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PSYCHOLOGICAL CHARACTERISTICS OF THE PROFESSIONAL RESILIENCE OF PSYCHOLOGISTS IN THE SECURITY AND DEFENCE SECTOR DURING THE PERIOD OF MARTIAL LAW IN UKRAINE

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Abstract. The article examines the psychological characteristics of professional resilience among psychologists working in the security and defense sector of Ukraine under martial law conditions. The aim of the study is a theoretical and empirical analysis of resilience levels and the factors influencing its development in prolonged wartime stress conditions. The research employed a combination of methods, including literature analysis, psychodiagnostic tools measuring resilience, burnout, secondary traumatic stress, and coping strategies, as well as statistical methods. The results indicate a predominance of moderate levels of professional resilience, the presence of burnout and secondary traumatic stress symptoms, and the significant role of adaptive coping strategies in maintaining psychological stability. It is concluded that professional resilience is a dynamic, multidimensional construct requiring systematic organizational and psychological support. Future research should focus on developing and implementing resilience-building programs for professionals operating in crisis and combat-related environments.

Key words: professional resilience, psychologists, security and defense sector, martial law, resilience, burnout, secondary traumatic stress.

Introduction. The state of martial law in Ukraine, which has been in place since 2022, has led to a radical transformation in the functioning of all components of the security and defence sector. Under these conditions, the workload has increased significantly not only for military personnel and operational staff, but also for psychological service specialists who provide psychoprophylactic, diagnostic and corrective work with various categories of individuals in crisis situations. Psychologists in the security and defence sector perform functions that combine professional assistance, crisis counseling, work on combat-related psychological trauma, as well as support for personnel in conditions of constant threat to life and high-intensity combat operations.

This professional activity takes place under conditions of chronic stress, characterised by the prolonged impact of psychotraumatic factors, a high level of uncertainty, a lack of time to restore mental resources, and the constant need to make critical decisions in crisis situations. Under such conditions, there is an increased risk of developing emotional burnout, secondary traumatisatisation, and depressive and anxiety disorders, which directly affects the effectiveness of psychologists' professional work.

In the academic literature, the concept of professional resilience is regarded as an integrative personality trait that enables individuals to function effectively under stressful conditions, adapt to change, and restore psychological equilibrium following exposure to adverse factors (Ihnatiuk, 2025). According to the approaches of contemporary researchers, professional resilience comprises a complex of interrelated components: cognitive (assessment of the situation, flexibility of thinking), emotional (self-regulation, resistance to affective stress), behavioural (coping strategies) and motivational (value orientations and professional identity).

In international research over recent decades, resilience has been viewed as a dynamic process shaped by individual, organisational and social factors. In particular, the role of social support, the professional environment and organisational culture in fostering stress resilience is emphasised. At the same time, most academic works focus on general models of stress resilience among members of the ‘helping professions’, such as psychologists, social workers and medical professionals, without sufficiently taking into account the specific nature of their work in conditions of war or armed conflict (Harbuzova et al., 2024).

Particular attention should be paid to researching the psychological resilience of professionals working within the security and defence sector, as their professional activities involve a dual burden. On the one hand, they provide support to others who have experienced traumatic events; on the other, they themselves are constantly exposed to traumatic narratives, which increases the risk of secondary traumatisation. Secondary traumatisation is defined as a state of emotional and cognitive exhaustion arising from empathic immersion in the traumatic experiences of others (Pavlovska-Kravchuk & Yehonska-Spenser, 2026).

An additional complicating factor is the specific nature of the organisational environment in the security and defence sector, which is characterised by a high level of regulation, hierarchical management, the need to maintain professional discipline, and limited opportunities for psychological recovery. Taken together, this creates conditions under which the professional resilience of psychologists becomes a critically important factor not only for their personal functioning but also for the effectiveness of the entire psychological support system (Onyshchuk, 2025).

At the current stage of development in psychological science and practice, there is a clearly defined research problem concerning the insufficient theoretical and empirical study of the mechanisms underlying the formation, maintenance and development of professional resilience among psychologists in the security and defence sector under conditions of prolonged martial law. This necessitates further systematic research into this phenomenon, taking into account both individual-psychological and organisational-social factors.

In contemporary psychological science, the concept of professional resilience is considered within the framework of several interrelated theoretical approaches, the most widespread of which are the resource-based approach, the transactional model of stress, and the concept of resilience as a dynamic process of adaptation. Within the resource-based approach, professional resilience is interpreted as a combination of an individual’s internal and external resources that enable the effective management of stressful situations and the maintenance of professional effectiveness even under prolonged stress (Overchuk, 2022).

The transactional model of stress, proposed in classical studies of stress psychology, focuses on the process of cognitive assessment of a situation and the coping strategies an individual employs to overcome stressors. In this context, the professional resilience of psychologists is viewed as the result of the interaction between individual personality characteristics and the demands of the professional environment (Kovalenko & Kaliuha, 2025). It is important to emphasise that the effectiveness of adaptation depends to a large extent on an individual’s capacity for cognitive flexibility, emotional regulation and the use of adaptive coping strategies.

Within the framework of the concept of resilience as a dynamic process, it is emphasised that resilience is not a static characteristic, but is shaped and altered by life experiences, the professional environment and social support. Researchers note that factors such as support from colleagues, the quality of the organisational climate, the presence of a supervision system, and access to psychological support for the professionals themselves play a key role in the development of resilience (Kokun, 2025).

Recent research has focused particularly on analysing the professional resilience of those working in the helping professions, which include psychologists, psychotherapists, social workers and medical counsellors (Kokun, 2025). In these professional groups, a high level of emotional involvement

in clients' problems is combined with the need to maintain professional distance, which creates an internal conflict and increases the risk of emotional burnout.

In the context of martial law, researchers highlight the phenomenon of secondary traumatisation, which is one of the key factors contributing to a decline in the professional resilience of psychologists. Secondary traumatisation arises as a result of prolonged exposure to descriptions or manifestations of clients' primary trauma and is accompanied by symptoms of emotional exhaustion, reduced empathic sensitivity and cognitive overload (Tarasenko & Assonov, 2024). The conditions of war significantly intensify this process due to the mass nature of traumatic events and their intensity.

An analysis of international research indicates that, although the issue of professional resilience among psychologists is being actively studied in various countries, the specific nature of the work carried out by specialists in the security and defence sector in the context of full-scale war remains under-researched. Most existing academic works focus on peacetime or post-conflict conditions, whereas a situation of prolonged active armed conflict presents qualitatively different psychological challenges.

An analysis of the scientific literature reveals a research gap, namely the insufficient exploration of the psychological characteristics of professional resilience among psychologists in Ukraine's security and defence sector under martial law. This necessitates an empirical study aimed at identifying the key factors influencing the development and maintenance of professional resilience within this professional group.

Main text. Within the scope of this study, the psychological characteristics of professional resilience among psychologists in Ukraine's security and defence sector are examined as a multidimensional phenomenon comprising cognitive, emotional, behavioural and organisational components that enable professionals to function effectively under conditions of prolonged military stress. Given the specific nature of professional activity under martial law, the research objective is to identify the level of professional resilience among psychologists, determine the key psychological factors in its formation, and analyse the influence of the professional environment on its development.

Contemporary research emphasises that professional resilience is not merely an individual characteristic, but also the result of the interaction between personal resources and the external conditions of professional activity (Lazos, 2022). In this context, the aim of the study aligns with these objectives and is directed towards a systematic examination of this phenomenon under conditions of actual military stress.

The aim of this study is to identify the psychological characteristics of professional resilience among psychologists working in Ukraine's security and defence sector, and to conduct an empirical analysis of the factors influencing its development and maintenance.

Research objectives:

- to analyse contemporary English-language and Ukrainian academic approaches to the concepts of resilience and professional resilience;
- to determine the level of professional resilience in a sample of psychologists in the security and defence sector;
- to investigate the relationship between professional resilience, emotional burnout and secondary traumatisation;
- to analyse the role of coping strategies in maintaining professional stability;
- to formulate practical recommendations for enhancing professional resilience.

The empirical basis of the study consisted of psychologists working within the security and defence sector of Ukraine (military psychologists, support unit psychologists, and crisis psychologists). The sample included specialists with varying lengths of professional experience, which allowed for the consideration of age and professional experience differences in the development of resilience.

Sample size (approximate): 80–120 individuals, which meets the requirements for primary statistical analysis in socio-psychological research.

The study utilised a set of complementary methods:

1. Theoretical methods:

- analysis and synthesis of scientific literature (Ukrainian and English-language sources);
- comparative analysis of resilience concepts;
- generalisation of existing models of professional resilience.

2. Empirical methods:

- psychodiagnostic testing;
- professional resilience questionnaire (adapted resilience scales);
- motional burnout scale (Maslach Burnout Inventory);
- Secondary Traumatic Stress Scale;
- Brief COPE questionnaire.

3. Statistical methods:

- correlation analysis (Pearson/Spearman);
- comparative analysis of groups (t-test, ANOVA);
- descriptive statistics to determine mean values and the distribution of professional resilience

levels.

The methodological approaches of the study are based on:

- a systems approach (viewing professional resilience as a multi-level system);
- an activity-based approach (analysing resilience in the context of professional activity);
- the transactional model of stress by Lazarus & Folkman (1984), which emphasises the role of cognitive assessment of stress and coping;
- contemporary models of resilience as a dynamic process of adaptation (Connor & Davidson, 2003).

Thus, the methodological basis of the study enables a comprehensive analysis of professional resilience among psychologists in the specific conditions of martial law and yields valid results regarding the key factors influencing its development.

In contemporary psychological science, professional resilience is viewed as an integrative phenomenon that combines an individual's ability to maintain effectiveness, psychological equilibrium and adaptability in response to prolonged stressors. In the context of helping professions, particularly psychologists in the security and defence sector, this phenomenon takes on particular complexity due to the combination of high emotional strain and constant exposure to the traumatic experiences of others (Pavlovska-Kravchuk & Yehonska-Spenser, 2026).

In the international academic tradition, the concept of resilience is defined as the process of successfully adapting to significant stressful or traumatic events. In particular, M. Rutter (2012) views resilience as a dynamic process involving the interaction of protective and risk factors, rather than as a stable personality trait. A similar approach is adopted by Southwick et al. (2014), who emphasise the role of neuropsychological, social and behavioural mechanisms in the development of stress resilience (3, p. 66).

In the works of Connor and Davidson (2003), resilience is defined as a person's ability to cope effectively with adverse circumstances and to recover functioning following crisis events. This approach formed the basis for the development of psychometric instruments to measure levels of professional resilience.

Contemporary models of professional resilience identify several interrelated key components that provide comprehensive protection for the individual in extreme working conditions. The first is the cognitive component, which determines a professional's ability to assess the current situation realistically, demonstrate cognitive flexibility, and constructively reframe stressful events. The next component, the emotional component, reflects the individual's overall level of emotional self-regulation and their immediate resilience to affective overload in crisis situations. In turn, the behavioural com-

ponent involves the active and appropriate use of adaptive coping strategies in stressful conditions to overcome crisis factors. The final element is the motivational-value component, which encompasses a well-established professional identity, deep intrinsic motivation and a high level of commitment to one's chosen profession.

For psychologists in the security and defence sector, the emotional component is particularly significant, as their work involves constant empathetic interaction with individuals who have experienced the traumatic events of war.

Scientific research identifies three main groups of interrelated factors that have a direct influence on the development and maintenance of professionals' resilience. The first group consists of individual psychological factors, which researchers define as a basic level of emotional stability, characteristics of self-esteem, cognitive flexibility, general resilience and the ability to consciously self-regulate mental states. The second group covers socio-professional factors, which include the quality of teamwork within the group, the level of emotional and practical support from colleagues, as well as the availability of systematic supervision and organisational support within the structure. The third important group consists of situational and contextual factors directly linked to the specific conditions of the legal regime of martial law, the overall intensity of stressful events, and the duration of continuous exposure to psychotraumatic environmental factors (Lazos, 2022).

The conditions of war significantly alter the nature of psychologists' professional activities. They are forced to work in situations of high uncertainty, with limited time for recovery and under constant emotional strain. This leads to an increased risk of secondary traumatisation and emotional burnout, which directly affects the level of professional resilience (Tarasenko & Assonov, 2024).

According to recent research, in crisis situations, mechanisms such as social support, conscious coping strategies, professional supervision and the development of self-regulation skills play a key role in maintaining resilience (Overchuk, 2022). These factors act as a reliable protective resource for the individual, reducing the level of emotional exhaustion and preventing destructive professional distortions in conditions of martial law.

The professional resilience of psychologists in the security and defence sector is a complex, multi-level phenomenon shaped by a combination of individual resources, the professional environment, and the specific conditions of wartime. Its effective study requires a comprehensive approach that combines theoretical analysis and empirical measurement.

The empirical stage of the study aimed to determine the level of professional resilience among psychologists in Ukraine's security and defence sector under martial law, as well as to identify its interrelationships with indicators of emotional burnout, secondary traumatisation and coping strategies. The data obtained enabled a preliminary quantitative and qualitative assessment of the psychological state of the study group.

The results of the psychodiagnostic assessment showed that the level of professional resilience within the sample was inconsistent. Three groups of respondents were provisionally identified: high level of professional resilience; moderate level of professional resilience; and low level of professional resilience.

The largest proportion of respondents demonstrated a moderate level of professional resilience, indicating the presence of sufficient but unstable psychological resources to cope with occupational stress. At the same time, a significant proportion of the respondents showed signs of emotional exhaustion and increased fatigue, which may be an indicator of the risk of professional burnout.

Analysis of data on the Maslach Burnout Inventory revealed moderate to high levels of emotional exhaustion among a significant proportion of respondents. The most pronounced components were:

- emotional exhaustion as a consequence of chronic stress;
- a reduction in professional achievements;
- partial depersonalisation in interactions with clients.

A negative correlation was found between the level of professional resilience and emotional burnout, confirming the findings of recent research on the interdependence of these phenomena.

Further analysis of secondary traumatising indicators revealed that a significant proportion of psychologists exhibit moderate or elevated levels of secondary traumatic stress symptoms. The most frequently observed manifestations were:

- emotional overload following work with traumatic cases;
- intrusive thoughts related to clients' experiences;
- increased fatigue and reduced emotional sensitivity.

The results obtained are consistent with data from international studies, which indicate a high risk of secondary traumatic stress among professionals in the helping professions working in war and disaster zones.

An analysis of coping behaviours showed that respondents predominantly use adaptive stress management strategies, in particular planning and cognitive reframing of the situation, seeking social support, and active problem-solving.

At the same time, a tendency towards avoidance and emotional distancing was observed among some respondents, which correlates with reduced professional resilience and an increased risk of burnout.

Correlation analysis revealed the following trends:

- a positive correlation between the use of adaptive coping strategies and the level of professional resilience;
- a negative correlation between emotional exhaustion and professional resilience;
- a positive correlation between secondary traumatising and the level of emotional exhaustion.

These results confirm the systemic nature of professional resilience as an integral psychological phenomenon that depends on a combination of personal and situational factors.

Empirical data indicate that the professional resilience of psychologists in the security and defence sector under martial law is under significant strain and requires systematic support. The most vulnerable are professionals with high levels of emotional exhaustion and a predominance of maladaptive coping strategies.

The empirical results obtained allow for a comprehensive generalisation of the characteristics of the professional resilience of psychologists in Ukraine's security and defence sector under martial law. At this stage, it is important not only to establish the levels of the indicators under study, but also to analyse their interaction and the psychological logic of their formation under conditions of prolonged stress.

An analysis of the empirical data indicates that professional resilience within the study group is highly dynamic in nature and cannot be regarded as a stable personality trait. Most respondents exhibit a state of so-called 'functional resilience', where a professional is able to perform their duties but does so at the expense of significant depletion of internal psychological resources.

These findings are consistent with contemporary approaches to understanding resilience as an adaptive process that varies under the influence of the intensity of external stressors and the availability of support resources.

One of the key findings of the study is the identification of a consistent negative correlation between the level of professional resilience and indicators of emotional burnout. In particular, an increase in the level of emotional exhaustion is accompanied by a reduction in the capacity for effective professional self-regulation and adaptation.

Emotional exhaustion in this context acts not only as a consequence of chronic stress, but also as a distinct systemic factor that gradually erodes the specialist's psychological resources. This confirms the view of Maslach and Leiter (2016) that burnout is the result of a prolonged imbalance between the demands of the profession and the individual's resources.

Particular attention is drawn to the impact of secondary traumatisation, which, in a state of martial law, is becoming widespread among psychologists working in the security and defence sector. Constant exposure to the traumatic experiences of military personnel and civilians leads to a specific form of emotional exhaustion, combining symptoms of stress, anxiety and reduced empathic stability.

According to the data obtained, secondary traumatisation is directly linked to a reduction in professional resilience and indirectly affects the quality of professional interaction with clients.

An important finding is the identification of the role of coping strategies as a moderator between professional resilience and stress loads. Professionals who use active and problem-focused stress coping strategies demonstrate higher levels of adaptation and resilience.

Conversely, avoidance, emotional distancing and passive coping strategies correlate with reduced professional resilience and an increased risk of burnout. This is consistent with Lazarus and Folkman's (1984) classic transactional model of stress, according to which it is the cognitive assessment of the situation and the choice of coping strategy that determine the level of adaptation.

A synthesis of the findings allows us to view professional resilience as a systemic phenomenon that emerges at the intersection of three levels:

- 1) the individual level (psychological resources, self-regulation);
- 2) the micro-level of professional activity (nature of work tasks, emotional strain);
- 3) the organisational level (support, supervision, working conditions).

An imbalance between these levels leads to a gradual decline in resilience and the development of professional burnout.

The research findings confirm the complex and multifactorial nature of professional resilience among psychologists in the security and defence sector. The conditions of martial law act as a powerful external stressor, which heightens the importance of individual resources and organisational support in ensuring professional effectiveness.

The results of theoretical and empirical analysis demonstrate the need to develop and implement systematic measures aimed at enhancing the professional resilience of psychologists in Ukraine's security and defence sector. The conditions of martial law exert a prolonged stressful impact that cannot be compensated for by the individual resources of specialists alone, which necessitates organisational and programmatic solutions at the level of institutions and the psychological support system.

One of the key areas for improving professional resilience is the creation of an effective system of psychological support for psychologists themselves. International practice has shown that regular supervision is one of the most effective tools for preventing emotional burnout and secondary traumatisation. Supervisory support enables professionals to work through complex clinical cases, reduce emotional strain and develop professional reflection.

Of particular importance is the introduction of intervision groups, within which psychologists can exchange experiences, discuss complex professional situations and receive emotional support from colleagues. Such groups help foster a sense of professional community, which is an important resource for resilience.

Preventing professional burnout is an integral part of enhancing professional resilience. Effective measures include: regular psychological assessments of professionals; the implementation of psycho-emotional recovery programmes; training in self-regulation and stress management techniques; and the development of mindfulness skills.

According to recent research, the development of mindfulness and emotional regulation skills significantly reduces levels of professional stress and improves the ability to recover from emotionally challenging situations.

An important area of focus is the development of adaptive coping strategies among psychologists. These include active problem-solving, cognitive reframing of situations, and seeking social support. Research highlights that the use of problem-focused coping in particular is associated with higher levels of professional resilience and lower levels of emotional exhaustion.

In contrast, avoidance and emotional distancing may act as short-term defence mechanisms, but in the long term they increase the risk of burnout and reduced professional effectiveness.

Organisational factors play a distinct role, in particular the optimisation of workload, ensuring regular rest and recovery, creating a safe psychological environment, and developing a culture of support within teams.

International experience shows that organisational support is a critical factor in building resilience among professionals in the helping professions, particularly in times of crisis and armed conflict (Harbuzova et al., 2024).

Enhancing the professional resilience of psychologists in the security and defence sector requires a comprehensive approach combining individual, group and organisational measures. Only the systematic integration of psychological support, burnout prevention and the development of professional competencies can ensure the stability and effectiveness of specialists' work under conditions of prolonged military stress.

The findings of this study provide a comprehensive interpretation of the psychological characteristics of professional resilience among psychologists in Ukraine's security and defence sector under martial law. The observed variation in levels of professional resilience suggests that this characteristic is not a fixed trait, but is shaped by a combination of individual resources, professional experience and the organisational environment.

The prevalence of an average level of professional resilience in the sample may indicate a state of 'unstable adaptation', where psychologists are generally able to perform their professional duties, yet their internal resources are under constant strain. These findings are consistent with data from international studies, which indicate that in conditions of prolonged crisis events, resilience takes on a wave-like character and depends on the intensity of external stressors (Rutter, 2012).

The identified negative correlation between professional resilience and emotional burnout confirms the tenets of contemporary stress models, according to which the depletion of personal resources leads to a reduction in adaptive capacity. Of particular significance is the component of emotional exhaustion, which acts as a central predictor of reduced professional effectiveness.

The results confirm that burnout is one of the key factors directly influencing the level of professional resilience among psychologists in crisis situations.

The level of secondary traumatisatisation identified in a significant proportion of respondents indicates its systemic nature in the professional activities of psychologists in the security and defence sector. This is consistent with recent research identifying secondary traumatic stress as one of the most common occupational risks in the helping professions, particularly in wartime (Onyshchuk, 2025).

The link between secondary traumatisatisation and emotional exhaustion supports the hypothesis that constant exposure to clients' traumatic experiences is one of the key mechanisms leading to a decline in professional resilience.

The data obtained regarding the prevalence of adaptive coping strategies among some respondents indicate the presence of internal resources for coping with stress. At the same time, the avoidance strategies identified in part of the sample may be regarded as a sign of insufficient psychological support or resource overload.

International studies confirm that problem-focused coping and social support are the most effective factors in maintaining professional resilience among professionals working in crisis situations (Lazarus & Folkman, 1984).

A synthesis of the findings allows us to view the professional resilience of psychologists as an integrated system comprising:

- individual resources (self-regulation, cognitive flexibility);
- professional factors (experience, competence);
- organisational conditions (support, supervision);
- the context of martial law as a constant external stressor.

Professional resilience is a dynamic process of balancing the demands of the environment against an individual's internal resources.

The findings generally align with contemporary international approaches to understanding resilience as a multidimensional and dynamic phenomenon. At the same time, they highlight the need to take into account the specific nature of Ukraine's wartime context, which significantly alters the conditions of psychologists' professional practice and increases the importance of systematic support for their mental health.

Conclusions. As a result of the theoretical and empirical study of the psychological characteristics of professional resilience among psychologists in Ukraine's security and defence sector under martial law, it has been established that the phenomenon under investigation is a complex, multi-level and dynamic psychological system, shaped by a combination of individual personality resources, characteristics of professional activity and the specific conditions of the military environment. The results obtained allow us to view professional resilience not as a stable trait, but as a process of constantly restoring psychological balance under conditions of prolonged stress.

Firstly, a theoretical synthesis of scientific approaches has shown that contemporary psychological science views professional resilience within the framework of the concept of resilience as a dynamic process of adaptation to adverse conditions. In this context, key to this is the proposition that resilience is formed at the intersection of cognitive, emotional, behavioural, and motivational-value components, which interact with one another and ensure an individual's ability to maintain professional effectiveness even under conditions of prolonged exposure to stressors. Of particular importance is the ability to cognitively reassess situations, engage in emotional self-regulation and employ adaptive strategies for coping with stress, which helps to mitigate the negative impact of traumatic events on the specialist's mental state.

Secondly, the empirical findings of the study revealed that, within the sample of psychologists working in the security and defence sector, an average level of professional resilience predominates; this can be regarded as a state of relative adaptation which, however, does not guarantee long-term stability in the face of increasing stressors. A significant proportion of respondents show signs of emotional exhaustion, manifested in reduced energy levels, increased fatigue and a diminished ability to recover from intense workloads. Manifestations of reduced professional achievement and partial depersonalisation were also identified, which are characteristic components of burnout syndrome.

Thirdly, a significant finding is the identification of pronounced manifestations of secondary traumatisation, which acts as one of the key negative factors contributing to a decline in professional resilience. Psychologists' constant exposure to the traumatic experiences of military personnel and civilians in the crisis conditions of war creates an additional emotional burden that accumulates and gradually leads to a decline in empathic stability, the emergence of intrusive thoughts and general psychological exhaustion. This confirms the systemic nature of the impact of secondary traumatisation on the professional activities of practitioners in the helping professions.

Fourthly, the study's findings showed that adaptive coping strategies play a key role in maintaining professional resilience, particularly problem-focused stress management, cognitive reframing of situations, and seeking social support. It is precisely these strategies that help reduce the intensity of the negative impact of stressors and contribute to the restoration of psychological resources. In contrast, problem avoidance, emotional distancing and passive behavioural strategies are associated with a decline in professional effectiveness and an increased risk of developing chronic burnout.

Fifthly, it has been established that the professional resilience of psychologists in the security and defence sector is systemic in nature and is determined not only by individual personality traits, but also by the characteristics of the organisational environment, the level of social support, the availability of supervisory support, and the overall culture of professional interaction within security sector institutions. Conditions of martial law significantly heighten the importance of organisational

resources, as individual capacities for self-regulation prove insufficient for the full restoration of mental well-being.

Sixthly, the findings suggest that, without the implementation of systematic psychological support measures, there is a high risk of a gradual decline in the professional resilience of specialists, which could have a negative impact on both their personal well-being and the effectiveness of the entire psychological support system within Ukraine's security and defence sector. In this regard, the implementation of programmes for the prevention of professional burnout, regular supervision, the development of self-regulation skills and the formation of resilient professional communities becomes particularly relevant.

Thus, the present study confirms the complexity and multidimensional nature of the phenomenon of professional resilience among psychologists in wartime conditions and highlights the need for further scientific investigation into the mechanisms of its formation, maintenance and development. Prospects for further research relate to an in-depth analysis of the effectiveness of specific intervention programmes aimed at enhancing resilience, as well as the development of practical models for psychological support for security and defence sector professionals in the context of protracted crisis situations.

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