

PSYCHOLOGICAL SCIENCES

ADAPTATION OF INTERNALLY DISPLACED PERSONS TO NEW CULTURAL CONDITIONS THROUGH THE PRISM OF RESILIENCE

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DOI: <https://doi.org/10.30525/978-9934-26-672-0-18>

The adaptation of internally displaced persons (IDPs) to a new sociocultural environment in Ukraine is a complex multidimensional process that encompasses psychological, social, and cultural aspects of human life [1]. In the context of ongoing sociocultural transformations, forced displacement becomes a significant source of psycho-emotional stress, affecting personal identity, social relationships, and systems of values [2].

Psychological resilience – the ability of individuals to maintain emotional balance and effectively adapt to adverse circumstances - serves as a key resource for coping with stress and sustaining the psychosocial well-being of IDPs [3]. In the context of adaptation, resilience includes not only internal personal resources but also social support, cultural rootedness, and access to psychological assistance systems [4].

Socio-psychological adaptation of IDPs involves the process of integration into a new sociocultural environment while preserving stable self-esteem, self-concept, and cultural identity. It includes the development of adaptive behavioral strategies, the formation of new social ties, and the internalization of norms of the host community [1; 2]. At the same time, adaptation requires the reconsideration of life plans, transformation of social status, and the development of intercultural interaction skills.

Social support from family members, community initiatives, volunteer organizations, and professional psychologists plays a crucial role in the process of psychological adaptation. We agree with the position of Ukrainian researchers V. Pundiev and K. Volska, who emphasize that social support acts as a stress buffer, promotes the restoration of personal resources, and expands opportunities for social integration [4, p. 69]. Accordingly, psychological interventions should be aimed at strengthening emotional resilience, developing self-regulation and effective coping skills, and supporting long-term life perspectives.

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The adaptation of internally displaced persons takes place against the background of identity transformation, which involves preserving personal values and cultural traditions in a new sociocultural reality [1]. Maintaining identity functions as a factor not only of psychological stability but also of successful integration into local communities.

Psychological studies indicate that the development of resilience provides a foundation for personal growth even under conditions of prolonged stress and uncertainty, as it facilitates the re-evaluation of life priorities and the formation of long-term adaptation strategies [3].

Thus, psychological resilience is a key resource for the adaptation of internally displaced persons to new sociocultural conditions. It ensures psychosocial stability, promotes social integration, and supports emotional well-being in the context of societal transformation.

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