

Бутенко Н.В.¹, Александров Д.О.¹, Охріменко І.М.²**Особливості соціально-психологічної адаптації вимушених переселенців внаслідок війни в Україні до нових умов життя**¹Київський національний університет імені Тараса Шевченка, м. Київ, Україна²Національна академія внутрішніх справ, м. Київ, УкраїнаButenko N.V.¹, Aleksandrov D.O.¹, Okhrimenko I.M.²**Peculiarities of social and psychological adaptation of displaced persons to new living conditions as a result of the war in Ukraine**¹Taras Shevchenko National University of Kyiv, Kyiv, Ukraine²National Academy of Internal Affairs, Kyiv, Ukraine

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Introduction

The analysis of the peculiarities of social and psychological adaptation (hereinafter referred to as SPA) to the new socio-cultural conditions of displaced persons (internally displaced persons (IDPs)) who relocated to other communities of Ukraine, as well as persons who left the country due to military actions (refugees), constitutes an important area of research for the development of new technologies of social and psychological support aimed at facilitating the integration of displaced persons into the new environment [1]. Indicators of SPA, such as tolerance, strategies for building interpersonal relationships, or, conversely, self-isolation, may either contribute to or hinder the process of adaptation and integration of displaced persons into a new socio-cultural environment [2]. Many researchers have studied the indicators of displaced persons' SPA [3–5]. The most expressive ones related to the displaced persons' SPA include those that facilitate or impede their integration into social relations in the new environment (for example, with representatives of the local population of the host country) [6].

It should be borne in mind that social work and psychological assistance to IDPs and refugees differ fundamentally, as the former are located within the borders of a warring state, while the latter are in safe conditions abroad, which makes their psychological characteristics significantly different [7–9]. Thus, IDPs experience not only the danger of rocket attacks, but also difficulties in adapting to unfamiliar socio-cultural living conditions and integrating into host communities. This is due to interregional differences in cultural codes, mentalities, traditions, customs, dialects, etc., that complicate their SPA to the specific living conditions of the host community. Therefore, the research into the peculiarities of the social and psychological adaptation of displaced persons (internally displaced persons and refugees) resulting from the Russian-Ukrainian war to new socio-cultural living conditions is necessary to improve social work and psychological practice aimed at supporting

displaced persons in their adaptation to the new socio-cultural environment and integration, which is crucial for restoring their life potential.

The aim of the study is to investigate the peculiarities of the social and psychological adaptation of displaced persons (internally displaced persons and refugees) resulting from the Russian-Ukrainian war to new socio-cultural living conditions.

Object, materials and research methods

Participants. The research was conducted between 2022 and 2024 in the course of psychological work with IDPs in host communities in Lviv and Ivano-Frankivsk oblasts (Ukraine) and in places of local residence (shelters) of refugees who migrated to Finland and Spain. The empirical basis of the research consisted of 574 individuals aged 20–60. The research involved 574 displaced persons, who were divided into two groups: the experimental group (EG), which included IDPs residing in Ukrainian communities (n = 312), and the control group (CG), which included refugees who had migrated abroad (n = 262). Age, gender, marital status, occupation, education, and financial security were not criteria for selecting participants for the research groups; the primary criterion was the status of displaced persons (IDPs or refugees) and their consent to participate in the study.

Research methods. Analysis of literary sources, methods of psychodiagnostics (to study the peculiarities of displaced persons' SPA), and methods of mathematical statistics. 20 sources from databases such as Web of Science Core Collections, Scopus, PubMed, Index Copernicus, and others were analyzed. The primary focus of the search for scientific information was the issue of displaced persons' SPA concerning the conditions of their new living environment.

Four psychodiagnostic methods were used to examine the peculiarities of the social and psychological adaptation of displaced persons: the method for diagnosing SPA, the method for diagnosing interpersonal relationships, the method for express diagnostics of a person's level

of social isolation, and the express questionnaire known as the "Tolerance Index."

The method for diagnosing social and psychological adaptation (C. R. Rogers and R. F. Dymond) (adapted by D. O. Aleksandrov) allows for the assessment of the following indicators: adaptability, self-acceptance, acceptance of others, emotional comfort, locus of control, dominance, and escapism. The level of indicators' development is expressed in percentage values [10; 11]. The method for diagnosing interpersonal relationships (W. Schutz) is aimed at measuring the following indicators: Ie – inclusion expressed, Iw – inclusion wanted, Ce – control expressed (responsibility), Cw – control wanted (decision-making), Ae – affection expressed (to close relationships), Aw – affection wanted (for new close relationships) [12]. The method for express diagnostics of a person's social isolation level (D. Russell and M. L. Ferguson) is applied [13]. The express questionnaire known as the "Tolerance Index" includes the following scales: general level of tolerance, tolerance to strangers, social tolerance, and tolerance as a personality trait [14].

Research organization. The research was conducted in three stages. The first stage consisted of an analytical literature review on the research topic. The second stage involved diagnostic work using the selected methods. The third stage provided processing, mathematical and statistical analysis, generalization of indicators, and data interpretation. The results were processed and interpreted at the Department of Social Work, Faculty of Psychology, Taras Shevchenko National University of Kyiv (Kyiv, Ukraine) and the Department of Legal Psychology, National Academy of Internal Affairs (Kyiv, Ukraine).

Statistical analysis. The mathematical and statistical method was used to process the experimental data obtained. The reliability of the difference between indicators presented as percentages was assessed using Pearson's Chi-square (χ^2) criterion. The reliability of the difference between the indicators presented as average value was assessed using Student's test (t). The reliability of the difference was set at $p < 0.05$.

Ethical approval. The research was conducted in accordance with the requirements of the Regulations on Academic Integrity of the National Academy of Internal Affairs. This document was approved by the Academic Council of the National Academy of Internal Affairs (protocol No. 5 as of 27.03.2018) and enacted by order of the rector of the Academy (Order No. 422 as of 30.03.2018). Prior consent to participate in the study was obtained from all respondents.

Results

The results of the diagnostics of SPA indicators among IDPs and refugees under conditions of forced migration are presented in Table 1.

It is evident from the compared profiles that almost all indicators of the respondents of both groups are within the average range. It may seem that there are signs of adaptation to new socio-cultural conditions. However, there is reason to believe that the indicators among IDPs are somewhat

worse than those of refugees who have found refuge abroad. It is also worth paying attention to specific indicators of SPA, which, even in the average profile of both categories of displaced people, are worrisome. These include, first of all, the escapism factor, the high value of which demonstrates the tendency of IDPs and refugees to such a maladaptive strategy as running away from problems. Similarly, the low level of dominance indicators in both categories of migrants under study indicates their unwillingness to pursue life goals and actively defend their interests.

Table 1

Comparison of SPA indicators of IDPs (n = 312) and refugees (n = 262) (according to the C. R. Rogers-R. F. Dymond method), %

Categories of respondents	SPA indicators						
	Adaptability	Self-acceptance	Acceptance of others	Emotional comfort	Internality	Dominance	Escapism
IDPs	59.2	46.2	40.6	42.3	32.8	28.5	53.8
Refugees	60.3	74.8	66.4	58.9	62.6	50.3	41.3

The indicator of emotional comfort also demonstrates relatively low values, which may be interpreted as insufficient life satisfaction at the psycho-emotional level, leading to depressed mood, negative emotions, and depressive states in both groups of the respondents.

At the same time, to gain a more detailed understanding of the results, it is worth analyzing the percentage distribution of IDP and refugee respondents demonstrating low, average, and high levels of SPA (Table 2).

It is evident that the majority of IDPs demonstrate an average level of manifestation in terms of the main SPA indicators, except for escapism and dominance. This confirms the patterns described above, which were identified in the analysis of the average profiles. Instead, there are no high indicators in terms of adaptability, self-acceptance, and internality, which demonstrates the difficulties of IDPs' realization in these areas of life. At the same time, almost a quarter of the respondents demonstrate low indicators in terms of their emotional comfort and acceptance of others. This suggests that it is difficult to establish social communication in the new socio-cultural environment due to their tolerance and emotional discomfort.

At the same time, the analysis of the distribution of the refugee respondents who demonstrate high, average, and low levels of the SPA components reveals a somewhat different picture. Among refugees, a higher percentage demonstrate a high level of adaptation, self-acceptance, and acceptance of others and a higher level of emotional comfort, internality, and dominance. This is because they feel more secure abroad in a material and social sense, which makes them feel more confident and facilitates SPA

in a new socio-cultural environment. However, the number of the respondents with a high level of escapism is also relatively high, indicating a tendency to escape from problems rather than to solve them. However, compared to IDPs, refugees demonstrate a higher percentage of resource respondents, which suggests that migrants feel more comfortable abroad. These conclusions are confirmed by the statistical analysis results, where statistically significant differences between the EG and the CG were found for all SPA indicators, except for escapism ($p \leq 0.05-0.001$).

The analysis of the indicators of displaced persons' readiness to interact with representatives of the local population of the host countries showed a significant difference in the traditions and customs of the western and eastern regions of Ukraine. Therefore, the ability of displaced persons to adapt to such different socio-cultural conditions through the development of tolerance and communication skills also determines the success of their integration into host communities. Therefore, let us begin with an analysis of such a SPA indicator as social tolerance, which can be a factor that facilitates or hinders the successful integration of displaced persons into a new socio-cultural environment. Let's look at the average indicators of social tolerance according to the "Tolerance Index" method (Table 3).

The results demonstrate that the overall level of tolerance among displaced persons who migrated within Ukraine (EG) and those who moved abroad (CG) is relatively high, which is a good indicator, as it may serve as a prerequisite for the development of all other components. At the same

time, a low level of tolerance to strangers – as perceived by migrants from host communities with somewhat different socio-cultural characteristics – may become an obstacle in the process of adaptation and integration of migrants to new living conditions. Statistically significant differences between the EG and the CG were found for all studied tolerance indicators ($p \leq 0.05-0.001$).

The results of the comparative analysis of the SPA indicators of interpersonal relationships and social isolation in the new socio-cultural conditions of IDPs and refugees – based on the methods of diagnosing interpersonal relationships (W. Schutz) and the level of social isolation (D. Russell and M. Ferguson) – are presented in Table 4.

The results show that most IDPs have an overestimated level of social isolation, which can lead to difficulties in integrating into the host community. The most acute manifestations are the following indicators: Ae – low values of which among the majority of the respondents indicate that the individual is very cautious when establishing close trusting relationships; Cw – low indicators demonstrate that the individual does not accept control over themselves from the local environment of the host party; Ce – low values among the majority of the IDPs indicate that the individual tries to avoid responsibility and has certain signs of entitlement syndrome; Ie – low manifestations demonstrate the discomfort of the IDPs among representatives of the host community, as well as Aw indicators, low values of which among displaced persons indicate caution when choosing people with whom they create

Table 2

Comparison of the percentage of IDPs (n = 312) and refugees (n = 262) depending on the level of SPA indicators' manifestation (according to the C. R. Rogers-R. F. Dymond method), %

SPA indicators	Levels of SPA indicators' manifestation						Reliability of the difference, χ^2 , p
	IDPs			Refugees			
	Low	Average	High	Low	Average	High	
Adaptability	8.7	91.3	0	10.1	75	14.9	$\chi^2=16.286$ p<0.001
Self-acceptance	10.2	89.8	0	9.5	78.1	12.4	$\chi^2=12.930$ p<0.001
Acceptance of others	24.6	69.7	5.7	21.3	50.2	28.5	$\chi^2=18.608$ p<0.001
Emotional comfort	24.6	72.5	2.9	20.1	60.3	19.6	$\chi^2=13.968$ p<0.001
Internality	18.9	81.1	0	18.2	60.6	21.2	$\chi^2=23.854$ p<0.001
Dominance	72.5	24.6	2.9	38.8	39.9	21.3	$\chi^2=27.823$ p<0.001
Escapism	24.6	27.6	47.8	20.8	30.1	49.1	$\chi^2=0.443$ p>0.05

Legend: χ^2 – Pearson's Chi-square criterion value; p – confidence interval.

Table 3

Comparison of IDPs' (n = 312) and refugees' (n = 262) SPA indicators on the express questionnaire referred to as "Tolerance Index", (Mean \pm m), points

SPA Indicators	Categories of respondents		Reliability of the difference, t, p
	IDPs	Refugees	
General level of tolerance	84.65 \pm 0.79	88.43 \pm 1.17	t=2.68 $p \leq 0.05$
Tolerance to strangers	25.93 \pm 0.24	24.76 \pm 0.26	t=3.31 $p \leq 0.01$
Social tolerance	28.16 \pm 0.27	30.23 \pm 0.30	t=5.13 $p \leq 0.001$
Tolerance as a personality trait	30.56 \pm 0.41	33.44 \pm 0.45	t=4.73 $p \leq 0.001$

Legend: Mean – arithmetical mean; m – error of arithmetical mean; t – Student's t-test value; p – confidence interval.

Table 4

Comparison of the percentage of IDPs (n = 312) and refugees (n = 262) depending on the manifestation of their interpersonal relationships and social isolation indicators, %

Indicators of interpersonal relationships and social isolation	Levels of manifestation of interpersonal relationships and social isolation indicators						Reliability of the difference, χ^2 , p
	IDPs			Refugees			
	Low	Average	High	Low	Average	High	
Ie – inclusion expressed	47.7	30.1	22.2	21.5	60.0	18.5	$\chi^2=20.178$ p≤0.001
Iw – inclusion wanted	34.3	43.3	22.4	12.4	23.3	64.3	$\chi^2=36.525$ p≤0.001
Ce – control expressed	63.3	13.3	23.4	11.3	10.3	78.4	$\chi^2=66.343$ p≤0.001
Cw – control wanted	73.4	21.3	5.3	46.5	36.2	17.3	$\chi^2=16.267$ p≤0.001
Ae – affection expressed	73.7	11.1	15.2	36.1	19.7	44.2	$\chi^2=29.435$ p≤0.001
Aw – affection wanted	46.4	37.9	15.7	17.1	57.4	25.5	$\chi^2=19.840$ p≤0.001
Level of social isolation	25.3	30.1	44.6	57.5	32.2	10.3	$\chi^2=34.022$ p≤0.001

Legend: χ^2 – Pearson's Chi-square criterion value; p – confidence interval.

deeper emotional relationships. These signs correspond to an overestimated indicator of social self-isolation, which results in complications in SPA and integration of IDPs into the social aspects of the new environment.

In contrast, refugees who left Ukraine and moved to other countries and wanted to integrate into a new society show statistically significant differences compared to IDPs. Thus, the level of their social isolation is significantly higher than that of IDPs, which is reflected in the indicators of Iw (openness), Ce (internality), Ae (readiness to build new relationships), and Aw (ability to trust others). Naturally, however, in a new country, the indicators of Cw (independence) and Ie (comfort among “strangers”) remain somewhat lower. Nevertheless, given the overall positive trends observed among most refugees, it can be concluded that they are open to new experiences and are ready to adapt to and integrate into a new socio-cultural environment. Thus, the results of the research indicate that there are significant differences between IDPs and refugees in most indicators of SPA in new living conditions.

Discussion

The research has revealed some differences in the SPA indicators of IDPs and refugees, which can be explained by the following factors.

Researchers' standpoints [15–17] were confirmed, according to which displaced persons abroad were provided with a wide range of social services and economic guarantees. These safe living conditions outside military threats contribute to a more successful SPA of refugees. Moreover, migration abroad has opened up new prospects for many Ukrainians to integrate into other countries, which refugees perceive and assess as more prosperous than Ukraine, even in pre-war times.

The psychological problems of IDPs' adaptation in host communities within Ukraine can be explained by the cognitive dissonance that arises from the realization of significant socio-cultural differences between the population of different regions. As noted by scholars [18–20], displaced persons who chose not to leave the country – fearing a radically

different environment with an unfamiliar language, social norms, and customs – believed that Ukraine was, more or less, a homogeneous country in terms of mentality. Instead, they felt maladjusted when confronted with the fundamental differences across radically different regions. This hinders their successful integration into host communities and even encourages them to return to their abandoned homes, despite the risks of occupation or impending hostilities.

The findings offer an opportunity to increase the effectiveness of social support and psychological assistance measures for displaced people in their new places of residence, aimed at improving their adaptation to unfamiliar socio-cultural conditions and integration into a new living environment.

Prospects for further research

A program of social support and psychological assistance to improve the adaptation and integration of displaced people into the new socio-cultural environment of host communities is planned to be substantiated.

Conclusions

It was found that the following indicators play a leading role in the profile of internally displaced persons of the EG in terms of their social and psychological adaptation to new living conditions: adaptability, self-acceptance, acceptance of others, emotional comfort, internality, and dominance. In contrast, the adaptation of the CG refugees is significantly influenced by such indicators as inclusion expressed, openness, internality, autonomous decision-making, readiness for new relationships, trust in the new environment, and tolerance.

It was also established that the social and psychological adaptation of displaced persons to the new social and cultural environment depends on the effectiveness of social support and psychological assistance aimed at fostering internality, determination, personal responsibility, tolerance to representatives of the host country, harmonization of self-acceptance, and rejection of unproductive tendencies to escapism.

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Results. It was found that the following indicators play a leading role in the profile of internally displaced persons of the EG in terms of their social and psychological adaptation to new living conditions: adaptability, self-acceptance, acceptance of others, emotional comfort, internality, and dominance. In contrast, the adaptation of the CG refugees is significantly influenced by such indicators as inclusion expressed, openness, internality, autonomous decision-making, readiness for new relationships, trust in the new environment, and tolerance.

Conclusions. It has been found that the social and psychological adaptation of displaced persons to the new social and cultural environment depends on the effectiveness of social support and psychological assistance aimed at fostering internality, determination, personal responsibility, tolerance to representatives of the host country, harmonization of self-acceptance, and rejection of unproductive tendencies to escapism.

Key words: social and psychological adaptation, integration, displaced persons, interpersonal relationships, social isolation.

Мета роботи – дослідити особливості соціально-психологічної адаптації вимушених переселенців (внутрішньо перемішених осіб (ВПО) та біженців) російсько-української війни до нових соціокультурних умов життя.

Матеріали та методи. Дослідження проводилося у 2022–2024 роках під час психологічної роботи серед ВПО у приймаючих громадах Львівської та Івано-Франківської областей (Україна), а також у місцях локального проживання (шелтерах) біженців, які мігрували до Фінляндії та Іспанії. Емпіричну базу дослідження склали 574 особи у віці 20–60 років. У дослідженні взяли участь 574 вимушених переселенців, з яких було сформовано дві групи: експериментальну (ЕГ), до якої увійшли внутрішньо переміщені особи у громади України (n=312), та контрольну (КГ), до якої увійшли біженці, які мігрували за кордон (n=262). Вік, стать, сімейний стан, професія, освіта, фінансове забезпечення не були критеріями відбору учасників дослідження у групи, основним критерієм був статус вимушених переселенців (внутрішньо переміщені особи або біженці), а також їх особиста згода взяти участь у дослідженні. Для дослідження особливостей соціально-психологічної адаптації вимушених переселенців було застосовано 4 психодіагностичні методики: методика діагностики соціально-психологічної адаптації; методика діагностики міжособистісних відносин; методика експрес-діагностики рівня соціальної ізоляваності особистості; експрес-опитувальник «Індекс толерантності». Методика діагностики соціально-психологічної адаптації (К. Р. Роджерс та Р. Ф. Даймонд, у адаптації Д. О. Александрова) дозволяє дослідити такі показники: адаптивність, прийняття себе, прийняття інших, емоційний комфорт, локус контролю, домінантність та ескапізм. Методика діагностики міжособистісних відносин (В. К. Шутц) спрямована на вимірювання таких показників: Іе – відчуття серед людей; Іw – замкненість–афіліація; Се – екстернальність–інтернальність (відповідальності); Сw – незалежність–несамостійність (прийняття рішень); Ае – обережність–відкритість (близьким стосункам); Аw – недовірливість–готовність (до нових близьких стосунків). Методика експрес-діагностики рівня соціальної ізоляваності особистості (Д. Расселл та М. Л. Фергюсон) призначена для визначення ступеня соціальної ізоляваності особистості, містить 20 запитань та оцінюється від 0 до 60 балів. Експрес-опитувальник «Індекс

толерантності» містить наступні шкали: загальний рівень толерантності, толерантність до чужинців, соціальна толерантність, толерантність як риса особистості.

Результати. Встановлено, що у профілі внутрішньо переміщених осіб ЕГ провідну роль у соціально-психологічній адаптації до нових умов життя відіграють такі показники: адаптивність, прийняття себе та інших, емоційний комфорт, інтернальність та домінантність. Натомість, в адаптації біженців КГ важливого значення набувають такі показники: відчуття серед людей, відкритість, інтернальність, самостійність прийняття рішень, готовність до нових стосунків, довіра до нового оточення, толерантність. Це можна пояснити тим, що за кордоном переселенців забезпечили широким спектром соціальних послуг та економічних гарантій, що разом із умовами реально безпечного проживання за межами військових загроз сприяє більш успішній соціально-психологічній адаптації біженців. Також, міграція за кордон для багатьох українців відкрила перспективи інтегруватися у інших країнах, які сприймаються та оцінюються біженцями як більш благополучні, ніж Україна. Психологічні проблеми адаптації внутрішньо переміщених осіб у приймаючих громадах в межах України можна пояснити когнітивним дисонансом, що виникає через усвідомлення суттєвих соціокультурних відмінностей між населенням різних регіонів. Це заважає їм успішно інтегруватися до приймаючих громад і навіть спонукає повертатися до своїх покинутих домівок, незважаючи на ризики окупації чи наближених бойових дій.

Висновки. Виявлено, що соціально-психологічна адаптація вимушених переселенців до нового соціокультурного середовища залежить від ефективності соціальної підтримки та психологічної допомоги, спрямованої на формування інтернальності, рішучості, особистісної відповідальності, толерантності до представників приймаючої сторони, гармонізації самоприйняття та відмови від непродуктивних тенденцій до ескапізму.

Ключові слова: соціально-психологічна адаптація, інтеграція, вимушені переселенці, міжособистісні відносини, соціальна ізоляція.

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