

THE IMPACT OF A FULL-SCALE RUSSIAN-UKRAINIAN WAR OF 2022 ON THE PSYCHOLOGICAL STATE OF A PERSON

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Relevance of the topic. On February 24, 2022, the morning sky of Ukraine lit up with the explosions of Russian missiles and aerial bombs, and a full-scale Russian-Ukrainian war began, which has affected the everyday life of Ukrainians, their relationships, emotional experiences, personal values, daily life, professional and educational activities.

We could not have imagined that the words about war, explosions, bombarding, combat actions that we remember from history textbooks, fiction, documentaries and feature films, would turn into today's terrible reality. We could not have imagined that Ukrainians would hide and live in shelters, witness massive missile attacks on cities and drone attacks, hear the rumble of tanks, combat helicopters and planes, see enemy vehicles over the road during the evacuation from the shelling of Kyiv, see and hear from the news tragic footage of destroyed cities and villages after bombing, occupation, abuse, killings, torture.

During the war people, who have experienced traumatic events, have undergone changes in outlook and behavior. They have suffered psychological injuries and disorders, confusion, an inability to control their emotions, feelings of grief, panic attacks, fear for their own lives, fear of enslavement, fear of torture, uncertainty and instability, consequences of which will become an obstacle in everyday life. Psychological traumatization and changes in everyday life have led to the emergence of a significant societal need for reflection, mastery and psychological adaptation to new conditions of existence, thereby presenting Ukrainian psychologists with a number of urgent tasks that require understanding, transformation and adaptation of medical and psychological assistance during the war.

Research results. Therefore, the goal of our work was to study and analyze the dynamics of the impact of the full-scale Russian-Ukrainian war (2022–2023) on the human psyche: in the first days of the war and one year of the war.

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Through theoretical analysis of research, we have found that an individual's psychological response during the full-scale Russian-Ukrainian war varies from a lower to a higher level. We identified and characterized the factors affecting the human psyche during a full-scale war [1; 4; 6]. We have identified the symptom complexes of the emotional experiences of the war. The psychological state of Ukrainians is currently not stable, this is caused by the circumstances they are in. Therefore, changes in mood (from anger to anxiety and sadness) and a sequential intensification of symptoms can be observed with the introduction of enemy information-psychological operations [3; 4], as well as a change in thoughts and attitudes towards the enemy due to Russia's full-scale invasion of Ukraine. People have altered their attitude towards Russia, which has become negative and toxic [2; 5].

From the first weeks of the full-scale war, we began studying the impact of a full-scale invasion on the psychological state of a person. In order to analyze the psychological symptom complex of experiences as a result of a psychologically traumatic situation (war), we conducted a survey using a questionnaire in Google form format. The survey was conducted from February 28 to March 20, 2023. 101 respondents from different cities and regions of Ukraine took part in the survey. The survey was conducted in two stages: 1st stage – "The impact of military operations as a result of the full-scale invasion of Russia into Ukraine (February 24, 2022) on the psychological state of a person in the first days of the war (2022)"; 2nd stage – "The impact of military operations as a result of the full-scale invasion of Russia into Ukraine (February 24, 2022) on the psychological state of a person one year into the war (2023)". Each stage included 30 closed-ended questions, correlated with three blocks, which cover the following areas: emotional experiences (psycho-emotional experiences), personal experiences (feeling of safety, understanding of one's own experiences), psychosomatic experiences (feeling of physical health). The specified areas are identified by us as systemic psychological structures that require in-depth research in order to further optimize the adaptive capabilities of a person during war.

In our research took part respondents of youth age (aged 17 to 21) – 18 people, early adulthood (aged 21 to 36) – 55 people, mature adulthood (aged 36 to 55) – 23 people, old age (aged 55 and above) – 5 people. The gender ratio of the survey is not the same: 76 female and 25 male respondents.

101 respondents from 11 regions of Ukraine (Kyiv region, Volyn region, Dnipropetrovsk region, Donetsk region, Zhytomyr region, Lviv region, Odesa region, Sumy region, Kharkiv region, Khmelnytskyi region, Chernihiv region) took part in the survey. The data of the regions of Ukraine according to the answers of the respondents are shown in the diagram (Figure 1).

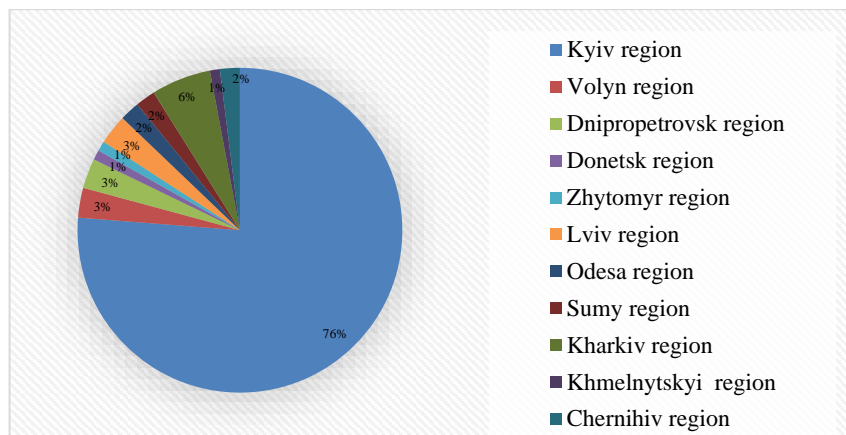


Figure 1. Regions of Ukraine from which respondents participated

Based on the analysis of respondents' answers to the first and second stages of the research, we identified the most significant criteria.

In the first stage: in block 1 "emotional experiences", the most prominent criteria are emotional experiences and uncertainty and instability – answered by 92.1% of respondents (according to both criteria); in block 2 "personal experiences": anxiety from shelling is the most significant criterion – answered by 88.1% of respondents; in the 3rd block "psychosomatic experiences": the most significant criterion is fear for the physical safety of loved ones – 95%.

In the second stage: in block 1 "emotional experiences", the most significant criterion is negative emotions caused by the war – answered by 81.2% of respondents; in block 2 "personal experiences": the most significant criterion is stress from siren sounds – answered by 65.3%; in block 3 "psychosomatic experiences": the most significant criterion is fear for the physical safety of loved ones – 79.2%.

Based on the analysis of respondents' answers, it was determined that anxiety decreased after a year of war (from 88.1% to 56.4%), as a result of people's adaptation to traumatic factors, repetition of traumatic experiences – these are protective mechanisms of the psyche. Uncertainty and instability changed during the year of the war to confusion due to the war, and the indicator of these criteria decreased (from 92.1% to 46.5%) due to constant access to information and news. Since the beginning of the full-scale invasion, the respondents had a fear for the physical safety of their loved ones, which decreased after a year of war, but still remained at a fairly high level (from 95% to 79.2%). The reasons for such dynamics of this criterion may be the removal

of relatives and friends from the country, from the "hot spots" of hostilities to safer cities.

Conclusions

1) The factors influencing the personality during the full-scale Russian-Ukrainian war were studied and 3 main factors affecting the course of experiencing the state of war were identified, namely: violation of the basic sense of security of the individual, fear, stress and a rapid change in living conditions.

2) The analysis of the dynamics of the impact of the war from the first days and after a year of the war showed that a person adapts to the psycho-traumatic events occurring around them due to the stabilization of the psycho-emotional sphere and the development of new cognitive structures that allow to expand the understanding of the current situation and, thereby, reduce anxiety and develop new patterns of behaviour in the ongoing war situation.

3) High scores on the factor "Fear for personal safety and the safety of loved ones" indicate that an individual's basic sense of security remains one of the most profound and significant experiences. It is fundamental to understanding the value of one's own existence and shaping the vision of the future.

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