levels of anxiety, depression, stress, social isolation, and psychosomatic disorders (Jacobs & Burch, 2021; Wu *et al.*, 2021). As a result, issues surrounding personal mental health have gained heightened scholarly attention. Efforts to address this crisis have led to the development of mental health interventions aimed at reducing stress, anxiety, and depression (Damiano *et al.*, 2021) and the proposal of a social-ecological model of public health for structuring mental health interventions (Tretter & Löffler-Stastka, 2024). Traditionally, discussions around mental hygiene have centred on topics such as burnout prevention (Clough *et al.*, 2017), supporting workplace mental health (Deady *et al.*, 2024), and stress management (Restrepo & Lemos, 2021). J. Linardon *et al.* (2024) have explored the impact of mobile applications for stress management. For individuals who have experienced military conflicts, mental hygiene practices form the foundation for recovery and the maintenance of psychological well-being. This has been substantiated by several studies in recent years, such as B. Carpinello (2023), H. Siddiq *et al.* (2023), and R. Schwarzer (2024). However, there is a significant lack of scientific research addressing the systemic issues of self-care among Ukrainians. This study aimed to examine the unique features of mental hygiene practices among Ukrainians during the Russo-Ukrainian war and to propose strategies for promoting mental hygiene. These outcomes can be useful to identify areas of focus for psychoeducational initiatives, develop topics for training and specialised courses within the education system, and offer recommendations for lifelong learning programmes and the promotion of psychological hygiene in the workplace.

MATERIALS AND METHODS

The author's own model of psychohygiene practices was utilised to achieve the objectives of the study. A series of questions were developed to address five groups of personal psychohygiene practices (physical, mental, informational, communicative, and recreational). These questions were incorporated into the collective survey titled "Healthy lifestyle of Ukrainians during the war" (Dvornyk, 2024; Dvornyk *et al.*, 2024). The χ^2 (chi-square) test of independence was employed to statistically evaluate the study's hypotheses. The sample consisted of 6,042 respondents, of whom 60% were men and 40% women, with an average age of 37.9 years (ranging from 16 to 77 years). Data collection was conducted using Google Forms between September 2023 and January 2024. All participants were fully informed about the measures taken to ensure their anonymity, the purpose of the survey, the intended use of the data,

and any associated risks. The study was conducted in compliance with the ethical principles outlined in The Declaration of Helsinki (2013).

In designing survey questions on psychohygiene, the study relied on practices established within Ukrainian cultural context. These practices were examined using direct questions, allowing respondents to select one group or multiple practices. The questions on daily psychohygiene practices were distributed across various sections of the survey to align with the logical flow of the collective research. Responses were assessed using binary categories: "yes" and "no." Comparative analysis using the χ^2 (chi-square) test was employed to determine the statistical significance of gender differences, as both scales were nominal.

RESULTS AND DISCUSSION

In developing the study's theoretical model (Fig. 1), the biopsychosocial model of mental health was drawn upon. This model conceptualises an individual as a holistic organism, where biological, psychological, and social factors are in continuous interaction (Karamushka, 2021).

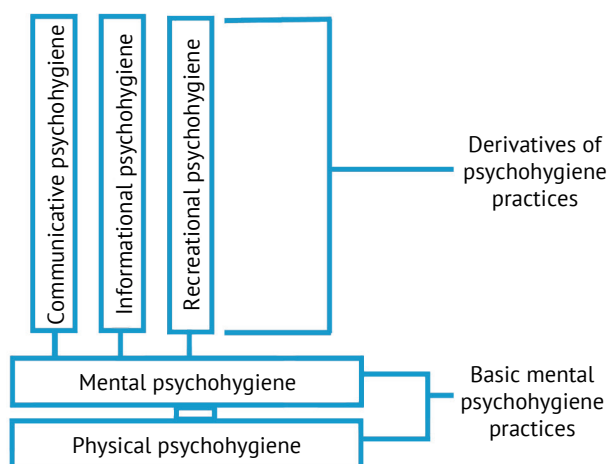


Figure 1. Model of psychohygiene practices

Source: created by the author

Two primary groups of practices were identified: basic and derived. Supporting human well-being in traumatic situations begins with stabilising the psychological and emotional state, a point emphasised by trauma practitioners (Herman, 2015). As such, physical and mental psychohygiene practices were classified as basic. The biological foundation of mental health lies in physical well-being. This is maintained through physical psychohygiene practices – habits ingrained from childhood, such as maintaining healthy sleep patterns, balanced nutrition, regular water procedures, and physical activity. During periods of crisis, whether individual or socio-political, these practices are often neglected due to various factors, such as a narrowing of consciousness or a focus on external events or other

individuals. Therefore, self-care begins with re-establishing physical psychohygiene. The second category of basic practices is mental psychohygiene. These practices – such as prayers, meditations, visualisations, breathing techniques, and narrative exercises – facilitate the restoration of mental balance. Conversely, destructive self-regulation practices may help individuals relax or calm down temporarily but have a detrimental effect on overall health. Such practices include the use of psychoactive substances, smoking, overeating, or overuse of digital products.

Derivative practices can only be effectively implemented when basic practices are consistently maintained. Informational, communicative, and recreational psychohygiene practices were classified as derivative. Informational psychohygiene involves self-regulation within the information space, including the conscious selection of content and management of screen time. Communicative psychohygiene pertains to self-restraint in communication, both online and offline, including interactions on social networks and the development of skills to manage negative engagements such as hate speech. Recreational psychohygiene encompasses activities such as gaming, creative pursuits, entertainment, humour, reading, and watching films. These practices play a critical role in psychological recovery. They

enrich the individual's self-image, providing a sense of energy and renewal. For instance, traditional roles such as mother, wife, or employee may temporarily recede to the background, allowing a computer game to evoke the persona of a cosmic winner or a drawing to inspire the role of a creator of a new picture. Psychohygiene practices, when integrated comprehensively into daily routines, enable individuals to regulate their emotional states, maintain productivity, and remain socially active. One of the study's objectives was to identify strategies for promoting mental health practices within Ukraine's public health system. Based on the prevalence of these practices, as indicated by empirical data on the number of individuals incorporating them into their daily lives, three groups were identified. Weakly deficient practices – practices used by 60% or more of Ukrainians. Such practices are well-integrated into the culture and everyday life and do not require additional promotion, even under martial law conditions. Moderately deficient practices – practices used by 30% to 60% of Ukrainians. While somewhat established within the culture, these practices require targeted promotion efforts. Critically deficient practices – practices used by fewer than 30% of Ukrainians. This group demands urgent attention from the community and the implementation of specialised promotion programmes (Table 1).

Table 1. Characteristics of psychohygiene practices

	Practice groups	Weakly deficient	Moderately deficient	Critically deficient
1	Physical psychohygiene	1	2	3
2	Mental psychohygiene	0	1	7
3	Communicative psychohygiene	1	0	3
4	Informational psychohygiene	0	2	2
5	Recreational psychohygiene	0	2	3
	Total	2	7	18
		7.41%	25.93%	66.7%

Source: created by the author

The distribution of practitioners revealed that more than 66.7% of psychohygiene practices are critically deficient. This underscores the pressing need for promotion in this area to support and maintain a healthy lifestyle. The situation is particularly dire for mental psychohygiene practices, which are essential for maintaining calm, fostering critical thinking, staying within the tolerance window, and preventing panic attacks and anxiety disorders. These practices are employed by only a small proportion of respondents, ranging from 1.4% to 4.8%. The promotion of psychohygiene practices, as an integral component of a healthy lifestyle, should primarily utilise the resources of the public health system, while also engaging other institutions, organisations, and community groups. The empirical study highlighted a significant deficit in mental health practices, alongside notable gender differences in their prevalence. Therefore, promotion efforts must be comprehensive,

gender-sensitive, and, given the ongoing state of war, trauma-sensitive.

There are significant differences in the daily mental health routines of men and women, rooted in both cultural and socio-political factors. Strategies for promoting mental health in society should be gender-sensitive to address diverse needs, limitations, and roles associated with gender. Such an approach ensures the sustainable development of society, fosters equal opportunities for individuals, and reduces discrimination. Statistical analysis of the data revealed that the prevalence of most psychohygiene practices is significantly influenced by the gender of the respondents (85.2%). This finding supports the conclusion that the daily routines of men and women in maintaining their psychological health differ markedly. Addressing these differences is vital for creating effective, specialised strategies for mental health promotion (Table 2).

Table 2. Statistically significant gender differences in mental psychohygiene practices

	Practice groups	Total number of practices	Differences found	No differences found
1	Physical psychohygiene	6	5	1
2	Mental psychohygiene	8	7	1
3	Communicative psychohygiene	4	3	1
4	Informational psychohygiene	4	3	1
5	Recreational psychohygiene	5	5	0
	Total	27	23	4
		100%	85.2%	14.8%

Source: created by the author

Only certain practices did not reveal statistically significant gender differences in psychohygiene. Among physical psychohygiene practices, this was observed in the context of motor activity. On the scale “I pay attention to physical activity”, comparative analysis using the chi-square criterion revealed no statistically significant difference between men and women ($\chi^2 = 2.133$, $p = 0.344$). This indicates that low physical activity is a general issue among Ukrainians. In the realm of mental psychohygiene, keeping a diary was identified as a practice without gender-based differences. On the scale “I keep a diary of personal experience”, comparative analysis using the chi-square criterion ($\chi^2 = 1.405$, $p = 0.495$) showed no statistically significant differences between male and female responses. This may be attributed to the fact that writing experiences is commonly recommended by both psychologists and business coaches, groups that are influential for men as well. Consequently, the adoption of this practice appears uniform across genders. For communicative psychohygiene, the scale “I communicate confidently with my closest environment” also showed no statistically significant gender difference ($\chi^2 = 4.127$, $p = 0.042$). This outcome is unsurprising in times of crisis, as the closest environment often becomes the sole source of communication for both men and women due to factors such as emigration, relocation, military service, or enforced stays in particular areas.

A similar finding emerged in the field of informational hygiene. On the scale “I get information from the Internet, social networks, TV, and other media”, no statistically significant gender difference was found ($\chi^2 = 0.293$, $p = 0.864$). Responses indicate that individuals tend to trust personal sources more than general messages within the information space. This decline in trust towards traditional media – especially television and radio – was also noted in a study by the Civic Network OPORA (Research: Media consumption..., 2024), with trust levels reported at 20% and 22%, respectively. The analysis of these results provides valuable insight into the psychohygiene practices of Ukrainians during the war. Based on these findings, three main strategies were proposed to address the scarcity of psychohygiene practices.



Figure 2. Model of strategies for promoting psychohygiene practices

Source: created by the author

The first strategy, cultural and organisational, should focus on disseminating knowledge and promoting psychohygiene practices nationwide. This can be achieved by developing a range of psychoeducational programmes tailored to different population groups (children, youth, adults, and the elderly) and delivered in various formats, both offline and online. Examples include online games, retreats, trips, clubs, and similar events. To ensure the effectiveness of this strategy, it would be beneficial to involve all medical and educational institutions. This includes providing specialised training and support for teachers, healthcare professionals, and social workers.

Collaboration with cultural figures will be crucial. The deficiency in psychohygiene practices is often rooted in cultural contexts. For instance, breathing practices are relatively unknown within the population, with minimal representation in texts, films, TV series, or social networks. As a result, their prevalence is very low (4.6%). It is therefore vital to communicate to cultural representatives the importance of organically incorporating such narratives into artistic works. Additionally, the logic of promotion should be designed to align with gender-specific characteristics, addressing the actual

needs of individuals. For example, many mothers aspire to improve their parenting skills. Programmes focusing on psychological health could create opportunities to meet this need, engaging women in psychohygiene practices. Furthermore, given the presence of individuals with diverse traumatic experiences in society, it is essential to maintain trauma sensitivity in all promotional activities. Campaigns must be carefully planned and reviewed through this lens to ensure they are inclusive and considerate.

One of the recommendations developed is about including leaders of central government bodies, members of the Verkhovna Rada of Ukraine, top managers of large enterprises, and influencers in the target group for promotion. Psychoeducation and personal experience with psychohygiene practices could motivate these leaders to actively support the dissemination of such practices among their employees and audiences. Bloggers, for example, could serve as influential role models by demonstrating their commitment to psychohygiene to their followers. This strategy forms the foundation for the other two, as it seeks to establish socio-cultural and political support structures for the effective promotion of psychohygiene practices.

The next strategy, territorial and social, focuses on promoting psychohygiene within local communities and public organisations by strengthening horizontal ties. The spread of psychohygiene practices should involve engaging local authoritative figures who hold influence – such as managers, priests, community leaders, and long-standing members of the community. Psychoeducational events, gamification, peer groups, and family-oriented activities can serve as key components in fostering constructive habits within these communities. Inviting local public organisations to collaborate, including those advocating for gender equality and inclusivity, can be a practical tactical approach. At this level, it is equally important to establish ongoing support services for practitioners, such as group meetings, retreats, and festivals. Integrating new practices into the routines of many individuals requires substantial community effort, and turning these practices into traditions that can be passed down to future generations demands time and persistence. Promoting mental health among schoolchildren presents a unique opportunity to overcome resistance often encountered in such initiatives. Young people tend to adopt and utilise innovations more readily, positioning them as potential agents of change within their families and communities as a whole. This strategy also enables consideration of local cultural specifics and the socio-demographic characteristics of the population, facilitating the development of tailored regional promotion algorithms.

The routine and personal promotion strategy focuses on integrating psychohygiene practices into the lives of individuals, gradually transforming them into

habitual routines. This level of intervention involves psychologists, psychotherapists, social workers, health-care professionals, teachers. Together with the client, specialists collaboratively construct an individualised architecture of practices, identifying and addressing barriers to implementation (Hundertailo, 2022). This process establishes a daily or weekly routine for maintaining mental health, adaptable to changing circumstances, conditions, or interests over time. A gender-sensitive and trauma-sensitive approach is crucial at this level. Women, in particular, often face challenges such as the “glass ceiling”, “sticky floor”, or “missed step”, as they disproportionately bear the burden of reproductive labour and unpaid domestic work. Additionally, many individuals have endured traumatic experiences under martial law, necessitating careful and sensitive interactions in such contexts. This strategy, however, should be employed selectively. The first two strategies are designed to empower most people to organise their own daily psychohygiene practices independently. Given that specialist services are a scarce resource, the promotion framework should aim to minimise the demand for this intensive, individual-level work. Furthermore, all professionals working in medical, social, and psychological care should receive comprehensive training on the importance of constructing psychohygiene practice architectures as part of their professional education. By equipping specialists with the necessary tools and knowledge, this strategy ensures effective support for those requiring personalised guidance while reserving resources for those most in need.

CONCLUSIONS

Daily psychohygiene practices are essential steps for maintaining an individual's psychological health through the systematic implementation of routine activities. Psychohygiene practices include basic practices (physical and mental psychohygiene) and derivative practices (communicative, informational, and recreational). The study revealed that most psychohygiene practices are critically deficient, underscoring the urgent need for promotion in this area. Statistical analysis showed that the prevalence of most psychohygiene practices differs significantly by gender. Consequently, promotion strategies must be comprehensive, gender-sensitive, and – given the state of war in Ukraine – trauma-sensitive. Three promotion strategies, cultural-organisational, territorial and social, as well as routine and personal, are proposed to address the scarcity of psychohygiene practices. These strategies aim to support the well-being and psychological health of the population during wartime. Future research will focus on identifying the specific psychohygiene practices of individuals in various professions and developing tailored strategies for promoting these practices within organisations.

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CONFLICT OF INTEREST

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Перспективи промоції практик психогієни під час війни

Юлія Гундертайло

Молодший науковий співробітник

Інститут соціальної та політичної психології Національної академії педагогічних наук України

04070, вул. Андріївська, 15, м. Київ, Україна

<https://orcid.org/0000-0001-6959-663X>

Анотація. Одним із викликів військового часу є збереження здоров'я людини, зокрема психологічного. Здоровий спосіб життя, насамперед, практики психогієни, є дієвою можливістю вирішити це завдання. Метою дослідження було визначити особливості використання практик психогієни серед українців та розробити стратегії промоції психогієни. Було проведено опитування щоб дослідити щоденні практики психогієни (базові – фізичну та ментальну, та похідні – комунікативну, інформаційну, рекреаційну). Згідно з даними дослідження більшість практик психогієни виявилися критично дефіцитарними (практикують менше третини респондентів). Зокрема найменш поширеними виявилися практики ментальної психогієни (практикують менше одної десятої осіб), найбільш поширеними – практики фізичної психогієни (використовують від одної до двох третіх осіб). У практикуванні психогієни виявлено статистично значущі гендерні відмінності. З усіх п'яти груп практик виявлено, що щоденна турбота про себе переважно залежить від гендеру респондента. Практикування не відрізняється у чоловіків і жінок лише у сфері рухової активності, веденні особистого щоденника, довірливому близькому спілкуванні та джерелах отримання інформації (телебачення, інтернет). Відповідно промоція психогієни має бути травмоутливою та гендерно чутливою. Для подолання дефіцитарності практик психогієни було розроблено три основні стратегії. Культурно-організаційна стратегія має завдання привнести практики психогієни в культурний простір, поширити психоедукаційні програми серед державних організацій та учбових закладів. Територіально-громадська стратегія спрямована на промоцію в місцевих громадах, із врахуванням субкультурних особливостей та активності громадських організацій. Рутинно-особистісна стратегія промоції полягає в налаштуванні системи соціальної допомоги та психологічної підтримки окремих осіб у процесі формування індивідуальної архітектури практик психогієни, цілеспрямованій роботі над трансформацією щоденної рутини. Завдяки комплексному підходу до організації промоції передбачається подолання дефіцитарності практик психогієни, що позитивно відзначиться на психологічному та соматичному здоров'ї населення, сприятиме підтримці благополуччя громадян

Ключові слова: здоровий спосіб життя; практики психогієни; травмоутливість; гендерна чутливість; стратегії промоції

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The role of mindfulness in coping with the experience of war: An analysis of empirical data

Tetiana Larina*

PhD in Social Psychology, Senior Researcher

Institute for Social and Political Psychology of the National Academy of Educational Sciences of Ukraine

04070, 15 Andriivska Str., Kyiv, Ukraine

<https://orcid.org/0000-0001-8975-3348>

Abstract. The relevance of this study arises from the search for personal protective factors that mitigate the impact of war and contribute to post-traumatic growth. This article analysed empirical data to determine the role of mindfulness in coping with the experience of war. Empirical data were collected using the “Personal Strength” and “Appreciation of Life” scales from the post-traumatic growth questionnaire, as well as the Healthy Lifestyle of Ukrainians During the War survey. The study sample comprised 6,042 respondents (60% men, 40% women; mean = 37.9 years; range = 16-77 years). Data were collected using Google Forms (between late 2023 and early 2024). The results indicated that the dynamics of positive personal changes during wartime are associated with socio-demographic factors such as gender, age, level of education, place of residence, living situation, and income. Women are more likely than men to demonstrate an increased sense of personal strength and a heightened appreciation of life. Young people aged 16-25 and those aged 50 and older exhibit greater resilience in coping with wartime experiences than other age groups. Individuals with higher education are more likely to demonstrate a high level of positive internal transformation. The lowest levels of post-traumatic growth are observed among residents of frontline zones and occupied territories compared to those living abroad or in western Ukraine. Those residing in extended families, with children, or with a spouse/partner exhibit greater potential for post-traumatic growth than those living alone. Additionally, personal strength scores increase with income level. For most respondents, post-traumatic growth indicators are at an average level, suggesting the potential to develop new habits that enhance their health and well-being in the context of war

Keywords: healthy lifestyle; awareness; mindfulness; post-traumatic growth; coping with war experiences

INTRODUCTION

The scale of losses and suffering associated with war leaves individuals with no possibility of remaining unaffected by the challenges of the present. People are continuously confronted with the task of surviving catastrophic living conditions, maintaining physical and mental health, and sustaining their quality of life. Consequently, examining how Ukrainians manage to maintain a healthy lifestyle during wartime is a pressing issue. In this context, exploring the phenomenon of mindfulness as an intrinsic regenerative resource for personal healing

and resilience in fostering a healthy lifestyle is of particular relevance (Bharti *et al.*, 2023). Mindfulness theory, established by J. Kabat-Zinn (1982), seeks to understand the mechanisms through which individuals recover from chronic pain and excessive stress. The researcher emphasises that stress, as a fundamental aspect of human nature, is an inseparable component of the human experience. He also highlights that individuals can learn to coexist with stress, comprehend its significance, derive meaning from it, make informed decisions, and harness its energy

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*Corresponding author

to cultivate inner strength, wisdom, and self-compassion. Contemporary research on the spiritual dimensions of human psychology underscores the significance of applying spiritual principles and techniques to develop pragmatic and purposeful approaches for self-regulation, transformation, and liberation from suffering, ultimately facilitating self-healing and holistic well-being (Dvornyk *et al.*, 2024). The Buddhist modernist movement, which has rapidly gained traction in Western culture through the widespread practice of simplified meditation, represents a technique for cultivating mindful awareness. Mindfulness, as a personal commitment to practising freedom, self-realisation, and self-transformation, increasingly serves as a tool for self-help in achieving personal aspirations for self-improvement and optimising individual productivity (Lorenzini *et al.*, 2023).

Research on the role of mindfulness in addressing mental health and well-being issues during the COVID-19 pandemic highlights its protective effect in mitigating heightened stress levels during periods of crises and uncertainty. The findings confirm the importance of examining personality traits such as mindfulness and resilience to understand the mechanisms that alleviate problems associated with stress, anxiety, depression, and other psychological challenges (McMahan & Braun, 2017). Researchers emphasise that mindfulness, as a protective factor, positively influences the resolution of psychological distress during the pandemic. Moreover, mindfulness as a trait – defined as the ability to remain aware of one's experiences without judgement in the present moment – determines self-efficacy and coping strategies within the context of the COVID-19 pandemic (Phong, 2024). Evidence also indicates that mindfulness can mitigate the psychosocial consequences of collective trauma and protect against the negative effects of secondary stressors, such as job loss and income reduction (Schmiedeler *et al.*, 2023).

Therefore, a theoretical analysis of effective mechanisms for managing traumatic experiences and the consequences of collective trauma confirms that mindfulness, as a personal protective factor against pathological psychological reactions during periods of severe crisis or catastrophe, provides a buffering effect and a restorative impulse for post-traumatic growth. Accordingly, the present study aimed to determine the role of mindfulness in coping with the experience of war. Research hypotheses: the levels of post-traumatic growth indicators such as "Personal Strength" and "Appreciation of Life" correlate with socio-demographic characteristics. Furthermore, an awareness of the increasing sense of personal strength and the recognition of life's value during war is associated with how individuals take care of their health.

MATERIALS AND METHODS

To achieve the study's objectives, the concept of post-traumatic growth was employed (Tedeschi & Calhoun, 2004), along with the "Personal Strength"

($\alpha = 0.88$) and "Appreciation of Life" ($\alpha = 0.89$) scales from the post-traumatic growth questionnaire, developed by R. Tedeschi and L. Calhoun (Ukrainian adaptation by D. Zubovskiy, 2018). Additionally, questions regarding the healthy lifestyle of Ukrainians during the war were incorporated (Dvornyk *et al.*, 2024). The research hypotheses were tested using Pearson's correlation coefficient and the Chi-square (χ^2) test for categorical data. The study sample comprised 6,042 respondents (60% men and 40% women), with a mean age of 37.9 years (min = 16, max = 77 years; SD = 9.3). Data were collected via Google Forms between September 2023 and January 2024. All survey participants were informed about the measures taken to ensure their anonymity, the purpose of the study, the intended use of their data, and any associated risks. The study was conducted following the principles of the Declaration of Helsinki (1975).

RESULTS AND DISCUSSION

The majority of respondents exhibited moderate levels of post-traumatic growth, with 58.7% scoring in this range for "Personal Strength" and 42.5% for "Appreciation of Life". A high level of awareness regarding positive internal changes and greater confidence in managing challenges related to the full-scale invasion was observed in 10.7% of participants. Additionally, 28.9% of respondents reported an enhanced understanding of the value of their lives. Statistically significant differences in the levels of awareness of positive internal changes were identified across socio-demographic characteristics, including gender, age, educational level, place of residence, living arrangements, and income level. The Chi-square test was used to examine these hypotheses, serving as a non-parametric statistical method for nominal data. A higher level of confidence in coping with difficulties was more commonly observed among women (14.4%), whereas men were more likely to report a moderate level of positive personal changes (59.1%). Significant shifts in life priorities were more frequently noted by women (38.4%), while a majority of men (43.3%) perceived only moderate changes in their understanding of life's value. Young individuals (aged 16-25 years) were predominantly found to exhibit moderate (62.5%) and high (18.1%) levels of "Personal Strength". Conversely, individuals aged 40-49 years displayed the lowest levels of personal strength, whereas those aged 50 and older were more likely to demonstrate a moderate level (60.4%).

Respondents with low levels of "Personal Strength" were more frequently found among those with incomplete secondary education (36.3%) and full secondary education (33.6%). Individuals with moderate levels of "Personal Strength" were more likely to have completed higher education (59.8%) or to hold some higher or secondary specialised education (58.7%). Those with high levels of "Personal Strength" were more often individuals with an academic degree. Furthermore, respondents with

full higher education (31.8%) were more likely to report a significant re-evaluation of the value of their lives, while a moderate level of “Appreciation of Life” was more common among those with an academic degree (45.5%) and those with incomplete higher or secondary specialised education (44.7%) (Table 1).

Table 1. Socio-demographic characteristics and levels of “Personal Strength” and “Appreciation of Life”

Socio-demographic characteristics		Levels of “Personal Strength”			Level of “Appreciation of Life”		
		low	moderate	high	low	moderate	high
Gender	Men	32.5%	59.1%	8.3%	34%	43.3%	22.7%
	Women	27.5%	58.1%	14.4%	20.3%	41.3%	38.4%
<i>Pearson's correlation coefficient</i>		Chi-square (χ^2) = 64.676, p < 0.001			Chi-square (χ^2) = 221.186, p < 0.001		
Age group	16-25 years	19.4%	62.5%	18.1%	Not detected		
	26-39 years	31.8%	57.8%	10.4%			
	40-49 years	32.1%	58.4%	9.5%			
	Aged 50 and older	30.6%	60.4%	9%			
<i>Pearson's correlation coefficient</i>		Chi-square (χ^2) = 64.901, p < 0.001					
Educational level	Incomplete secondary education	36.3%	56.1%	7.6%	37.6%	37.6%	24.8%
	Full secondary education	33.6%	56.5%	9.9%	32.2%	42.5%	25.3%
	Some higher or secondary specialised education	31.5%	58.7%	9.8%	28.4%	44.7%	26.9%
	Full higher education	28.6%	59.8%	11.6%	26.6%	41.6%	31.8%
	Academic degree	26%	57.1%	16.9%	29.9%	45.5%	24.7%
<i>Pearson's correlation coefficient</i>		Chi-square (χ^2) = 20.151, p = 0.010			Chi-square (χ^2) = 30.077, p < 0.001		

Source: compiled by the author

Among those with low levels of “Personal Strength”, residents of frontline or occupied areas were overrepresented (30.9%), as were residents of other parts of Ukraine (31.7%). A moderate level of “Personal Strength” was most prevalent among those living abroad (64.3%) and in western Ukraine (62.1%). High levels of “Personal Strength” were most frequently found among individuals residing abroad (22.9%) and in Kyiv and the surrounding region (14.8%). Respondents living in extended families (61.6%), with children (59.9%), or with a spouse/partner (59.5%) were more likely to have a moderate level of “Personal Strength”. Those living alone (32.9%) or with a spouse/partner and children (31.7%) often reported low levels of “Personal Strength”. Conversely, high levels of “Personal Strength” were more commonly found among

individuals living with roommates/friends/companions (20.5%) and those living with children (15.2%).

Respondents living with a spouse/partner and children (44.5%) and those living with parents (44.2%) frequently exhibited a moderate level of “Appreciation of Life”. In contrast, those living alone often had a low level of “Appreciation of Life” (36.3%), while a high level was observed more frequently among individuals living with children (35.4%) or in extended families (32.4%). The distribution of “Personal Strength” across income levels demonstrated that, with increasing income, the score on the “Personal Strength” scale increased. Low-income respondents (33.3%) often had lower levels of “Personal Strength”, while those with middle or higher incomes showed higher levels (Table 2).

Table 2. Correlation between the place of residence, income level, and levels of “Personal Strength” and “Appreciation of Life”

Socio-demographic characteristics		Levels of “Personal Strength”			Level of “Appreciation of Life”		
		low	moderate	high	low	moderate	high
Place of residence	Frontline or occupied areas	30.9%	57.5%	11.6%	Not detected		
	Western Ukraine	29.1%	62.1%	8.8%			
	Living abroad	12.9%	64.3%	22.9%			
	Other parts of Ukraine	31.7%	58.3%	10%			
	Kyiv and the surrounding region	24.6%	60.6%	14.8%			
<i>Pearson's correlation coefficient</i>		Chi-square (χ^2) = 39.379, p < 0.001					
Current state of residence	Living alone	32.9%	54.3%	12.8%	36.3%	36.9%	26.8%
	With a spouse/partner	29.5%	59.5%	10.9%	28.3%	42.2%	29.5%
	With parents	29.8%	59.2%	11%	30.8%	44.2%	25%
	With roommates/friends/companions	25.3%	54.2%	20.5%	30.1%	41%	28.9%
	With spouse/partner and children	31.7%	59.1%	9.1%	26.8%	44.5%	28.8%

Table 2, Continued

Socio-demographic characteristics		Levels of "Personal Strength"			Level of "Appreciation of Life"		
		low	moderate	high	low	moderate	high
Current state of residence	With children	24.9%	59.9%	15.2%	22.2%	42.4%	35.4%
	Living in extended families	29.2%	61.6%	9.2%	28.5%	39.1%	32.4%
<i>Pearson's correlation coefficient</i>		Chi-square (χ^2) = 36.662, p < 0.001			Chi-square (χ^2) = 47.604, p < 0.001		
Income level	Low	33.3%	56.8%	9.9%	Not detected		
	Below average	32.1%	57.7%	10.2%			
	Moderate	27.9%	61.5%	10.6%			
	Above average	24.8%	61.4%	13.9%			
	High	25.6%	46.5%	27.9%			
<i>Pearson's correlation coefficient</i>		Chi-square (χ^2) = 52.157, p < 0.001					

Source: compiled by the author

Statistically significant differences in various levels of awareness regarding positive internal changes were identified concerning general healthy lifestyle (HLS) indicators. Among those who considered themselves to partially adhere to a healthy lifestyle under current conditions, individuals with moderate levels of positive personal changes were more common (62%). Those who reported not following a healthy lifestyle tended to have low levels of "Personal Strength" (42.4%). By contrast, individuals who fully adhered to a healthy lifestyle were more likely to exhibit high levels of positive personal changes (14.6%).

There was also a statistically significant difference in leading health-related practices based on levels of positive personal changes. Individuals with a low level of "Personal Strength" were more likely to focus on abandoning harmful habits and maintaining existing health-promoting behaviours (32.3%). Meanwhile, respondents with moderate (62%) and high (11.9%) levels of "Personal Strength" were more inclined to develop new habits aimed at improving health and well-being. Those who lacked stable health-related habits were generally found to have a low level of "Appreciation of Life" (44.7%) (Table 3).

Table 3. HLS indicators and focus areas for maintaining health in wartime: Correlation with levels of "Personal Strength" and "Appreciation of Life"

General Healthy Lifestyle Survey (HLS)		Levels of "Personal Strength"			Level of "Appreciation of Life"		
		low	moderate	high	low	moderate	high
Do you think that you currently follow a healthy lifestyle (as you understand it)?	Yes	32%	53.4%	14.6%	Not detected		
	Rather yes	27.1%	62%	10.9%			
	Difficult to answer	31%	59.9%	9.1%			
	Rather not	30.2%	61.9%	7.9%			
	Not	42.4%	49.4%	8.3%			
<i>Pearson's correlation coefficient</i>		Chi-square (χ^2) = 72.615, p < 0.001					
What would you focus on when considering a healthy lifestyle in current conditions?	Abandoning harmful habits	32.3%	57.2%	10.5%	31.6%	41.5%	26.9%
	Maintaining existing health-promoting behaviours	32.3%	58.2%	9.6%	31.2%	42.7%	26%
	Developing new habits to improve health and well-being	26.1%	62%	11.9%	24.1%	43.7%	32.3%
	All of the above	30.6%	58.5%	10.9%	27.1%	42.8%	30.1%
	None of the above	31.9%	59.6%	8.5%	44.7%	36.2%	19.1%
<i>Pearson's correlation coefficient</i>		Chi-square (χ^2) = 14.564, p = 0.068			Chi-square (χ^2) = 33.596, p < 0.001		

Source: compiled by the author

Respondents frequently (33.5%) reported psychological losses, such as loss of trust, confidence or values, a lack of personal loss experiences (31.2%), and the death of a friend or relative (27.6%). Among those who had no war-related loss experiences, lower levels of "Personal Strength" and "Appreciation of Life" were more prevalent. Participants who reported experiencing two losses exhibited moderate levels of awareness in both domains. Those who reported three or more losses were more likely to demonstrate high levels of "Personal Strength"

and "Appreciation of Life". Individuals without any wartime experiences often had lower levels of "Personal Strength" (32.4%). Those with two distinct wartime experiences typically demonstrated moderate levels of "Personal Strength" (66%). In contrast, individuals with three or more types of wartime experiences (e.g., disaster recovery, medical or pre-medical assistance, combat or military service) more frequently exhibited high levels of "Personal Strength" (26.2%) (Table 4). Among respondents without any experience of displacement, lower levels of

“Personal Strength” were more common (32.2%). Those with displacement experiences both within the country and abroad were more likely to have moderate (62.5%) and high (16.7%) levels of “Personal Strength” (Table 4).

Table 4. Wartime experiences and forced displacement: Correlation with levels of “Personal Strength” and “Appreciation of Life”

Wartime experiences		Levels of “Personal Strength”			Level of “Appreciation of Life”		
		low	moderate	high	low	moderate	high
Experience of forced displacement	Displacement within the country	27.2%	60.6%	12.2%	Not detected		
	Displacement abroad	23.3%	60.3%	16.4%			
	Displacement both within the country and abroad	20.8%	62.5%	16.7%			
	Any experience of displacement	32.2%	58%	9.9%			
<i>Pearson’s correlation coefficient</i>		Chi-square (χ^2) = 36.370, $p < 0.001$					
Loss experiences (quantity)	1 loss	28.5%	62.1%	9.5%	27.3%	43.9%	28.8%
	2 losses	26.5%	63.1%	10.4%	20.8%	44.7%	34.6%
	3 losses	25.4%	61.2%	13.4%	22.2%	43.6%	34.2%
	4 or more losses	30.2%	55%	14.8%	24%	39.4%	36.6%
	No losses	36.6%	52.5%	11%	36.4%	40.1%	23.4%
<i>Pearson’s correlation coefficient</i>		Chi-square (χ^2) = 69.157, $p < 0.001$			Chi-square (χ^2) = 117.667, $p < 0.001$		
Distinct experiences (quantity)	1 experience	29.4%	60.4%	10.2%	Not detected		
	2 experiences	20.5%	66%	13.4%			
	3 or more experiences	18.4%	55.1%	26.2%			
	No experiences	32.4%	57.2%	10.4%			
<i>Pearson’s correlation coefficient</i>		Chi-square (χ^2) = 50.274, $p < 0.001$					

Source: compiled by the author

The results indicate that the dynamics of positive personal changes during the war are connected with socio-demographic factors such as gender, age, education, place of residence, living conditions, and income. Awareness of enhanced personal resilience is positively associated with an individual’s ability to maintain a healthy lifestyle under wartime conditions. Differences in healthy lifestyle practices are associated with varying levels of “Personal Strength” and “Appreciation of Life”. Those who exhibit a higher level of awareness of their own ability to effectively cope with war-related trauma are more likely to engage in developing new health habits, while individuals with a lower level of “Personal Strength” often focus on quitting unhealthy habits and maintaining familiar health-promoting routines. Those with a diminished appreciation for life are more likely to lack purposeful engagement in healthy lifestyle practices during wartime.

Personal growth indicators emerge directly through war-related experiences. The highest growth in “Personal Strength” and “Appreciation of Life”, reflecting internal resilience, is observed among individuals who have experienced displacement both within the country and abroad, have suffered three or more losses, and have a broad spectrum of war-related experiences. The study’s findings demonstrate a connection between socio-demographic characteristics and levels of awareness of personal strength development and recognition of the value of one’s life during wartime, which aligns with current research on mindfulness. Thus, the idea of exploring

previously unexamined indirect interactions with mindfulness is reflected in recent discussions on regenerative dynamics, regenerative practices, and the emerging concept of a regenerative impulse in the study of sustainable human resilience practices (Fischer *et al.*, 2024). According to the results, most respondents demonstrate a moderate level of positive internal change, which is sufficient for developing strategies for conscious and responsible coping with war-related experiences. In this regard, the findings of a study by Y. Gu *et al.* (2024), which examined mindfulness techniques and short-term awareness inductions as a means of processing personal experiences, are relevant. The group subjected to mindfulness induction was less likely to attribute positive experiences to external events but tended to attribute negative experiences to themselves. In addition, the mindfulness group was less inclined to blame others and took greater responsibility for negative events, while the control group exhibited a strong tendency to detach from negative experiences. Based on these findings, most respondents demonstrate moderate indicators of positive internal change in coping with wartime experiences, suggesting a general ability to withstand the negative effects of war-related losses and a certain degree of resilience. Thus, these findings align with scientific research conducted since the beginning of the COVID-19 pandemic, which examined mindfulness-based interventions as tools for emotional regulation, aimed at improving individuals’ ability to cope with the general stress caused by coronavirus infection,

restrictions on freedom, loss of loved ones, or loss of stable employment. As a broader conclusion, researchers have noted that coping strategies centred on mindfulness have been effective in managing uncertain, rapidly evolving situations that provoke stress, anxiety, depression, and other symptoms of emotional dysregulation, ultimately fostering resilience (López-Ramón *et al.* 2023). These findings highlight that socio-demographic factors such as gender, age, education, place of residence, living arrangements, and income significantly influence levels of “Personal Strength” and “Appreciation of Life” during wartime. Individuals with higher resilience and awareness demonstrate better coping strategies, including the formation of new health habits, while those with lower resilience focus on maintaining familiar routines or struggle with developing purposeful lifestyle practices.

CONCLUSIONS

The theoretical and empirical analysis of mindfulness mechanisms during wartime underscores the necessity of exploring ways to balance coping with traumatic experiences and strategies for maintaining a healthy lifestyle among Ukrainians affected by the war. In summarising the findings, it is evident that personal indicators of post-traumatic growth among most respondents are at a moderate level, enabling them to focus on forming new habits to enhance health and well-being under wartime conditions. The analysis of the connection between socio-demographic variables and levels of “Personal Strength” and “Appreciation of Life” as indicators of post-traumatic growth revealed that women tend to

exhibit greater personal strength and heightened life appreciation than men. Young adults aged 16-25, as well as individuals aged 50 and above, demonstrate greater resilience in coping with wartime experiences compared to other age groups. Those with higher education more frequently demonstrate significant positive internal changes. The lowest indicators of post-traumatic growth are observed among individuals residing in frontline and occupied areas compared to those living abroad or in western Ukraine.

The increase in “Personal Strength” and “Appreciation of Life” correlates with social surroundings. Individuals living in extended families with children or with a spouse/partner exhibit a higher potential for post-traumatic growth compared to those living alone. Moreover, as income levels rise, indicators of personal strength also increase. The findings of this study do not fully exhaust research on the role of mindfulness in mitigating the adverse effects of pathogenic psychological reactions during wartime. However, they confirm that positive internal changes are associated with the conscious development of strategies for maintaining a healthy lifestyle. Future research should delve deeper into mindfulness-based strategies for restoring a healthy lifestyle and fostering conscious personal resilience under wartime conditions.

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CONFLICT OF INTEREST

None.

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Роль усвідомленості у подоланні досвіду війни: аналіз емпіричних даних

Тетяна Ларіна

Кандидат соціальних наук, старший науковий співробітник
Інститут соціальної та політичної психології Національної академії педагогічних наук України
04070, вул. Андріївська, 15, м. Київ, Україна
<https://orcid.org/0000-0001-8975-3348>

Анотація. Актуальність дослідження зумовлена пошуком особистісних захисних факторів, які забезпечують пом'якшувальний ефект та сприяють посттравматичному зростанню особистості в умовах війни. У статті аналізувались емпіричні дані щодо ролі усвідомленості у подоланні досвіду війни. Емпіричні дані були зібрані за допомогою шкал «Особиста сила» та «Цінність життя» опитувальника посттравматичного зростання, а також опитування «Здоровий спосіб життя українців під час війни». Вибірка дослідження становила 6042 респонденти (60 % чоловіків і 40 % жінок, середній вік = 37,9 року; мінімальний = 16, максимальний = 77 років). Дані збиралися за допомогою Google Forms (кінець 2023 – початок 2024 року). Результати показали, що динаміка позитивних особистісних змін у воєнний час пов'язана з такими соціально-демографічними факторами, як стать, вік, рівень освіти, місце проживання, життєва ситуація та дохід. Так, жінки частіше демонструють підвищене відчуття особистої сили та вищу цінність життя порівняно з чоловіками. Молодь віком від 16 до 25 років та дорослі віком 50 років і старші виявляються більш стійкими до переживань воєнного часу, ніж інші вікові групи. Особи з вищою освітою частіше демонструють високий рівень позитивних внутрішніх змін. Найнижчі показники посттравматичного зростання спостерігаються серед мешканців прифронтових зон та окупованих територій порівняно з тими, хто перебуває за кордоном або мешкає у західних регіонах України. Люди, які проживають у розширених сім'ях, з дитиною/дітьми чи з партнером, демонструють більше потенціалу для посттравматичного зростання, ніж ті, хто живе сам. Крім того, показники «особистої сили» зростають із рівнем доходу. Особистісні показники посттравматичного зростання у більшості респондентів перебувають на середньому рівні, що дозволяє зосередитися на формуванні нових звичок для покращення здоров'я та благополуччя в умовах війни

Ключові слова: здоровий спосіб життя; усвідомленість; уважність; посттравматичне зростання; подолання досвіду війни

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Financial and property attitudes and community identities of Ukrainians in the conditions of the Russian-Ukrainian war

Iryna Hubeladze*

Doctor of Psychological Sciences, Senior Researcher
Institute of Social and Political Psychology of the National Academy of Pedagogical Sciences of Ukraine
04070, 15 Andriivska Str., Kyiv, Ukraine
<https://orcid.org/0000-0001-8023-6408>

Abstract. The paper deals with the results of a study conducted in July-September 2023 among 1,271 respondents regarding the manifestation of community identities of Ukrainians and their influence on the attitudes and behaviour in the financial and property sphere. Local, ethno-national, civil, linguistic, European, Eastern Slavic, religious, and professional identities were defined as the most important community identities that respond to the conditions of war. The latter form a three-level structure: intrastate, supranational, and local. Complex types of community identities were defined, which semantically determined the interaction of different types of identities: local-civic-professional; European-civic-professional; local-East Slavic and East Slavic-religious. The influence of identities on the financial and property behaviour and instructions of Ukrainians in war conditions was analysed. The study proved that updated community identities are significant predictors of changes in the financial and property attitudes and practices of Ukrainians. In most metrics of financial and property behaviour or attitudes, no statistically significant difference in the answers of respondents with a pronounced identity was noted. Instead, a clear difference between respondents with low levels of manifestation of different types of identities, as well as in their comparison with persons with a high level of identity, was identified. Therefore, it is possible to assume that, in general, a manifested, actualised identity positively affects the self-determination and activity of citizens, including in the financial and property sphere, regardless of the priority community with which Ukrainians identify themselves. On the other hand, persons with a low level of identities, that is, those who do not feel the importance of belonging to one or another community, appear more complex and noteworthy in the context of a psychological portrait. An important criterion for differences in the financial and property behaviour of citizens is the language of their communication, where the largest number of differences was recorded. Updating the civic identity based on the Ukrainian linguistic identity will allow citizens to be more actively involved in socially beneficial and volunteer work and the restoration of the country

Keywords: community identity; social identity; civic identity; war; financial behaviour; loss

INTRODUCTION

Russia's war on the territory of Ukraine, which began ten years ago, is leaving its mark on all spheres of Ukrainian society. The sense of belonging of Ukrainians to one or another community, its significance and the voluntary

separation of norms and rules adopted in the community, in general, everything that can be attributed to community identity, was affected. On the contrary, in turbulent times, belonging to a group, realising oneself as a

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*Corresponding author

part of something bigger, acquires special significance. The hostilities radically changed the content, context, nature and configuration of the identification process (Tytarenko *et al.*, 2023). In wartime conditions, the need to strengthen national unity, identity and social solidarity grows, which is largely reflected in financial and property relations. War affects economic processes not only through the direct destruction of resources, but also through the transformation of values, attitudes and social practices of citizens. The community identity that emerges and strengthens under the influence of war plays an important role in shaping the resilience of citizens and in maintaining economic stability at the local and national levels. The given research data will contribute to a better understanding of how Ukrainian society is rethinking approaches to property ownership, economic resource management, and building economic ties, accounting for new challenges.

In addition, it is necessary to study how community identity contributes to the adaptation and mobilisation of society in response to financial and property losses, as well as the support of local economic initiatives. In this context, the research demonstrated substantial socio-psychological factors that influence civic activity, investment priorities, attitudes toward common property, and decision-making in critical conditions. War can strengthen national unity, a sense of patriotism and solidarity among citizens. Identity as a process, a condition of being or becoming, is constantly updated, confirmed or modified both at the level of the individual and at the collective level. The analysis of the problem of identity, the ideas of plurality, hybridity and fluidity of identity in globalisation/individualisation studies (Kryvytska, 2018; Rostecka, 2018; Bauman, 2011; Kulyk, 2016; Lewicka & Iwańczak, 2018) and the possibility of interaction of different types of identity is noteworthy (Ivanov, 2012).

Community identity is considered as a multi-level system construct, which is formed as a result of a sense of belonging to a certain community and subjective attitude based on a stable emotional connection, as well as participation in inner world and perception as personal, group norms and values. A person has as many community identities as there are communities, perceived as own, which differ in subjective importance (Korobka, 2023). The term covers various aspects of self-awareness related to cultural, linguistic, historical, regional, social and political characteristics. The study addressed ethnic, national, civic, local, European, professional, East Slavic, religious and linguistic identities. The interaction of community identities, in turn, is understood not only as their unique intersections (intersectionality), but also as their mutual influence and, in their interaction, influence on the experience and manifestation of a person in various spheres of life. The key idea is that each person has a unique combination of identities that intersect and interact to

create complex social positions and influence access to resources, power and opportunities. Thus, an individual in various social contexts can simultaneously feel as a citizen, a believer, a representative of one or another professional community, etc. Participation in different discourses and following different role models of behaviour forms multiple self-concepts in a person. These representations interact with each other, forming a set of different identities that are actualised depending on the context and need. This is a complex process that reflects profound socio-psychological shifts in society. These identities form a unique system of values and guidelines that interact and determine certain strategies of behaviour, especially in the conditions of a crisis situation, a war. The full-scale war that Russia is currently waging against Ukraine is the context in which different identities in our society are actualised today.

The goal of the war waged by Russia against Ukraine is the destruction of Ukrainian identity; which poses new challenges affecting the processes of transformation and formation of both individual and collective identities. At the heart of this war, as the researchers note, is a civilizational conflict of opposite identities – the pro-European Ukrainian identity and the Asian-Russian, colloquially named “homo sovieticus” (Rafalskyi *et al.*, 2022). Therefore, this is a war of values and identities. This value conflict is reflected in the economic self-determination of citizens and re-evaluation of financial and property practices and guidelines. G.A. Akerlof & R.E. Kranton (2000) demonstrated how a personal self-awareness affects economic results. The study analysed the economic model of human behaviour, accounting for sociological and psychological factors and identity. Identity is correlated with different social categories and how people in those categories should behave. According to S. Poznyak (2023), the key construct of the model of economic identification is the economic self-determination of a person, which refers to self-determination regarding the value standards of one’s own economic involvement, as well as objects/phenomena and norms of economic interaction.

O. Malkhazov (2023) proposes to single out representations of behavioural strategies at the intersection of two dimensions – subjectivity and rationality – that form a space of values with coordinates. At the intersection of these dimensions, he defines four basic models of economic behaviour: innovative-partnership (plane of rational subjectivity), moderate-progressive (plane of rational objectivity), active-adaptive (plane of subject irrationality) and protest-traditionalist (plane irrational objectivity). This approach can be used to analyse the economic behaviour of citizens in various situations, including extremities, as well as to build prognostic models. The author defined the guidelines and practices characteristic of two types of

behavioural strategies, focused on survival and development, the balance of which determines the vector of changes in economic behaviour.

Created by S. Poznyak (2023) based on empirical data, the factor model demonstrates that the semantic space of economic orientations of Ukrainian citizens is structured by the sense of the social value of economic activity: a favourable assessment of the environment, a duty to one's community, the presence of common goals and strategies for their achievement, as well as the correspondence of economic activities in the public interest. The study aimed to present the results of a study conducted in July-September 2023 among 1,271 respondents regarding the manifestation of community identities of Ukrainians and their influence on the guidelines and behaviour of Ukrainians in the financial and property sphere.

MATERIALS AND METHODS

In July-September 2023, an empirical study was conducted to reveal the peculiarities of the manifestation of community identities of Ukrainians and their influence on the manifestation in various social spheres. The study analysed results reflecting the manifestation of the communal identities of Ukrainians in the financial and property sphere in wartime conditions. Data collection was conducted online using a Google form. In essence, the questions of the questionnaire included three blocks of questions: the study of manifestations of identity, the peculiarities of financial and property

behaviour and its changes during the war, and instructions on financial and property issues.

The survey included 1,271 participants, of which 67.4% were women and 32.6% – men. The sample was divided by age as follows: persons aged 18-29 – 42.1%, 30-44 years – 31.8%, 45-59 years – 22.1%, over 60 years – 4%. 37.7% respondents live in a big city, 21% – in the regional centre, 24.3% – in a small town, and 17% of respondents indicated that they live in a village. Territorially, Kyiv region and the city of Kyiv (24.3%), Lviv (23.5%) and Dnipropetrovsk (20.1%) regions are the most represented. All other respondents were dispersed among different regions. However, this division between the eastern, western and central-northern part can be further discussed in the context of regional differences. All survey participants were informed on the anonymity, the purpose of the survey, how the data would be used, and the associated risks. The study was conducted based on the principles of The Declaration of Helsinki (1975).

RESULTS AND DISCUSSION

To determine community identities, respondents were asked to rate on a 5-point scale how important it is for them to be a part of a particular community: local, ethno-national, civil, linguistic, European, East Slavic, religious, professional community, and the community of Ukrainians. The list of communities was selected based on the results of a preliminary study implemented in October 2022 (Fig. 1).

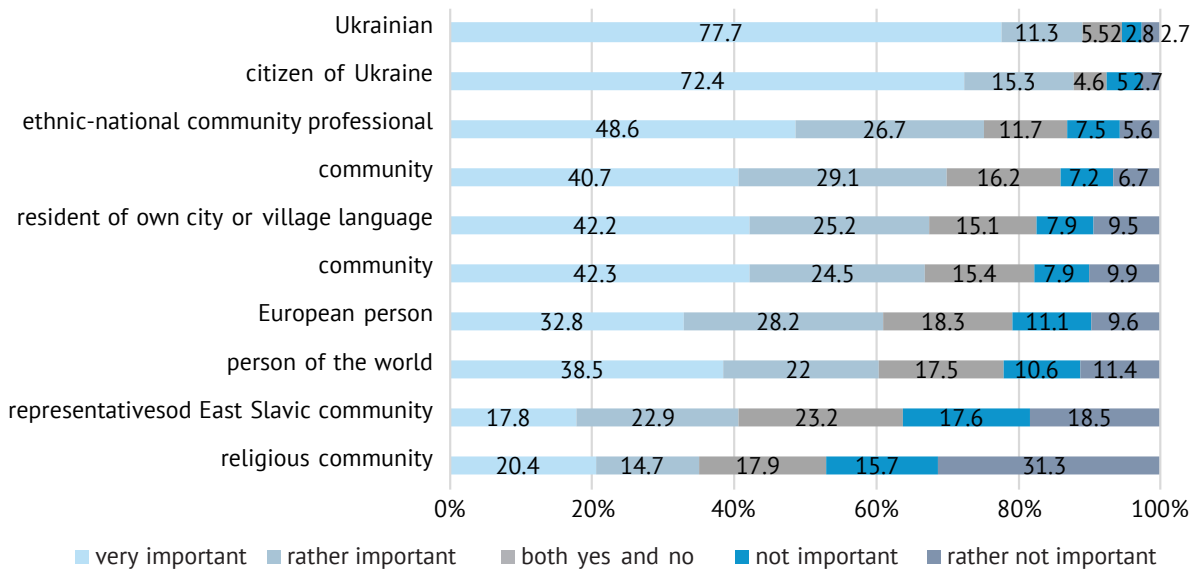


Figure 1. The importance of feeling as a representative of a certain community, %

Source: compiled by the author

For most respondents, being a part of a Ukrainian (89%), a citizen of Ukraine (87.7%), a representative of their ethno-national (75.3%), professional (69.8%) community, a resident of their town or village (67.4%), a

representative of language community (66.8%), a European (61%), a person of the world (60.5%) is important. At the same time, 40.7% consider themselves to be representatives of the East Slavic community, and

belonging to a religious community is important only to 35.1% of respondents. A factor analysis was conducted within the questions related to the correlation to a certain community and a three-factor model of community identities was constructed, which describes 64.5% of the total variance (Kaiser-Meier-Olkin coefficient = .848; Bartlett = .000), which indicates the expediency of data factorisation. The first factor “intra-state” (27.1% of the variance) includes indicators of the importance of being attributed as a citizen of Ukraine (.90), a Ukrainian (.90), a representative of one’s ethno-national community (.69), a resident of one’s village or city (.51), a representative of the language community (.48).

Instead, the second factor (19.6%) combined indicators related to the personal perception outside the borders of origin country: it is important to be regarded as a person of the world (.79), a European (.79), a representative of the East Slavic community (.52), a representative of a certain language community (.46). The third factor (17.8% of the variance) combined indicators describing the nearest, contact communities: it is important for me to feel like a representative of a religious community (.88), a resident of my village or city (.56), a representative of East Slavic (.55) and professional community (41). These three factors can be interpreted as three levels, spaces of identity: local,

associated with the closest contact communities (professional, religious, local identity), intra-state (civic, Ukrainian, ethno-national, local, linguistic) and supra-national (a person of the world, European, East Slavic, language) level. Using Spearman’s correlation analysis, constellations describing complex types of community identities were singled out, based on which further data analysis was analysed (Hubeladze, 2021; Vinkov, 2023):

- ◆ *local-civil-professional identity* (LCP-identity, 53.7%) shows that citizens of Ukraine with this identity feel the unity of the national and local-regional levels, they are not opposed to each other;

- ◆ *European-civic-professional identity* (ECP-identity, 46.3%) reflects a common vision of the development of Ukraine within the framework of European politics;

- ◆ *local-East Slavic* (LES-identity, 33.6%) shows a connection with the region, although, a connection with the former Soviet Union or modern Russia is still present. Such an option under certain circumstances can become a basis for separatism;

- ◆ *East Slavic-religious identity* (ESR identity, 21.9%) in Ukrainian society is common among parishioners of the UOC MP. Supporters of friendship with the aggressor are common, justifying the Russian aggression, and seeking to discredit both Ukraine and the Armed Forces (Figs. 2-3).

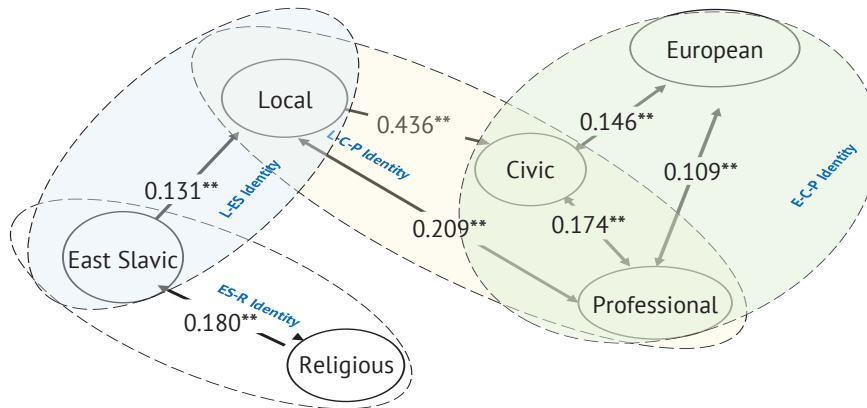


Figure 2. Correlations defining complex types of community identities

Note: ** – $p \leq 0.01$; * – $p \leq 0.05$

Source: compiled by the author

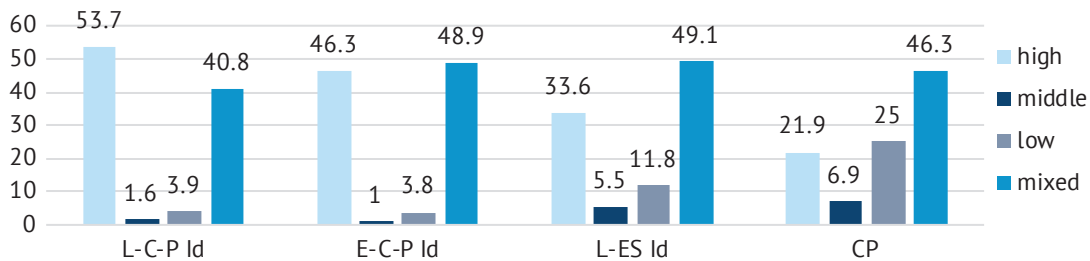


Figure 3. Quantitative distribution of carriers of various complex type of identity, %

Note: the sum of representatives with high levels of complex identity types exceeds 100%, because one person can have several complex types of community identities

Source: compiled by the author

Next, groups of respondents with a high and low level of manifestation of each complex type of identity in the galaxy and comparison of indicators in various areas were taken up for data analysis. Only statistically significant results of the analysis ($p \leq 0.001$, $p \leq 0.05$) were presented. One of the spheres of manifestation of community identities is the financial and property activity of citizens. War can cause economic hardships that affect financial situation (Hubeladze, 2020). Financial decisions can address self-sustaining and family support in conditions of instability and crisis. To determine to what extent, the financial and property activity of citizens depends on complex types of community identities in war conditions, the answers to the following questions were analysed (Fig. 4):

1. I am ready to donate to the Armed Forces of Ukraine or provide help to those who need it
2. I am more responsible about earning and spending money

3. I feel that my desire to help others, to volunteer, has increased

4. I try to preserve my wealth as much as possible and increase my income, because it is not known what will happen next

5. I am ready to invest my own funds and resources in projects that contribute to the development of the country or my region

6. The value of material things and goods has decreased for me

7. My financial and property situation worsened during the war

8. I want to live here and now, I allow myself to spend money on everything I need and not put it off, because it is not known what will happen next

9. I believe that I need financial and material support from the state, various foundations or other citizens who have better opportunities

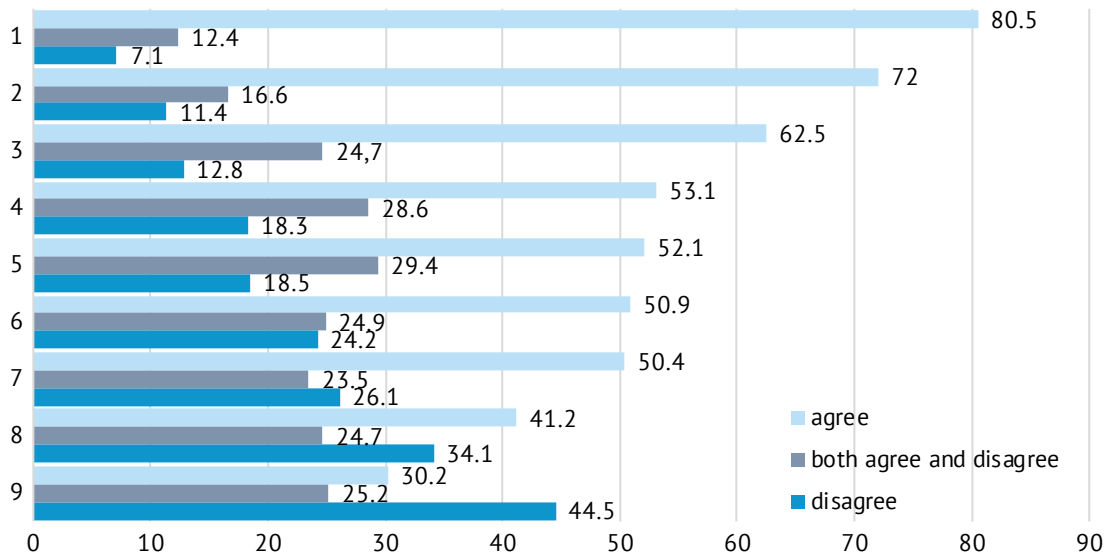


Figure 4. Quantitative distribution of answers regarding financial and property activity, %

Source: compiled by the author

Notably, 80.5% of Ukrainians, regardless of identity type, are ready to donate to the needs of the Armed Forces or help those in need; conduct volunteer activity (62.5%), invest both material and time resources; invest funds and resources in projects that contribute to the development of the country or region (52.1%). Higher moderation and prudence in the attitude to money is notable: 72% of respondents noted that they are more responsible about earning and spending money, and 53.1% preserve their wealth as much as possible and increase profits, thus regaining a sense of control in a situation of uncertainty. At the same time, 41.2% of respondents choose a hedonistic type of financial and property behaviour, striving to live by a moment, spending money on everything needed without savings, believing that future is uncertain.

Of respondents, 50.4% noted that their financial and property status worsened during the war, while the value of material things and goods decreased (50.6%). At the same time, 44.5% of respondents do not need financial and material support from the state, funds or other citizens who have better opportunities. The financial and property status of the respondents was assessed based on the subjective assessments of the respondents. Respondents were asked to rate their financial and property status on a 10-point scale from 1 – very low financial status to 10 – very high. As such, the mean is 5.36 and the mode is 5. The changes in financial and property management in the conditions of war and correlation with different types of identities was analysed. Manifested identity contributes to the formation of a sense of community and solidarity

among people. Those self-attributing to a community or nation are more inclined to help others within the group. Those with a high level of civic identity are more inclined to financially support public initiatives, charitable organisations and projects that work for the good of the country during wartime. They believe that their financial contributions help strengthen national security or support those suffering from conflict.

They are equally willing to *contribute to the needs of the Armed Forces and civilians who need the help of a person with a manifested identity*, regardless of the type ($M = 4.4-4.46$). Instead, the difference can be traced between those who have a low level self-attribution. Thus, individuals with a low level of East Slavic-religious identity (4.15) are most likely to donate compared to those who have a low level of local-civic-professional and European-civic-professional-identity (3.74 and 3.8, respectively). People may be more inclined to volunteer and help others for a variety of reasons, and one of the key ones may be related to their identity and beliefs. Volunteering can also be a way of self-affirmation and finding meaning in life for many people. Supporting others helps find satisfaction and a sense of achievement, value, and control over the situation. People who use the Ukrainian language more in everyday life are more inclined to contribute to the needs of the Armed Forces and civilians who need it: fully Ukrainian-speaking (86.3%), rather Ukrainian-speaking (85.1%), equally speaking Ukrainian and Russian (75.9%), rather Russian (67.1%), fully Russian-speaking (34.7%). The difference is statistically significant at the $p \leq 0.001$ level. Women are somewhat more active in financially supporting the Armed Forces (84%) compared to men (73.4%, $p \leq 0.001$). Respondents of different ages are equally ready to invest resources in support (79-83%). Those residing in the Western (86.2%), Central-Northern (82.8%) and Eastern (78.6%) parts of Ukraine before the full-scale invasion ($p \leq 0.01$) are somewhat more prone to such actions. At the same time, there are no differences by regions of current residence. People with a higher (84.6%) and secondary education (83.5%) are more inclined to donate, and a little less people with a special professional and incomplete higher education (77.5%), ($p \leq 0.01$).

Individuals with a high level of East Slavic-religious identity ($M = 4$) demonstrated a higher level of *desire to help others* compared to carriers of other types of identities ($M = 3.9$). This can be explained by the fact that helping others is considered an important moral value supported by the community of believers. In context of war and real threats, people demonstrate a higher level of empathy, are more inclined to help others, as they sympathise and emphasise with adversity and understand the needs of others. Those with a low level of identity manifestation, regardless of its type, are equally prone to volunteering ($M = 3.5$). People who use the Ukrainian language more in everyday life

are more inclined to volunteer and help others: fully Ukrainian-speaking (69.4%), rather Ukrainian-speaking (64.9%), equally speaking Ukrainian and Russian (58.8%), rather Russian (43.9%), fully Russian-speaking (39.1%). The difference is statistically significant at the $p \leq 0.001$ level. Women are somewhat more actively involved in volunteering and supporting others (64.5%) compared to men (58.6%, $p \leq 0.05$). Persons who lived in the western (69.2%), central-northern (64.2%) and eastern (58.9%) parts of Ukraine before the full-scale invasion ($p \leq 0.05$) are somewhat more prone to such children. At the same time, there are no differences in age, level of education and region of current residence.

Ukrainians can express patriotic feelings through investment decisions. For instance, they may be more inclined to invest in Ukrainian companies or industries that help support the national economy during wartime. Those with a high level of identity manifestation, regardless of their type, ($M = 3.64-3.69$) assessed their willingness to invest their funds and resources in projects that contribute to the development of the country or their region as above average. This indicator is lower among those with a low level of self-identity ($M = 3.06-3.3$), while the highest level of such readiness was demonstrated by persons with a low level of East Slavic religious identity ($M = 3.3$), those who deem representativity of the East Slavic and religious community as non-important. Those who use the Ukrainian language more in everyday life are more inclined to invest their own funds and resources in projects that contribute to the development of the country or their region: fully Ukrainian-speaking (56.9%), rather Ukrainian-speaking (54.4%), equally speaking Ukrainian and Russian (50.9%), rather Russian (37.4%), fully Russian-speaking (21.7%). Moreover, 52.2% of Russian speakers are not ready to invest in the development of the country or region. Women are more inclined to such investments (52.5%) compared to men (51.9%). But the main difference is the number of those who are not ready for such investments. Among men, 23%, and among women, 16.4%, $p \leq 0.001$. Persons from the western part of Ukraine (currently living there) (58.9%), central-northern (57.1%) and eastern (51.9%) ($p \leq 0.05$) are somewhat more prone to such actions. At the same time, there are no differences in age, level of education and region of origin.

In general, individuals with a high level of manifestation of various types of identities are more responsible towards earning and spending money (4.12-4.21). Respondents with an East Slavic-religious identity are more responsible towards earning and spending money, compared to carriers of other types of identities. Individuals with a low level of identities are somewhat more frivolous or calm about earning and spending money (3.5-3.7). Persons who use the Ukrainian language more in everyday life are more responsible for earning and spending money: fully Ukrainian-speaking (76.6%), rather Ukrainian-speaking (70.6%), equally

speaking Ukrainian and Russian (69.5%), rather Russian (63.2%), fully Russian-speaking (52.5%). The difference is statistically significant at the $p \leq 0.01$ level. Persons who currently live in the western (79.7%), western

(72.2%) and central-northern parts of Ukraine (64.3%, $p \leq 0.001$) are somewhat more prone to such actions. At the same time, there are no differences in gender, age and level of education of the respondents (Fig. 5).

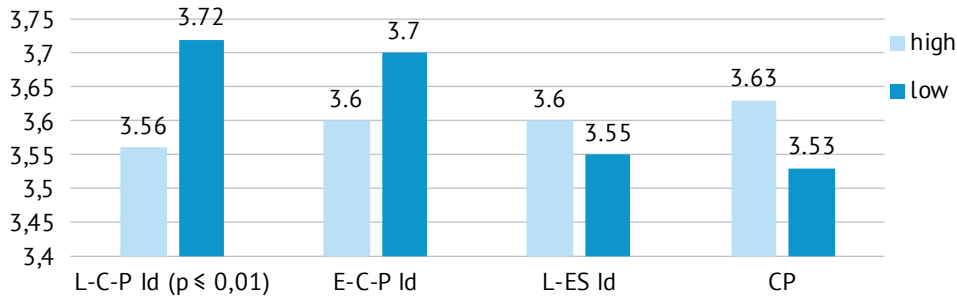


Figure 5. Average values for the statement "I try to preserve my wealth as much as possible and increase my income because I don't know what will happen next" according to different types of identity

Source: compiled by the author

In a war situation, the sense of threat, both physical and symbolic, increases, including the sense of threat to the security of property and investments. People can redirect their investments to safer assets or preserve their financial resources to reduce the risk of losses. Respondents with a high level of identity are equally inclined to *preserve their wealth and accumulate it* ($M = 3.56-3.6$). However, those with a low level of local-civic-professional- and European-civic-professional identities ($M = 3.72$) are most prone to wealth preservation, and those with a low level of local-East Slavic- and East Slavic-religious identities ($M = 3.55$ and 3.53 , respectively). Men (61.6%) compared to women (49.1%, $p \leq 0.001$) are significantly more eager to preserve wealth and increase profits, in particular due to the uncertainty of the situation.

According to all other criteria, no statistically significant difference was recorded. The highest level of *hedonistic aspirations* was demonstrated by individuals with a low level of local-East Slavic identity ($M = 3.42$). To a greater extent than others, they strive to live by the moment, spending money on everything needed without savings, as those believe that future is uncertain. Individuals with a high level of this or that type of identity rated this statement equally ($M = 3.11-3.15$). While women 44.3% are prone to hedonistic aspirations, 40.7% of male respondents expressed aspiration to live by the moment ($p \leq 0.001$). Men demonstrate a more moderate and prudent attitude towards earning, saving, and spending money. According to all other criteria, no statistically significant differences were recorded (Fig. 6).

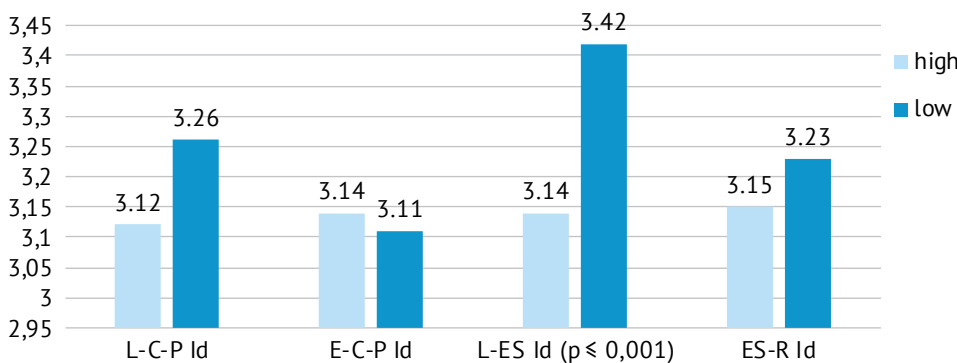


Figure 6. Average values according to the statement "I want to live here and now, I allow myself to spend money on everything I need and not put it off because I don't know what will happen next" according to different types of identity

Source: compiled by the author

For half of the respondents, regardless of identity type, the value of material things and goods has decreased. The value of material values decreased the most for persons for non-representatives of the East Slavic and

religious community (low level of such identity) ($M = 2.8$ compared to 3.1 and 3.5 in other subgroups). People aged 45-59 years – 62.7%, 30-44 years – 58.8%, and people over 60 years – 55.1% report that the value of

material things and goods decreased during the war. The least number of such among young people aged 18-29 – 38.2%. Women more often note the decrease in the value of material things (54.5%) compared to men (43.5%). The differences are statistically significant at the $p \leq 0.001$ level. Such a difference can also be observed between residents of the central-northern region, for whom the value of material things decreased in 57.2% of cases, in the western region – 52.5%, and in the eastern region – 40.8%, $p \leq 0.01$. The value of material things and goods decreased the most for persons with higher (58.1%) and secondary special (56%) education. Respondents with a scientific degree (50%), incomplete higher education (42%) and secondary education (39.8%, $p \leq 0.01$) note this somewhat lower.

With a generally low need for financial and material support from the state, foundations or other citizens who have better opportunities (2.7-2.9), persons with a high level of East Slavic and religious identity are more inclined to expect such help ($M = 2.92$) and a low level of local-civic-professional and European-civic-professional identities (2.85 and 2.87, respectively). This indicator is the lowest among persons with a high level of European-civic-professional identity (2.72). Therefore, the respondents of the European, civil and professional community do not expect the help of the state and various funds. Contrary, they are actively

involved and use personal resources to help the state. More than half (50.1%) of young people aged 18-29, along with 41% of those aged 30-34 and 45-59, and 32.6% of individuals over 60, do not need financial support from the state, foundations, or other citizens with greater resources. Notably, the older the respondents, the more they rely on the support of the state and third parties. No statistically significant differences were recorded for all other criteria. Those who use the Ukrainian language more in everyday life are more inclined to invest personal funds and resources in projects that contribute to the development of the country or their region: fully Ukrainian-speaking (56.9%), rather Ukrainian-speaking (54.4%), equally speaking Ukrainian and Russian (50.9%), rather Russian (37.4%), fully Russian-speaking (21.7%). Moreover, 52.2% of Russian speakers are not ready to invest in the development of the country or region. Women are more inclined to such investments (52.5%) compared to men (51.9%). However, the main difference is the number of those who are not ready for such investments. Among men, 23%, and among women, 16.4%, $p \leq 0.001$. Residents of west Ukraine (currently living there) (58.9%), central-northern (57.1%) and eastern (51.9%) ($p \leq 0.05$) regions are somewhat more prone to such actions. At the same time, there are no differences in age, level of education and region of origin (Fig. 7).

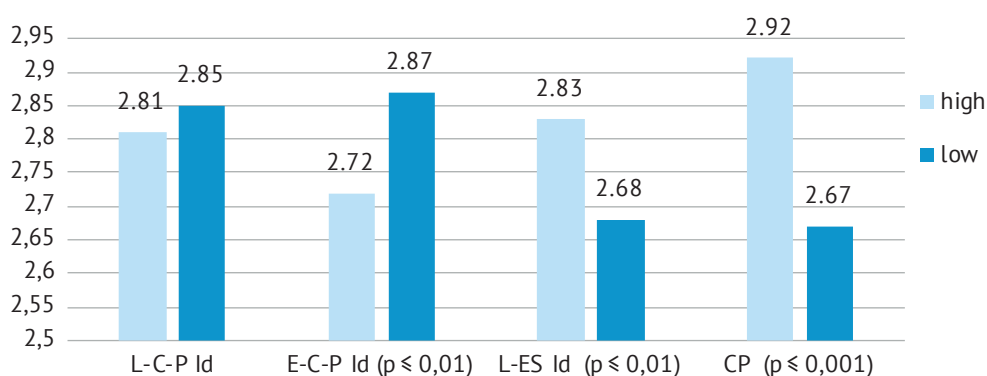


Figure 7. Average values for the statement “I believe that I need financial and material support from the state, various foundations or other citizens who have better opportunities” according to different types of identity

Source: compiled by the author

Respondents were also asked to rate whether their financial situation had worsened since the start of a full-scale invasion. Notably, the largest number of people who agreed with this statement are among people who prefer to speak Ukrainian in everyday life (59.7%) or to the same extent speak both Ukrainian and Russian (59.2%), rather Russian (50, 3%), only Russian (47.8%) and the least among those who speak only Ukrainian (44%). Most often, people of middle and older age state that their financial and property condition has worsened: 45-59 years old – 58.6%, 30-44 years old – 56.7%, over 60 years old – 55.1%, even though among only 40% of young people aged 18-29. Differences at the

level of statistical significance $p \leq 0.001$. Depending on the region of residence, before the full-scale invasion, the largest number of those who note the deterioration of their financial and property status are among the residents of the eastern region (54.5%), the central-northern region (52.9%), and the least among the residents of the western region (42%). Also, the subjective perception of the deterioration of financial and property status increases with the level of education. Thus, among respondents with secondary education, 39.8% agreed with this statement, with special professional education – 40.6%, incomplete higher education – 45.2%, higher education – 56.6% and scientific degree – 63,1%.

CONCLUSIONS

Actualised community identities are significant predictors of changes in the financial and property guidelines and practices of Ukrainians. In most metrics of financial and property behaviour or guidelines, there is no statistically significant difference in the answers of respondents with a pronounced one or another identity. Instead, a clear difference between respondents with low levels of manifestation of different types of identities, as well as in their comparison with persons with a high level of identity was noted. Therefore, it is possible to assume that, in general, a manifested, actualised identity positively affects the self-determination and activity of citizens, including in the financial and property sphere, regardless of the priority community with which Ukrainians identify themselves. On the other hand, persons with a low level of identities, that

is, those who do not feel the importance of belonging to one or another community, look more complex and interesting from the point of view of a psychological portrait. An important criterion for differences in the financial and property behaviour of citizens is the language of their communication, where the largest number of differences was recorded. Updating the civic identity based on the Ukrainian linguistic identity will allow citizens to be more actively involved in socially beneficial and volunteer work and the restoration of the country.

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None.

CONFLICT OF INTEREST

None.

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Фінансово-майнові настанови і спільнотні ідентичності українців в умовах російсько-української війни

Ірина Губеладзе

Доктор психологічних наук, старший дослідник
Інститут соціальної та політичної психології Національної академії педагогічних наук України
04070, вул. Андріївська, 15, м. Київ, Україна
<https://orcid.org/0000-0001-8023-6408>

Анотація. У статті представлено результати дослідження, проведеного у липні-вересні 2023 року серед 1,271 респондента щодо прояву спільнотних ідентичностей українців та їх впливу на настанови і поведінку українців у фінансово-майновій сфері. Найбільш вагомими спільнотними ідентичностями, які реагують на умови війни, визначено місцеву, етнонаціональну, громадянську, мовну, європейську, східнослов'янську, релігійну, професійну ідентичності. Останні утворюють трирівневу структуру: внутрішньодержавній, наднаціональній і локальній рівень. Визначено комплексні типи спільнотних ідентичностей, що пояснюють семантично взаємодію різних видів ідентичностей: місцева-громадянська-професійна; європейська-громадянська-професійна; місцева-східнослов'янська і східнослов'янська-релігійна. Проаналізовано вплив ідентичностей на фінансово-майнову поведінку і настанови українців в умовах війни. Доведено, що актуалізовані спільнотні ідентичності є вагомими предикторами змін у фінансово-майнових настановах і практиках українців. У більшості показників фінансово-майнової поведінки чи настанов немає статистично значущої різниці у відповідях респондентів з вираженою тією чи іншою ідентичністю. Натомість виразна відмінність є між респондентами з низькими рівнями прояву різних типів ідентичностей, а також у їх порівнянні з особами з високим рівнем ідентичності. Це дає підстави припускати, що загалом проявлена, актуалізована ідентичність позитивним чином впливає на самовизначення і активність громадян, у тому числі у фінансово-майновій сфері, незалежно від пріоритетної спільноти, з якою ідентифікують себе українці. Натомість більш складною і цікавою з точки зору психологічного портрету виглядають особи з низьким рівнем ідентичностей, тобто ті, що не відчувають важливості належати до тієї чи іншої спільноти. Важливим критерієм відмінностей у фінансово-майновій поведінці громадян є мова їх спілкування, де було зафіксовано найбільшу кількість відмінностей. Актуалізація громадянської ідентичності з опорою на мовну українську ідентичність дозволить активніше залучати громадян до суспільно-корисної і волонтерської праці і відновлення країни

Ключові слова: спільнотна ідентичність; соціальна ідентичність; громадянська ідентичність; війна; фінансова поведінка; втрата

Retraction of the article

To the readers of the journal!

The editorial board of the Scientific Studios on Social and Political Psychology announces the retraction of the article "HOMELESSNESS AND SUICIDALITY: HOW NEW EMIGRANTS CONFRONT THE DILEMMA?", author: NASAR KHAN, which was published in the issue of 29(2), 2023; <https://doi.org/10.61727/ssspj/2.2023.47>.

The retraction was carried out at the request of the authors due to the fact that this article was republished in another edition, which contradicts the ethical standards of the academic community.

The editorial board condemns the practice of duplicate publications and reminds of the need to comply with the ethical standards of scientific publishing.

We apologise for any inconvenience and thank you for your understanding.

Sincerely yours,

Editorial Board of the Scientific Studios on Social and Political Psychology

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Національної академії педагогічних наук України
04070, вул. Андріївська, 15, м. Київ, Україна
Тел.: +38(044) 425-24-08
E-mail: info@sppstudios.com.ua
<https://sppstudios.com.ua/uk>

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