








ORIGINAL

## Wartime Challenges for Youth: Social Psychology Approaches and Opportunities for Adaptive Coping

### Retos de la juventud en tiempos de guerra: Apreciaciones de la psicología social y oportunidades de adaptación

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#### ABSTRACT

**Introduction:** in the context of the long-term military conflict a special attention is paid to the problem of socio-psychological adaptation of the young personality. It has been determined that the social environment, characterized by a significant level of frustration factors, has a significant impact on mass consciousness, in particular on the psychological state of youth, forming conditions for increased socio-psychological vulnerability.

**Method:** the work uses an interdisciplinary approach using general scientific methods of cognition: synthesis, systematization and generalization. For empirical analysis, statistical data processing methods, psychological methods of diagnosing adaptation strategies, as well as analysis of behavioral and cognitive models of overcoming difficult life situations were used.

**Results:** typological features of youth personality adaptation were established, characterized by cognitive, conative and emotional components. It was found that different types of adaptation significantly affect self-esteem, social activity and resilience of young people to psychotraumatic influences associated with military conflict. Emphasis is placed on the need to develop innovative concepts of mass consciousness regulation through the targeted use of mass communication tools, which is critically important for maintaining mental health and social stability.

**Conclusions:** the paper proposes a conceptual approach to the development of programs for the socio-psychological adaptation of youth in conditions of military operations, with an emphasis on preventing frustration states, neurotic disorders, and psychological trauma by taking into account destructive life attitudes and value orientations.

**Keywords:** Adaptation Strategies; Psychological Resilience; Psycho-Emotional State of Youth; Socio-Psychological Adaptation; Youth in War Conditions.

#### RESUMEN

**Introducción:** en el contexto de un conflicto militar de larga duración, se presta especial atención al problema de la adaptación sociopsicológica de la personalidad juvenil. Se ha determinado que el entorno

social, caracterizado por un nivel significativo de factores de frustración, tiene un impacto significativo en la conciencia colectiva, en particular en el estado psicológico de los jóvenes, creando condiciones para una mayor vulnerabilidad sociopsicológica.

**Método:** el trabajo utiliza un enfoque interdisciplinario empleando métodos científicos generales de cognición: síntesis, sistematización y generalización. Para el análisis empírico, se emplearon métodos estadísticos de procesamiento de datos, métodos psicológicos para el diagnóstico de estrategias de adaptación, así como el análisis de modelos conductuales y cognitivos para la superación de situaciones vitales difíciles.

**Resultados:** se establecieron las características tipológicas de la adaptación de la personalidad juvenil, caracterizadas por componentes cognitivos, conativos y emocionales. Se encontró que diferentes tipos de adaptación afectan significativamente la autoestima, la actividad social y la resiliencia de los jóvenes a las influencias psicotraumáticas asociadas al conflicto militar. Se enfatiza la necesidad de desarrollar conceptos innovadores para la regulación de la conciencia colectiva mediante el uso específico de las herramientas de comunicación, lo cual es crucial para mantener la salud mental y la estabilidad social.

**Conclusiones:** el artículo propone una aproximación conceptual al desarrollo de programas de adaptación socio-psicológica de jóvenes en condiciones de operaciones militares, con énfasis en la prevención de estados de frustración, trastornos neuróticos y traumas psicológicos tomando en cuenta actitudes destructivas de vida y orientaciones valorativas.

**Palabras clave:** Adaptación Socio-Psicológica; Estrategias de Adaptación; Estado Psico-Emocional de los Jóvenes; Jóvenes en Condiciones de Guerra; Resiliencia Psicológica.

## INTRODUCTION

In modern scientific discourse, the study of socio-psychological processes that determine the adaptation mechanisms of young people to the conditions caused by the full-scale military aggression of the Russian Federation against Ukraine is of particular importance. Given the unprecedented challenges associated with the impact of war on the psyche of young people, the study of psychological states of the individual in the phases of acute adaptation to the shock environment from the point of view of modern theoretical and practical principles of psychological science is extremely relevant.

The issue of personal adaptation in conditions of military conflict is considered key in the context of the formation of resistance to stressogenic influences, the reconstruction of behavioral models and the transformation of the social identity of young people. Changes in the social environment caused by the war are profound and comprehensive, which requires young people to have a high ability for personal flexibility, psychological stability and rapid adaptation to new living conditions.

Traditional adaptation strategies that were effective in peacetime no longer meet the requirements of modern realities, which are constantly changing and accompanied by a high level of instability and threats. In this regard, significant changes are observed in the field of socio-psychological behavior, which are manifested in the formation of new models of self-preservation, rethinking of personal values, as well as in changing cognitive schemes of interaction with society. Personal adaptation in wartime appears not only as a mechanism for maintaining internal balance, but also as a key factor of mental normalization, which provides the subject with the ability to master psychologically traumatic influences. It is the basis for the formation of new personal experience in social communications, contributes to the establishment of an acceptable status in group structures and supports the active life position of the individual in the context of a fast-paced and complex social reality.

In domestic and foreign scientific discourse, a significant amount of empirical and theoretical work has been accumulated on the mechanisms of psychological adaptation in crisis situations,<sup>(1,2,3)</sup> in particular, from an evolutionary point of view, the authors emphasize the multiplicity of discrete forms of adaptive response of the individual. One of the key components of individual adaptation in conditions of military conflict is attitude, which is considered as an integrative characteristic of readiness for action, which is formed under the influence of personal needs and environmental characteristics. It is worth noting that in conditions of war, this attitude acquires particular importance in such areas as educational activities, professional self-determination and participation in social processes. An important variable affecting the adaptation of young people is economic determinants, among which scientists distinguish: a decrease in the level of employment, an increase in unemployment, mass forced migration, a general decline in the level of well-being, a decrease in the solvency of the population and a reduction in budget financing of the social sphere.<sup>(4,5,6,7)</sup>

The study obtained experimental data that allowed us to identify two leading types of adaptation: constructive (characterized by active overcoming of difficulties, maintaining psychological balance and positive interaction with the social environment) and destructive (including avoidance of problems, development of

anxiety or depressive states, social isolation). The type of personality adaptation in war conditions is the result of a dynamic interaction between individual mental characteristics, socialization experience, the nature of the social environment, and the degree of threat of external circumstances, which is formed at an early age, but undergoes significant changes during periods of crisis shocks, especially in young people, who are most vulnerable to external influences.

The purpose of the article is to conduct a comprehensive theoretical and empirical study of the phenomenon of socio-psychological adaptation of young people to the conditions of the military conflict caused by the full-scale military aggression of the Russian Federation against Ukraine. The study is aimed at:

1. Identifying the relationship between the type of personal adaptation of an individual and his attitude to the transformations of the social environment that occurred as a result of the war.
2. Conceptualizing the process of adaptation of a young person's personality in wartime, taking into account the specifics of the cognitive, emotional-volitional, and behavioral components of the psyche.
3. Identification of the leading frustrating factors that determine the increased vulnerability of young people to psycho-emotional destabilization, social maladjustment and risky behavioral patterns in crisis conditions.
4. Empirical research into the specifics of young people's attitudes towards war, as well as their strategies for socio-psychological adaptation to a new reality characterized by an increased level of danger, uncertainty and changes in life orientations.

### Literature Review

In modern scientific discourse, adaptation of the individual in conditions of military conflict is considered as a key condition for maintaining psychological stability, social functioning and personal growth. Most psychological concepts define adaptation as a complex dynamic system of reactions that ensures the individual's compliance with new, stressful or crisis conditions of existence.<sup>(8,9)</sup> These approaches become particularly relevant in conditions of full-scale war, which has caused profound social transformations and requires a high level of personal flexibility and cognitive-emotional mobility from young people.

Scientific sources classify adaptation strategies according to various criteria: activity/passivity, direction (internal or external), nature (progressive or regressive), type of interaction with the environment. In particular, internal adaptation involves the reorganization of personal structures and the transformation of behavioral patterns, while external adaptation focuses on functional adaptation to new sociocultural conditions without profound changes in the value system.<sup>(10)</sup> The mixed type of adaptation balances between the preservation of personal identity and the need to respond to the challenges of the external environment.<sup>(11)</sup>

At the same time, empirical data indicate the presence of constructive and destructive models of adaptation. The former are characterized by active overcoming of difficulties, resistance to frustration and positive social interaction; the latter - by a tendency to avoid, social isolation, anxious or depressive states.<sup>(12,13)</sup> The determining factors of the type of adaptation are both individual psychological characteristics and the nature of the social environment, the level of threatening factors, and the presence of previous socialization experience.<sup>(14,15)</sup>

A significant number of studies are devoted to the phenomenon of frustration, which acts as a trigger for launching destructive adaptation mechanisms. This is especially relevant for the youth environment, which is most vulnerable to changes in the social situation of development, limitations in life prospects and the absence of stable conditions for self-realization.<sup>(16)</sup>

It is also relevant to analyze the specifics of the cognitive-affective component of adaptation, in particular, changes in attitude to social transformations that have become a consequence of the war. Researchers note the importance of the educational and professional sphere as a vector of the adaptive orientation of the individual, which determines his desire to maintain functionality and productive activity in conditions of uncertainty.<sup>(17,18)</sup>

At the same time, despite a significant number of theoretical approaches and empirical developments, the phenomenon of the internal structure and dynamics of psycho-emotional states of youth in conditions of war remains insufficiently developed. Special attention is required in cases where adaptation occurs not through active coping, but through a state of "constant adaptability"—a chronic mobilization of resources that can lead to mental exhaustion.<sup>(19)</sup>

Thus, the literature review demonstrates the scientific feasibility of further comprehensive study of the socio-psychological adaptation of youth in conditions of military conflict. Special attention is required for frustration factors, mechanisms of psycho-emotional destabilization, transformation of value orientations, and the formation of stable models of constructive behavior in conditions of social risk.

### METHOD

#### Type of research

The article is interdisciplinary in nature and belongs to applied empirical research. The research was

conducted from January 25, 2024 to January 25, 2025 on the territory of Ukraine in conditions of full-scale war. The research is not a replication, but has an author's methodological basis, integrating psychodiagnostic approaches of Western and Ukrainian scientific schools.

### **General population and sample**

The general population is the youth of Ukraine living in conditions of martial law. The sample was formed from 120 respondents aged 18-25, belonging to socially vulnerable groups (students, budget employees, young veterans). The sample was purposive sampling taking into account the inclusion criteria: age, place of residence in the territory affected by hostilities, absence of diagnosed mental disorders. Exclusion criteria were: the presence of constant medical support from a psychiatrist or psychotherapist, participation in combat operations as a military serviceman.

### **Variables**

The main variables of the study are: the level of personal adaptation; psychoemotional states (rigidity, anxiety, frustration); typical stress coping strategies; level of stress tolerance; internal control (internality/externality); emotional comfort; self-esteem; social tolerance.

### **Data collection methods**

Data collection was carried out using standardized psychodiagnostic tools:

- The method of assessing adaptive potential according to Rogers<sup>(20)</sup> and Dymond<sup>(21)</sup>.
- The rigidity, anxiety and frustration scales according to Eysenck<sup>(22)</sup>.
- The Holmes et al.<sup>(23)</sup> life events scale for measuring the level of stress.
- The questionnaire of coping strategies according to the Amirkhan<sup>(24)</sup> method.
- Coping mechanisms scale according to the concept of Lazarus et al.<sup>(25,26)</sup>.

### **Data processing**

The obtained empirical data were processed using methods of mathematical and statistical analysis (descriptive statistics, frequency distributions, comparative analysis). SPSS and Excel software packages were used for processing. The results are presented in the form of percentages, which allows you to visualize the dynamics of adaptive characteristics of young people.

### **Ethical standards**

The study was carried out in compliance with the code of ethics of a psychologist. All respondents provided informed voluntary consent to participate in the study. Anonymity, confidentiality and the right to refuse at any stage of the study were guaranteed. The study did not involve psychological intervention or influence on the mental state of the participants.

## **RESULTS**

### **Frustrating Factors of Socio-psychological Maladjustment of Young People in the Context of the War in Ukraine**

In the context of the full-scale war unleashed by the Russian Federation against Ukraine, the socio-economic space has transformed into an extremely turbulent environment, which has complicated the processes of adaptation of young people to new realities. Among the key frustrating factors that determine adaptation mechanisms, economic destabilizers dominate, in particular, a decrease in the level of employment, an increase in unemployment, mass internal and external migration, a general decrease in the level of well-being of the population, as well as a crisis of solvency, accompanied by a shortage of budgetary resources for the implementation of social programs. These processes form a threatening environment in which historically established socio-cultural traditions, values, and models of social interaction are being undermined.<sup>(5)</sup>

Despite the intensive dynamics of state-building processes, Ukraine's integration into the international political space and the growth of its role as a global security actor, the prolonged war causes systemic internal instability. Ongoing military operations in many regions, extreme forms of violence, political turbulence, terrorist threats and coup attempts constitute a sense of uncertainty about the future and psychological vulnerability among young people.<sup>(27)</sup> It is also worth noting that this is reinforced by the pressure of the information environment, which captures dangers not only of a local but also of a cross-border scale, integrating existential fears into the mental structures of young people. Given the significant regional heterogeneity, which encompasses educational, economic, ethnocultural, religious, climatic and demographic characteristics, young people, as active social subjects, are forced to adapt to situations in a heterogeneous environment. Mass movement within the country, caused by the search for a safe place to live and sources of economic self-realization, leads to cognitive dissonance, loss of local identity and the need to adapt to new social norms. This

increases the risks of psychological instability for both migrants and the indigenous population of the receiving regions, highlighting the need for dynamic transformation of adaptation strategies.<sup>(28)</sup>

Disparities in income between individual social groups, as well as the impossibility of establishing macroeconomic equilibrium in the conditions of a war economy, generate persistent states of social tension, disappointment and despair, which accumulate in the collective consciousness. Political fragmentation and economic polarization increasingly provoke psychological trauma, especially vulnerable for the youth cohort, which is in the process of forming social identity. Global transformation processes, covering the socio-economic, political and cultural spheres, have a cumulative impact on changing value orientations, behavioral patterns and the system of moral and ethical coordinates in the youth environment.<sup>(4)</sup> In these conditions, it is the ability to adapt that is considered a critically important determinant of psychosocial well-being.

In the field of scientific reflection, psychology distinguishes two fundamental approaches to analyzing the phenomenon of personality adaptation. The first is ascertaining, focused on quantitatively fixing the levels of adaptation without in-depth analysis of their substantive nature. The second is systemic, which provides the opportunity to reconstruct the structural and functional content of adaptation, revealing the mechanisms of transformation of the personality of a young person in conditions of prolonged war and constant uncertainty.

### **Structural and Functional Organization of Adaptation of the Personality of a Young Person in Wartime Conditions**

In the context of the full-scale armed aggression of the Russian Federation against Ukraine, the structural model of adaptation of the personality of young people acquires a complex, multi-component character, which necessitates its systematic analysis. According to the conceptual model of the author's vision, the adaptation process is represented through three basic components - cognitive, emotional and conative - which act as key determinants of stabilization of the psychosocial functioning of young people in the conditions of the extreme social environment of wartime.<sup>(29)</sup>

The cognitive component of adaptation reflects the processes of perceptual processing and cognitive transformation of social reality, which are implemented through the mechanisms of assimilation and accommodation in social space. It is these mechanisms that ensure the formation of primary ideas about social interaction, the level of its acceptability and personal satisfaction with it. Therefore, the cognitive component serves as a determinant of the formation of individual attitudes that determine the reactions of young people to social impulses structured by the external environment within the framework of a conflict-generating situation.<sup>(30)</sup>

The emotional component of adaptation represents the personal system of affective assessment of life circumstances, the internal integrity of the "I" concept and the psychoemotional maturity of the subject, and its structural elements include:

- Anxiety - as an emotional background of self-assessment.
- Frustration - as an indicator of tension between personal motivations and objective reality.
- Rigidity - as an indicator of flexibility/rigidity of thinking, empathic ability and adaptive response.
- Aggression - as an ambivalent mechanism for expressing personal demands, which can be implemented both constructively and destructively, depending on the leading motivation.<sup>(31)</sup>

It is worth noting that this component determines the emotional regulation of behavior, its adaptability or maladaptation, stress resistance, and susceptibility to affective disorders within the framework of military reality.

The conative component of adaptation encompasses socioculturally determined ideas about social roles, the normativity of behavior, and practical models of social interaction. This component is based on the internalized experience of social learning and performs the function of operationalizing behavioral strategies that regulate relationships with the social environment. Due to the conditions of war, the conative component acquires particular relevance, since it is it that ensures the productive functioning of the subject in conditions of a disrupted social order.

It is worth noting that the structural interaction of cognitive, emotional and conative components determines the general type of adaptive response - constructive or destructive. However, despite the revealed systematicity, the nature of the influence of individual elements, in particular aggression, on adaptive processes remains polyvalent due to the variability of the motivational structures of the individual.

### **Empirical Study of the Socio-psychological Adaptation of Young People to the Russian War against Ukraine**

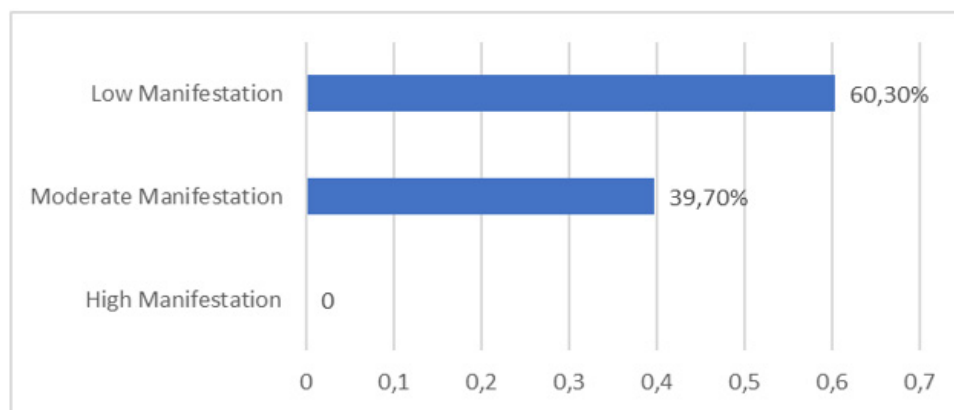
Under the conditions of Russian military aggression against Ukraine, the study of the processes of socio-psychological adaptation of young people as a vulnerable demographic group, which is under the multi-vector influence of socio-political, economic and security transformations, is of particular importance. This study is aimed at identifying the specifics of adaptation mechanisms of young people to wartime conditions and

studying their emotional and value attitude to the Russian war against Ukraine.

As part of an interdisciplinary empirical study, a psychodiagnostic assessment of the level of personal adaptation of representatives of five social categories was carried out: educators, medical workers, young people (including students and budget employees aged 18-25), war veterans and people of retirement age.

The methodological basis of the study is the classical psychodiagnostic approaches of Rogers<sup>(20)</sup> and Dymond<sup>(21)</sup> as well as the author's psychometric scales of Eysenck<sup>(22)</sup> which provided a comprehensive measurement of the levels of rigidity, anxiety and frustration as key markers of the adaptive dynamics of the personality. In order to typify the levels of adaptation, the method of Harasymiv<sup>(32)</sup> adapted to the modern realities of Ukrainian society, was used.

The results of the study, presented in figure 1, demonstrate the following dynamics: 40 % of the surveyed young respondents demonstrate an average level of personal adaptation.<sup>(33)</sup> At the same time, 60 % of young people have a low level of adaptation. No cases of a high level of personal adaptation were recorded within the sample.



Source: Rogers<sup>(20)</sup> and Dymond<sup>(21)</sup>

Figure 1. Indicators of personal adaptation levels among young people based on empirical data, %

The results of a comprehensive psychodiagnostics study conducted among young people aged 18-25 years showed a high degree of variability in adaptive characteristics, reflecting the polymodality of psychoemotional response within the transformational social context caused by the conditions of a full-scale war.

Indicators of self-perception revealed the following trends: 28 % of respondents are within a low level of intrapsychic integration. At the same time, only 14 % of respondents demonstrated a high level of self-perception. The majority of the sample (58 %) demonstrated an average level.

On the scale of acceptance of others, it was found that 34 % of young people have a low level of social tolerance. 63 % of respondents were diagnosed with an average level of acceptance of others, and only 3 % of people demonstrate a high level of empathic acceptance.

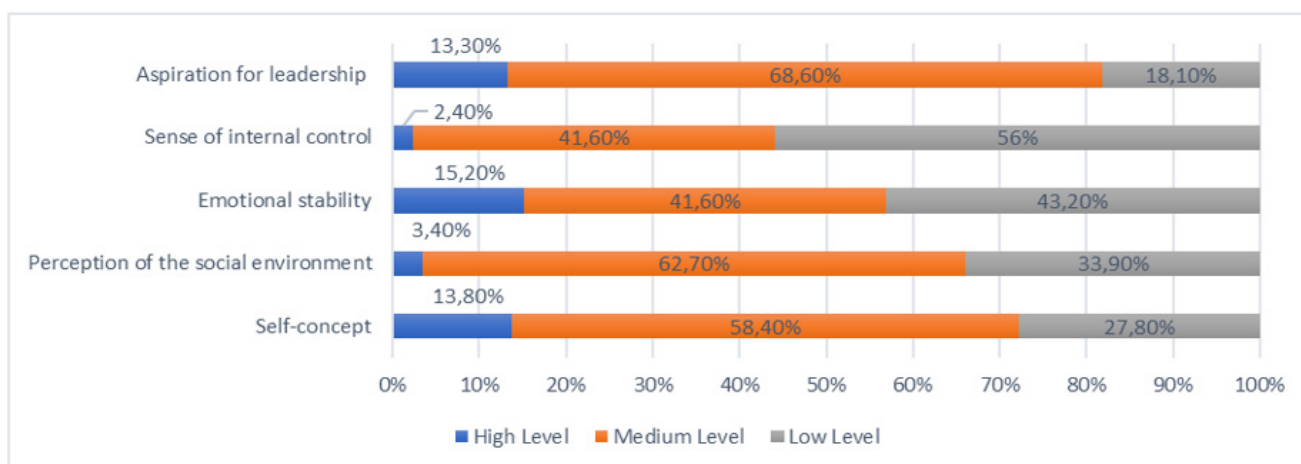
The analysis of emotional comfort showed that 43 % of respondents demonstrate a low level of affective stability, which is manifested in the dominance of symptoms of emotional exhaustion, prolonged psychoemotional tension and reduced indicators of the level of vitality. The average level was recorded in 42 % of people. A high level of emotional comfort was found only in 15 % of young people.

Within the internality scale, the majority of respondents (56 %) revealed an external locus of control. In 42 % of respondents, an average level is observed and only 2 % of respondents have a high level of internality. The results of the scale of striving for dominance revealed that 18 % of respondents demonstrate a low level of dominance. The majority of respondents (69 %) showed an average level, and only 13 % of young people have a high level of striving for dominance.

Figure 2 shows a comparative visualization in percentage terms of the results of the diagnosis of the adaptive potential of the personality, measured according to the criteria formulated in the works of Rogers<sup>(20)</sup> and Diamond.<sup>(21)</sup>

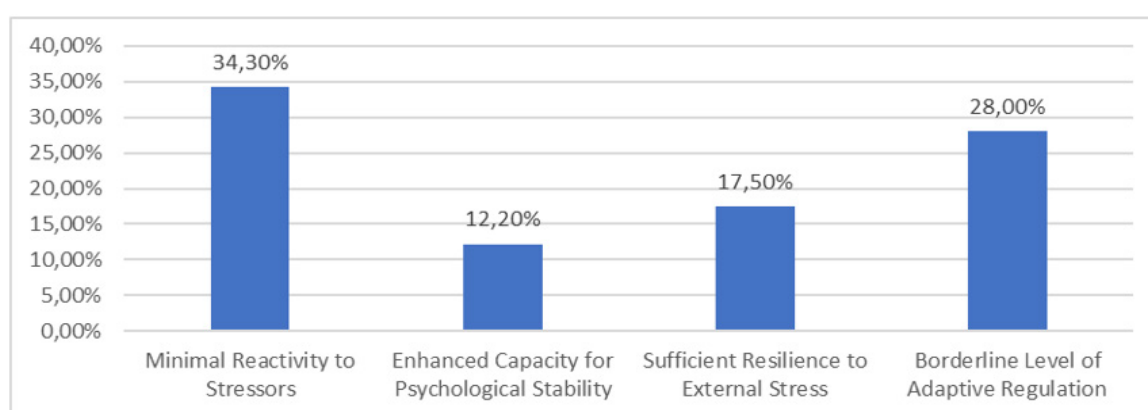
In the course of the study of the socio-psychological adaptation of young people in war conditions, an analysis of the dynamics of stress resistance was carried out using the Holmes et al.<sup>(23)</sup> stress scale, which allows assessing the integrative level of psychophysiological resistance to the action of exogenous stress factors.

According to the empirical data obtained, 34 % of respondents (n = 20) demonstrated a low level of stress resistance. At the same time, 20 % of respondents (n = 12) are noted for a high level of stress resistance. Another 18 % of respondents (n = 11) demonstrated a sufficient level of stress resistance. 28 % of study participants (n = 17) have a threshold level of stress resistance. Figure 3 presents a comparative analysis of quantitative indicators in percentage terms, which allow interpreting the levels of adaptive response of the studied sample.



Source: Rogers<sup>(20)</sup> and Dymond<sup>(21)</sup>

Figure 2. Percentage distribution of indicators of the adaptive potential of a person, %

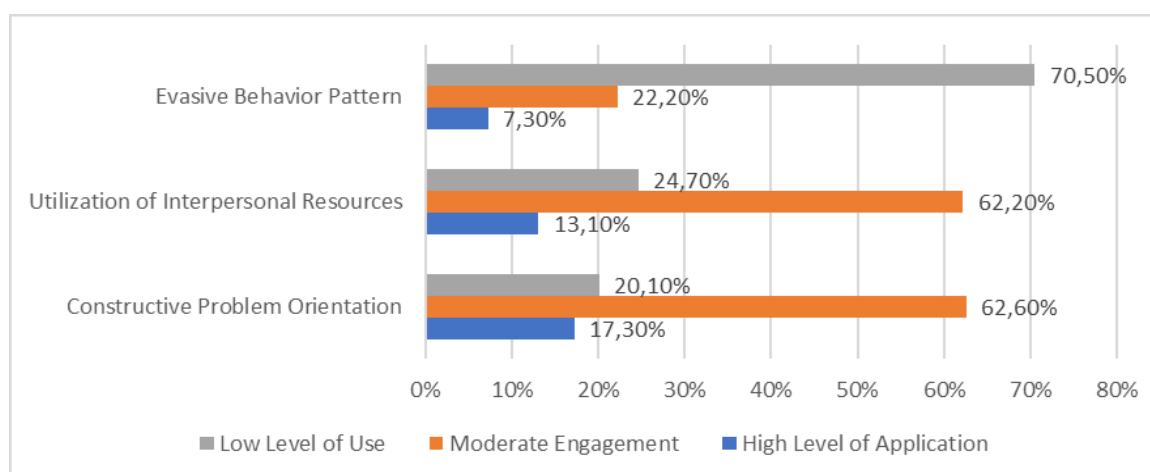


Source: Holmes et al.<sup>(23)</sup> stress scale

Figure 3. Percentage indicators of stress resistance of young people by level differentiation, %

According to the results of the psychodiagnostic assessment of coping strategies according to the Amirkhan<sup>(24)</sup> method, among young people aged 18-25, the prevalence of adaptive forms of behavioral self-regulation in the conditions of stress factors caused by a full-scale armed conflict was revealed.

In particular, on the scale of problem-oriented strategy, which reflects an active response model aimed at cognitive-behavioral processing of a problem situation with the mobilization of internal resources of the individual, 63 % of respondents demonstrated an average level of formation of this strategy, 17 % - a high level, while 20 % of respondents - a low level.



Source: Amirkhan<sup>(24)</sup>

Figure 4. Percentage distribution of indicators of the use of coping strategies for overcoming stressful situations among young people, %

The strategy of seeking social support, which involves turning to the social environment (family, friends, reference persons) as a resource of an emotional and instrumental nature, revealed the following dynamics: 62 % of respondents are at an average level of implementation of this coping strategy, 13 % at a high level, and 25 % at a low level.

Regarding the avoidance strategy, the vast majority of respondents (71 %) demonstrated a low level of its severity, 22 % at an average level, while only 7 % at a high level. This distribution structure indicates a relatively low prevalence of maladaptive coping in the form of avoidance. Figure 4 presents a structural analysis of the percentage values characterizing the dominant coping behavior models in the studied sample.

The analysis of coping strategies implemented by young people in conditions of full-scale war was carried out on the basis of the conceptual model of Lazarus et al.<sup>(25,26)</sup> which involves the study of cognitive-behavioral mechanisms of adaptive response to stressful environmental stimuli.

1. The confrontational coping strategy, which involves an active behavioral response associated with decisive actions aimed at overcoming the problem, was found at an average level in 63 % of respondents (38 people), a high level in 15 % (9 people) and a low level in 22 % (13 people).

2. The distancing strategy is presented in 67 % of respondents (40 people) at an average level, in 20 % (12 people) at a high level, and in 13 % (8 people) at a low level.

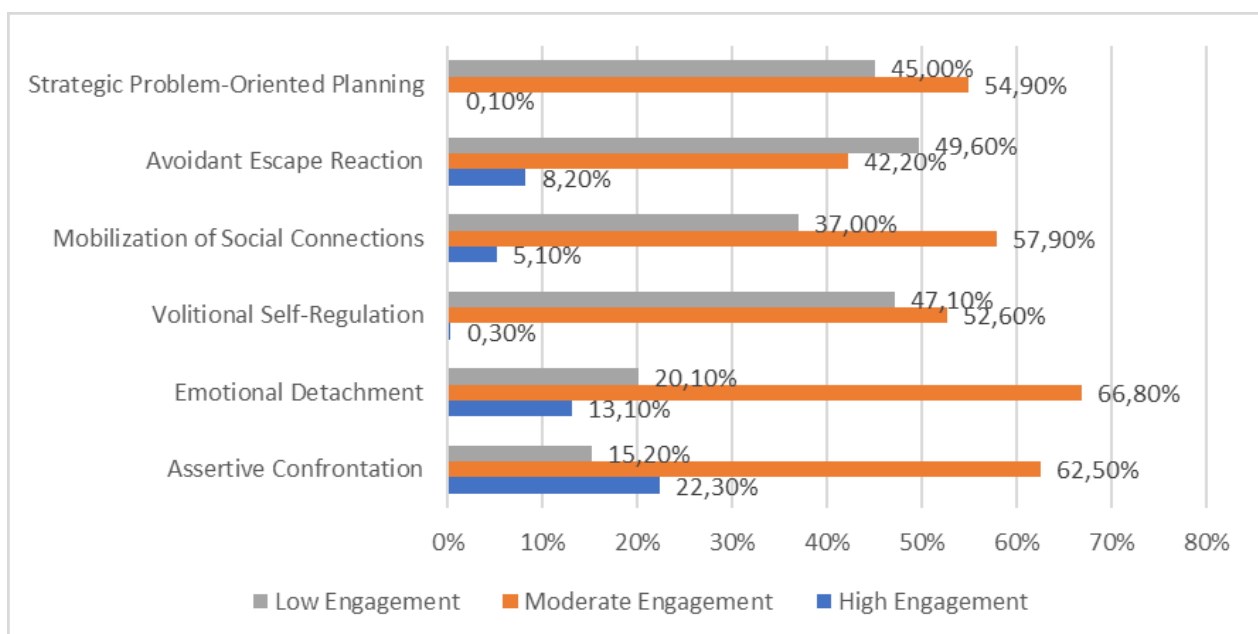
3. Self-control, as a coping strategy that involves managing emotional reactions and behavioral manifestations in stressful conditions, was demonstrated in 53 % of respondents (23 people) at an average level and in 47 % (28 people) at a high level.

4. Appeal for social support, as a strategy of relying on external resources (social environment, institutional assistance, etc.), was recorded in 58 % of respondents (35 people) at an average level, in 37 % (22 people) - at a high level, and in 5 % (3 people) - at a low level.

5. The escape-avoidance scale, which indicates the use of maladaptive forms of behavior (denial of the problem, escapism, fantasy), showed the following results: 50 % of respondents (30 people) - high level, 42 % (25 people) - medium, and 8 % (5 people) - low level.

6. Planning a problem solution is one of the key constructive strategies that involves cognitive assessment of the situation and the formation of a consistent algorithm of actions. 55 % of respondents (33 people) demonstrated an average level of use of this strategy, 45 % (27 people) - a high level, while a low level was not detected.

Figure 5 presents structured percentage data reflecting the relevance of various coping strategies according to the classification of Lazarus et al.<sup>(25,26)</sup> in the studied sample.



Source: Lazarus et al.<sup>(25,26)</sup>

**Figure 5.** Differentiation of levels of coping strategies for overcoming stress among young people, %

In order to ensure the statistical validity of the empirical results, the collected data were processed and analyzed using MS Excel and SPSS Statistics 17.0 software. To verify the reliability of the relationships between the studied psychometric indicators and to assess the effectiveness of the empirical study, the Pearson linear

correlation coefficient was used, which allows us to establish the strength and direction of the relationship between the studied variables.

In particular, to calculate the value of the normalized deviation  $r$ , the formula (1) was used:

$$r_{xy} = \frac{\sum(x_i - \bar{x}) * \sum(y_i - \bar{y})}{\sqrt{\sum(x_i - \bar{x})^2 * \sum(y_i - \bar{y})^2}} \quad (1)$$

Where  $n$  – the number of respondents;  $x$  – the results of sample 1;  $y$  – sample 2.

Within the framework of the empirical study, a correlation analysis was carried out to identify the relationships between the coping strategies used by young people in war conditions and their personal characteristics. For statistical processing of data, the Pearson coefficient was used at the significance level of  $p < 0,05$  and  $p < 0,01$ .

A positive correlation was found between the search for social support and the strategy of systematic problem solving ( $r=447$  at  $p < 0,05$ ). Similarly, a statistically significant relationship was found between seeking social support and avoiding problems ( $r=439$  at  $p < 0,05$ ). Another important aspect is the positive correlation between taking responsibility and seeking social support ( $r=418$  at  $p < 0,05$ ). The statistically significant relationship between the desire for dominance and positive reappraisal is indicative ( $r=376$  at  $p < 0,05$ ). At the same time, an inverse correlation was found between systematic problem solving and the general ability to solve problem situations ( $r=286$  at  $p < 0,01$ ).

Also interesting is the negative correlation between positive reappraisal and the desire for dominance ( $r=-376$  at  $p < 0,05$ ). A significant inverse correlation was also established between internality (awareness of oneself as an active subject of life changes) and the search for social support ( $r=-264$  at  $p < 0,01$ ). This confirms the hypothesis that respondents with a high level of internality are inclined to overcome difficulties autonomously and to a lesser extent seek external help. Finally, a statistically significant positive relationship was established between self-acceptance and the ability to constructively solve problems ( $r=262$  at  $p < 0,05$ ).

The results of the empirical study indicate a relatively low level of socio-psychological adaptation of young people in the current socio-political crisis in Ukraine. This fact justifies the need to develop and implement specialized training programs aimed at increasing the adaptive potential of young people.

In particular, survey data obtained using the methods of personality adaptation of Rogers<sup>(20)</sup> and Diamond<sup>(21)</sup> demonstrate that 60 % of respondents are characterized by low levels of adaptive capabilities. Analysis of the results obtained using the Holmes et al.<sup>(23)</sup> stress scale showed that 34 % of young people have a low level of stress resistance, which indicates a significant expenditure of psycho-emotional resources in the process of confronting stress factors caused by the military situation.

According to the indicators of coping strategies determined by the Amirkhan<sup>(24)</sup> 63 % of respondents are marked by an average level of use of problem-solving strategies, and 62 % - the strategy of seeking social support. This indicates a tendency towards proactive behavior, in which young people seek help from significant social circles (family, friends) in order to effectively overcome life difficulties.

Analysis of coping strategies according to the classification of Lazarus et al.<sup>(25,26)</sup> confirms the active use of adaptive mechanisms by young people: 63 % of respondents are characterized by an average level of confrontational coping, 67 % - distancing, 58 % - seeking social support.

MS Excel and SPSS Statistics 17.0 software packages were used to process statistical data.

Correlation analysis revealed the following significant relationships. An inverse correlation was noted between planning for solving problems and the effectiveness of their solution ( $r=286$  at  $p < 0,01$ ). A significant negative correlation was established between positive overestimation of one's own achievements and the desire for dominance ( $r=-376$  at  $p < 0,05$ ). At the same time, a statistically significant inverse relationship was found between internality and the search for social support ( $r=-264$  at  $p < 0,01$ ). In addition, a statistically significant positive correlation is observed between self-acceptance and the ability to effectively solve problems ( $r=262$  at  $p < 0,05$ ).

## DISCUSSION

The obtained results correlate with numerous theoretical positions that emphasize the crucial role of the balance between the internal and external mechanisms of personality adaptation to ensure the effectiveness of its adaptation in crisis socio-political conditions. In particular, the works of Maksymenko et al.<sup>(8)</sup> emphasize that internal adaptation requires deep functional changes in personality systems, which corresponds to the mechanisms of integration of behavioral models into new social conditions that we have identified.

A detailed analysis of empirical data indicates a significant predominance of a low level of adaptation among young people (60 %), which is accompanied by symptoms of emotional exhaustion, social apathy and latent frustration. These indicators indicate the depletion of internal psychological resources, which is consistent with the position of Maksymenko et al.<sup>(8)</sup> regarding the need for internal restructuring for effective adaptation.

The inverse correlation between internality and seeking social support supports the hypothesis that young people with a high level of self-awareness are less likely to seek external help, preferring autonomous coping strategies.

In parallel, the concepts of Spytka<sup>(9)</sup> which distinguish between external and mixed forms of adaptation, confirm the relevance of the gradual acquisition of adaptive skills. This was confirmed in the study, which revealed a tendency to form constructive coping strategies, such as problem-oriented behavior (63 %) and seeking social support (62 %), which indicates a combination of internal reflection and external interaction in the adaptation process. At the same time, the limited use of avoidance strategies (only 7 % with a high level) indicates a relatively low level of a unique behavioral pattern and the presence of basic adaptive potential.

However, a significant proportion of respondents (34 %) with low stress tolerance was found, which indicates insufficient functioning of coping mechanisms under conditions of prolonged exposure to stress factors. This emphasizes the need for systemic support to prevent the depletion of the psychological resilience of young people.

At the same time, attention should be paid to certain differences in the interpretation of the phenomenon of passive adaptation. In particular, Nazarov et al.<sup>(11)</sup> note the minimal use of external-passive strategies in complex social contexts, while our data indicate the presence of such strategies among young people with low activity in adaptation processes. This indicates the need for further clarification of the contextual determinants that contribute to the dominance of passive adaptation mechanisms.

Regarding the dichotomy of regressive and progressive adaptation, the results obtained are consistent with the conclusions of Baranes et al.<sup>(13)</sup> about their significant impact on the structure of social relations. The relatively high percentage of respondents with an average level of emotional comfort and self-perception may indicate that, despite adverse external conditions, mechanisms of progressive adaptation are triggered through the gradual acquisition of emotional regulation skills. We emphasize the greater flexibility of progressive adaptation, which is of particular importance in the specific conditions of military conflict, ensuring dynamic adaptation to the instability of the social environment.

In addition, the analysis of the differences between voluntary and forced adaptation, described by Chornodon et al.<sup>(14)</sup>, is reflected in our empirical data, in particular in the context of the influence of external pressure as a factor causing the deformation of personal structures and the transformation of adaptation strategies of young people. The data indicate that forced displacement, uncertainty and disruption of everyday social routines lead to changes in the internal motivational field, which often causes the loss of local identity and emotional disorientation. This supports the hypothesis of the critical role of contextual external factors in shaping both adaptive and maladaptive behavioral responses.

Thus, the analytical interpretation of the data emphasizes the heterogeneity of adaptive responses among youth and the importance of strengthening psychosocial support aimed at increasing internal resources, developing effective coping strategies, and minimizing the impact of war-related stressors. These results expand the understanding of the complex interaction between internal characteristics and external stressors in youth adaptation and confirm the relevance of multidimensional models of psychosocial adaptation in crisis conditions.

## CONCLUSIONS

The value of the presented article lies in the comprehensive clarification of the typology of socio-psychological adaptation of youth in conditions of military conflict, revealed the connection between frustration factors and destabilization of the cognitive-emotional sphere of the personality. Emphasis was placed on the role of economic instability, social losses and traumatic experiences in the formation of adaptation strategies. It was established that mixed and progressive models of adaptation prevail, which combine the internal reorganization of personal attitudes with the desire for social integration. The results obtained can be the basis for the development of comprehensive programs of psychosocial support for youth, taking into account the crisis context of war.

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