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Oksana Petrenko

Rivne State University of Humanities (Rivne, Ukraine)
e-mail: oksana.petrenko@rshu.edu.ua

Liudmyla Balika

Rivne State University of Humanities (Rivne, Ukraine)
e-mail: liudmyla.balika@rshu.edu.ua

Kateryna Koval

Rivne State University of Humanities (Rivne, Ukraine)
e-mail: kateryna.koval@rshu.edu.ua

The problem of loneliness and coping with stress in the context of life situations experienced by war refugees (based on the research conducted in Rivne, Ukraine)

SUMMARY

The article presents the findings of a thorough investigation of the problem of loneliness and coping with stress in the context of life situations experienced by war refugees, based on an empirical study of 304 internally displaced persons (IDPs) in the city of Rivne.

The study has shown that IDPs are currently the most vulnerable category of the population due to the following factors: these people have suffered a deterioration of their life quality in terms of the financial and social status which they enjoyed before displacement; they are emotionally unstable and psychologically exhausted as a result of the traumatic war-related events they experienced. Stress, anxiety, fear, and uncertainty have become typical reactions characteristic of displaced persons of any age. The psycho-emotional state of war refugees causes a feeling of alienation, severe stress and loneliness — phenomena that are the result of a number of factors associated with war as one of the most serious crisis situations.

As part of the Science for Society II program, the Minister of Education and Science of Poland launched the Faces of Stress and Loneliness in the Context of Military Migration project (November 2023 – March 2024), which envisages conducting a comparative study with the participation of groups of refugees currently living in the cities of Legnica and Krakow (Poland), Drohobych and Rivne (Ukraine). The purpose of the study is to gain an insight into the feeling of loneliness experienced by refugees and internally displaced persons and the coping strategies they use, to determine the level of awareness of global loneliness and its three aspects (emotional, social, existential), to determine the characteristic features of coping strategies used by the respondents in various stressful situations, as well as their long-term and far-reaching social consequences for the further psychosocial functioning of a person in various areas of life. The objectives of the project include determining the possibility of coping with stress by refugees in order to adapt to new circumstances and to continue living an active life under the conditions of war and in the period of transition to peace.

A theoretical analysis has been conducted of the phenomenon of loneliness and coping strategies as defined and described in the humanities; the methodology of the research has been substantiated, and the characteristic features of the respondents have been analysed.

Based on a statistical analysis of possible loneliness factors and responses to stress, the relationship between socio-demographic and socio-economic variables and stress coping styles has been examined; the link between the feeling of loneliness and stress coping styles has been studied; the hypotheses that the existential face will be predominant among the other faces of loneliness and that war refugees are characterized by differentiated stress-coping styles have been verified.

It has been proven that the existential loneliness rate is significantly higher than that of social and emotional loneliness, that is, the dominant face of loneliness is the existential one.

As regards the positive statistically significant correlation, it has been found primarily between active and productive/semi-productive coping strategies: the intensity of the task-oriented style differs significantly from that of the emotion-focused and the avoidance-oriented styles. The research data show that the task-oriented style prevails among refugees.

The obtained findings necessitated the development of a loneliness and stress coping training program, consisting of 10 sessions, and its implementation in working with war refugees in order to teach them constructive strategies and techniques for coping with stress and the feeling of loneliness under the conditions of reintegration.

Key words: migration, loneliness, stress, war refugees, life situations.

Introduction

The war launched by Russia against independent Ukraine on February 24, 2022 caused forced displacement of large groups of the population: people moved to safer places within or beyond the country, avoiding actual and imminent threats to their life. People's migration both to relatively safe regions of Ukraine (internal migration, internal displacement) and to foreign, mostly Western European countries (interstate migration, external displacement) in difficult, stressful conditions continues to this day.

Shelling, the death of family members and friends, the loss of property and habitual social environment have caused a forced change of place of residence, a change in the customary way of life, and a change in its spatial and temporal characteristics. "The stability of life and confidence in the future, which were guaranteed by the territorial identity, and the feeling of homeland have been disrupted and threatened. The difficult decision to migrate was accompanied by the trauma of war."¹

As of March 20, 2024, the number of officially registered internally displaced persons (also referred to as IDPs) in the country was 4.9 million (according to statistics published by the Ministry of Social Policy of Ukraine)². In 2022, at the beginning of the war, there

¹ Психологія міжгрупової взаємодії у вимірах війни і миру: навчальний посібник / Л. Г. Чорна, П. П. Горностай, В. І. Вус, О. Л. Коробанова, О. Т. Плетка. Кропивницький: Імекс ЛТД, 2023. 146 с., с. 56.

² Внутрішньо переміщені особи. [Електронний ресурс]. URL: <https://www.msp.gov.ua/timeline/vnutrishno-peremishcheni-osobi.html>. (Дата звернення: 13.03.2024). – Назва з екрану.

were 90 thousand IDPs in the Rivne Oblast; as of February 24, 2024, the number of internally displaced persons who had found refuge in the region was 49 thousand, 1,800 of whom lived in hostels, halls of residence, or compact accommodation facilities³.

Currently, IDPs are the most vulnerable population category: these people have suffered a deterioration of their life quality in terms of the financial and social status they enjoyed before displacement; they are emotionally unstable and psychologically exhausted as a result of the traumatic events they experienced due to the war. Stress, anxiety, fear, and uncertainty have become typical reactions characteristic of displaced persons of any age. War refugees perceive any situation of uncertainty as a threat, which negatively affects their psycho-emotional state, causing a psycho-emotional crisis – a particular type of stress, a state of mental, emotional and physiological imbalance that arises as a result of critical life events (currently, the war). War impacts people's world-views and value orientations, makes it impossible for them to meet their basic needs, and deprives them of the meaning of life. All this makes internally displaced persons particularly vulnerable to new challenges.

Despite significant efforts made to provide support and protection to them, the life situation of war refugees is extremely difficult. Their struggle with war trauma, separation from family, loss of their loved ones and life achievements are intensified by a number of factors and threats arising in new life conditions, in particular housing, education, communication, employment, and integration into society. This affects people's mental well-being and behaviour.

In the light of the above information, the psycho-emotional state of war refugees causes in them a feeling of alienation, severe stress and loneliness – phenomena that are the result of a number of factors associated with war as one of the most serious crisis situations, as a source of permanent trauma, which changes value orientations, life perspectives, interrelationships with the environment, attitude towards oneself and one's life (according to T. Tytarenko, 2018)⁴.

Although the phenomenon of loneliness and the specific features of coping with stress have been widely studied in the humanities, the observations mentioned above render topicality to the study of these problems with respect to war refugees, because the ability to cope with stress and loneliness has a significant impact on the somatic and mental health of individuals and their behaviour in difficult life situations (for instance, a change in the living environment due to an ongoing war). For this reason, this research complements numerous studies of refugees, their difficult life situation and struggle with numerous challenges, in particular, severe stress and loneliness.

In view of the above, the Minister of Education and Science of Poland launched, as part of the Science for Society II programme, the Face of Stress and Loneliness in the Context of Military Migration project (to be implemented in the period from November 2023 to March 2024), which envisages conducting a comparative study with the participation of groups of refugees currently living in the cities of Legnica and Krakow (Poland), Drohobych and Rivne (Ukraine). The choice of these particular cities is due to many years

³ Данилишина О. Як змінилась кількість переселенців на Рівненщині. Дані на початок 2024 року. [Електронний ресурс]. URL: <https://suspilne.media/656332-ak-zminilas-kilkist-pereselenciv-na-rivnenshini-dani-na-pocatok-2024-roku/>. (Дата звернення: 13.04.2024). – Назва з екрану

⁴ Титаренко Т. М. Психологічне здоров'я особистості: засоби самопомогі в умовах тривалої травматизації: монографія. Кропивницький: Імекс-ЛТД, 2018. 160 с.

of cooperation between researchers in the field of organizing conferences and other scholarly events, as well as the development of the first international research initiative during the war. The project team consists of 10 women scholars from four universities, two of which are Polish universities, namely Witelon Collegium State University (Collegium Witelona Uczelnia Państwowa, Legnica) and Andrzej Frycz Modrzewski Academy of Krakow (Krakowska Akademia im. Andrzeja Frycza Modrzewskiego, Krakow), and two Ukrainian universities: Drohobych Ivan Franko State Pedagogical University (Drohobych) and Rivne State University of Humanities (Rivne). Consultation support has been provided to the researchers by Dr. Zofia Dołęga, a professor at SWPS University, a psychologist specializing in scholarly research and research work on the issues of loss, mental loneliness, incomplete and complicated loss experience, post-traumatic stress, as well as risk factors for emotional, social and communicative disorders in childhood and adolescence.

The aim of the project is to gain an insight into the feeling of loneliness experienced by refugees and internally displaced persons and the coping strategies used by them; to determine the level of awareness of global loneliness and its three aspects (emotional, social, existential); to identify the characteristic features of coping strategies used by the respondents in various stressful situations, as well as their long-term and far-reaching social consequences for the further psychosocial functioning of a person in various areas of life. The objectives of the project include determining the possibility of coping with stress by refugees in order to adapt to new circumstances and to continue living an active life in the conditions of war, as well as in the period of transition to peace.

Theoretical Analysis of the Phenomenon of Loneliness and the Studies of Coping Strategies in the Humanities

Currently, the terms “migrant”, “internally displaced person”, “displaced person”, and “refugee” are commonly used as synonyms. To understand and use them correctly, however, it is necessary to identify their exact meaning.

A migrant is “a person who consciously and of his or her own free will... changes his or her place of residence.”⁵

A displaced person is “a person who has moved to a new place of residence or has been relocated there.”⁶

A refugee is “a person who leaves his or her place of residence because of war or natural disaster”⁷; a person who “has become a victim of persecution based on race, religion, nationality, citizenship (political nationality), belonging to a certain social group, or having certain political beliefs; who is outside the country of his/her citizenship due to well-founded fears

⁵ Мігрант. Тлумачний словник української мови. [Електронний ресурс]. URL: <https://slovyk.ua/index.php?swrd=%D0%BC%D1%96%D0%B3%D1%80%D0%B0%D0%BD%D1%82>. (Дата звернення: 13.04.2024). – Назва з екрану.

⁶ Переміщена особа. Тлумачний словник української мови. [Електронний ресурс]. URL: <https://slovyk.ua/index.php?swrd=%D0%BF%D0%B5%D1%80%D0%B5%D0%BC%D1%96%D1%89%D0%B5%D0%BD%D1%96+>. (Дата звернення: 13.04.2024). – Назва з екрану.

⁷ Тлумачний словник української мови. [Електронний ресурс]. URL: <https://slovyk.ua/index.php?swrd=%D0%B1%D1%96%D0%B6%D0%B5%D0%BD%D1%86%D1%96>. (Дата звернення: 23.04.2024). – Назва з екрану.

and cannot benefit from the protection of the country of his or her citizenship, or does not wish to benefit from this protection due to such fears.”⁸

The given interpretation of the above concepts gives grounds to believe that they are all synonyms, but have their own shades of meaning. Actually, the term “migrants” is now used quite rarely, because it labels people whose migration is voluntary, which is not the case in the current situation. In everyday communication, persons who have moved due to war threats are called “displaced persons” or “refugees”.

A displaced person is a “person removed from the temporarily occupied territory.”⁹ Internally displaced persons are “citizens of Ukraine, foreigners or stateless persons who are living in the territory of Ukraine on legal grounds and have the right to permanent residence in Ukraine, but who were forced to leave or abandon their place of residence as a result of or in order to avoid negative consequences of hostilities, temporary occupation, widespread manifestations of violence, violations of human rights, natural or man-made emergencies”¹⁰. The conducted analysis justifies using these terms as synonyms. However, the term predominantly used in official documents is “internally displaced persons” or “IDPs”.

Loneliness is a complex phenomenon that has been studied by scientists in various fields of science (philosophy, sociology, psychology, and others). In the conditions of war and resulting forced displacement of population, this phenomenon has become especially wide-spread, because the number of people experiencing loneliness is increasing due to the significant social, cultural, and linguistic differences between their place of origin and the new environment they have found themselves in. Loneliness has a significant impact on a person’s mental state: it can affect people’s ability to adapt to society and new realities, and to turn to others for help if they need it (K. Jaspers)¹¹. A high intensity level of loneliness causes increased sensitivity to stress and severe post-traumatic stress disorder. The feeling of loneliness is especially frequently experienced by war refugees who have lost their homes, work, social and cultural contacts, their relatives’ support, and a familiar language environment.

Ukrainian philosopher N. Khamitov believes that loneliness is an existential situation of human existence, in which there occurs external or internal separation of people; it is a feeling of lack of positive emotional connections with other people¹². N. Khamitov distinguishes external and internal, or existential, loneliness. External loneliness is the result of circumstances that force their way into a person’s life from the outer world; internal loneliness is a consequence of a person’s personal development. The philosopher believes that

⁸ Про біженців та осіб, які потребують додаткового або тимчасового захисту: Закон України № 3671-VI від 8.07.2011. [Електронний ресурс]. URL: <https://zakon.rada.gov.ua/laws/show/3671-17#Text>. (Дата звернення: 13.04.2024). – Назва з екрану.

⁹ Переміщена особа. Тлумачний словник української мови. [Електронний ресурс]. URL: <https://slovnuk.ua/index.php?swrd=%D0%BF%D0%B5%D1%80%D0%B5%D0%BC%D1%96%D1%89%D0%B5%D0%BD%D1%96+>. (Дата звернення: 13.04.2024). – Назва з екрану.

¹⁰ Про забезпечення прав і свобод внутрішньо переміщених осіб: Закон України № 1706-VII від 20.10.2014. [Електронний ресурс]. URL: <https://zakon.rada.gov.ua/laws/show/1706-18#Text>. (Дата звернення: 25.04.2024). – Назва з екрану.

¹¹ Jaspers K. *Philosophie. II. Existenzenhellung. (Dritte Auflage)*. Springer. 1956. [Електронний ресурс]. URL: <https://archive.org/details/philosophie0002jasp/mode/2up>. (Дата звернення: 23.04.2024). – Назва з екрану.

¹² Хамітов Н. В. Самотність у людському бутті. Досвід метаантропології. 2-ге вид.перероб та доп. Київ: «КНТ», 2017. 370 с., с. 30

studying loneliness as a phenomenon in human existence involves “simultaneous investigation of the person’s being alone and experiencing loneliness.”¹³

Foreign scientists (R. Weiss, J. Young, D. Perlman, L. Peplau and others) distinguish the following types of loneliness:

- *emotional loneliness* (which occurs due to the lack of close, intimate relationships). This type of loneliness is currently one of the most common in the experiences of refugees, as well as their loved ones who have stayed behind in Ukraine;
- *social loneliness* (which is caused by not having friends or other people to spend time with). This type of loneliness is also quite commonly experienced by war refugees. Many people have moved out of their home towns and villages, some joined the army, while others still live in their homes. People have lost close relationships with those who were part of their circle before the outbreak of the full-scale war;
- *existential loneliness* (which occurs as a result of the realization that people make their journey from birth to death alone, without knowing whether their experience is truly shared by others). The war conditions make our existential thoughts more insistent than before. Every day we receive news of people’s death, so we begin to think gloomy thoughts about the time when we will die, about the possibility of life after death, and suchlike. It is essential that we discuss these dark thoughts with someone, because an existential crisis can be a rather serious threat to our mental stability. Everyone has their own understanding of death, so existential experiences can also differ. Experiencing fear or awareness of the inevitability of (lonely) death and emptiness, however, can make us feel totally lonely¹⁴.

All these theories have one common feature: the understanding of loneliness as a lack of social relationships in quantitative or qualitative terms, as mental suffering of a person that is caused by external and internal factors.

Today, many Ukrainians (both refugees and those who have not left their permanent place of residence) feel lonely; what is more, they feel lonely in different ways. In particular, loneliness among war refugees is caused by factors such as the status of a migrant, socio-economic circumstances, cultural differences, language barriers, etc. When a person sees chaos around them and has a hopelessly vague idea of the future, he or she needs to have people by their side who will not only provide moral support to them, but also help them survive, get over the fear of being left outside the community, and stop being socially isolated. Therefore, communication with other people and integration into the new social and cultural conditions are steps towards coping with the problem, or the so-called coping strategies.

Coping strategies are behaviour patterns aimed at rising to and overcoming life challenges; they are tools that help people cope with a problem. The concept combines cognitive, emotional, and behavioural strategies typically used to overcome life challenges (L. Murphy, C. Carver, B. Compas, J. Connor-Smith, H. Saltzman, R. Lazarus, A. Thomsen)¹⁵.

¹³ Там само; R. S. Weiss, *Loneliness: the experience of emotional and social isolation*. Cambridge, MA: MIT Press, 1973. P. 236; N.F. Young, *Loneliness, depression and cognitive therapy: theory and applications*. Loneliness. A Source book of current theory, research, and therapy. Wiley, 1982. P. 380.

¹⁴ R. S. Weiss, *Loneliness: the experience of emotional and social isolation*. Cambridge, MA: MIT Press, 1973. P. 236.

¹⁵ L. Brannon, J. Feist, *Personal Coping Strategies*. Health Psychology: An Introduction to Behavior and Health (7th ed.). Wadsworth Cengage Learning, 2009. Pp. 121–23; C. S. Carver, M. F. Scheier, J. K. Weintraub, *Assessing coping strategies: a theoretically based approach*. Journal of Personality and Social Psychology. 1989. Vol. 56. P. 267–283; Compas B. E., Connor-Smith J. K., Saltzman H.,

According to the four-factor PAEI model developed by Norman Endler and James Parker, there are three scales of coping strategies: task-oriented coping; the emotion-focused coping; the avoidance-oriented coping, which is divided into distraction, engaging in compensatory (alternative) activities, and social distraction, that is, looking for social contacts. The PAEI model is defined as follows¹⁶:

– **P**: *task-focused coping* (SSZ). This is the main style of behaviour in a very changing environment, where the person has their emotions under control and maintains focus. It is an active behavioural strategy: the person who applies it seeks to use personal resources to find possible ways to effectively solve the problem. In this case, the key focus is on the task or problem-solving planning.

– **A**: *emotion-focused coping* (SSE). This is a “secondary adaptive style of control”, which helps control the situation in conditions of stability. This is a strategy that is associated with the emergence of negative emotions related to the situation; it is characteristic of persons who, in stressful situations, tend to focus on themselves, on their own emotional experiences, such as anger, guilt, tension. These people also tend to engage in wishful thinking and fantasizing. These activities are aimed at reducing the emotional tension associated with a stressful situation, at seeking sympathy and understanding from others.

– **E**: *avoidance-oriented coping* (SSU). This is a passive behavioural strategy, using which a person seeks to avoid contact with the outside world, thus displacing the need to solve the problem.

It should be noted that there are two avoidance subscales – distraction and social distraction. *Distraction or engaging in compensatory (alternative) activities* (ACZ) are used as a short-term adaptive behaviour in response to changing and uncertain problems. This behaviour is accompanied by distraction from the problem, shifting of focus to a more interesting and stress-free object. Those who choose distraction tend to divert their attention from the problem to other activities (shopping, vacations, good food, watching TV, sleeping etc.) that allow them to forget about the problem.

– **I**: *avoidance oriented at social distraction, looking for social contacts* (PKT). This is an active behavioural strategy aimed at seeking social support, in particular, increased attention to society. It implies turning to others (family, friends, colleagues) for advice, support or distraction. This strategy is adaptive provided that it is applied in a short term only; it can help develop problem-solving skills over time. This coping style is characterized by a focus on interaction with other people. The need for mainly emotional support manifests itself in the desire to be listened to, to share one’s experiences with someone else.

The above model was used as a basis for the development of the CISS questionnaire¹⁷.

Actually, the goal of coping is to strike a balance between life’s demands and the person’s vital resources so as to maintain good health. In the process of adaptation to new living conditions, forced migrants experience significant personality changes, which are expressed in a decrease in self-esteem and personal needs, deformation of value orientations and social

Thom sen A.H., Wadsworth M.E. *Coping with stress during childhood and adolescence: problems, progress, and potential in theory and research*. Psychological Bulletin. 2001. Vol.127, No1. P. 87–127: R. S. Lazarus, Folkman S. *Stress, appraisal, and coping*. New York: Springer Pub. Co., 1984. 456 p.

¹⁶ *Coping Inventory for Stressful Situations (CISS-21)*. PSYCHOLOGICAL SCALES. [Электронный ресурс]. URL: <https://scales.arabpsychology.com/s/coping-inventory-for-stressfulsituations-ciss-21/>. (Дата звернення: 13.04.2024). – Назва з екрану.

¹⁷ Там само/

attitudes, emotional tension and a tendency towards causeless concern over minor problems, irritability, anxiety, fear, anger, aggression, etc. Therefore, one of the strategically important areas in providing support and assistance to internally displaced persons is the development of constructive coping strategies in personal behaviour as a predictor of people's adaptation to new realities of life, reintegration into a new socio-cultural environment, and the development of effective mechanisms for dealing with stressful factors that affect people's mental health and well-being¹⁸.

It is coping that helps refugees mentally adjust to a stressful situation, survive difficult life circumstances (or stress) in certain ways corresponding to the person's characteristic features, as well as the conditions of a specific life situation¹⁹.

Research Methodology

In our research, we have used a number of appropriate methods, namely:

Theoretical methods: analysis of scholarly sources, comparison, synthesis, generalization and systematization of scientific data with a view to clarifying the theoretical and methodological base and the categorical and conceptual apparatus of the study.

Empirical methods: conducting a survey based on an author's questionnaire, specifically developed for this project and consisting of 26 questions, to study the social profile of the respondents. The questionnaire has made it possible to collect a wide range of information based on a number of selected factors – socio-demographic characteristics of the respondents, such as age, gender, marital status, education, degree of professional activity, place of residence, etc. The collection of data was carried out anonymously and on a voluntary basis. Safe and comfortable conditions were created for conducting psychological measurements. The researchers took into account the respondents' mood during and after the completion of the questionnaire. The procedure was preceded by giving informed consent by each respondent and their familiarization with the general purpose of the study.

To study the phenomenon of *loneliness*, the researchers used the loneliness research scale developed by Zofia Dołęga – SBS-AD (Skala do Badania Samotności (SBS), Dołęga, Zofia), which included three subscales (SBS-AD/sp social loneliness; SBS-AD/se emotional loneliness; SBS-AD/seg existential loneliness)²⁰. The scale for the study of loneliness experienced by adults was used in the project with the permission of Z. Dołęga, the author of the scale. The SBS-AD scale consists of thirty-one items and is additive, which means that the total score can be viewed as an index of global loneliness. The SBS-AD scale can be successfully used in studies involving adults in a wide age range (20–83 years)²¹. SBS-AD responses were scored on a scale of 4 to 1. The higher the score, the more intense the feeling of loneliness is. The maximum possible score was 124 points; the minimum score was 31 points.

¹⁸ Войцеховська О., Закалик Г. Сучасні напрями психологічних досліджень копінг-стратегій особистості. Педагогіка і психологія професійної освіти, 2016. №2. С. 95–104

¹⁹ R. S. Lazarus, S. Folkman, *Stress, appraisal, and coping*. New York: Springer Pub. Co., 1984. 456 p.

²⁰ Z. Dołęga, *Skala do badania samotności (SBS)*, „Przegląd Psychologiczny” 2013. №56 (3). P. 323–347.

²¹ M. Skowronek, *Nadzieja i samotność a jakość życia najbliższych opiekunów osób z chorobą otepinną*. Nie opublikowana praca magisterska pod kier. Z. Dołęgi, Kraków: Archiwum Biblioteki Krakowskiej Akademii A. F. Modrzewskiego. 2015

The key used was simple and inverted in one position only (to detect a tendency to fill out the questionnaire mechanically, if any).

The study of *coping strategies* used by refugees was carried out using the CISS method (The Coping Inventory for Stressful Situations, N.S. Endler, J.D. Parker) (Endler & Parker, 1990)²².

The methodology provides for 48 questions describing behaviour. Conducting the survey as part of the project required purchasing a set of materials, consisting of a copy of the manual, the key, and copies of questionnaires. Each respondent was asked to rate on a five-point scale (from “never” to “very often”) how often he or she reacted in a particular way in a stressful situation. The methodology is based on the PAEI four-factor model of coping behaviour developed by Norman Endler and James Parker, and defines three scales of coping strategies: task-oriented coping, emotion-focused coping, and avoidance-oriented coping, the latter being divided into distraction, engaging in compensatory (alternative) activities, and social distraction, that is, looking for social contacts.

Mathematical statistical methods: methods of descriptive statistics, correlation analysis, structural modelling and mediation analysis, which were used to process obtained data and to test hypotheses. Calculations were carried out using the IBM SPSS Statistics 29.0 programme.

Respondent Profile

The study was conducted in the autumn of 2023. 304 internally displaced persons were surveyed as part of the study. Before completing the questionnaire, the participants had been given all necessary instructions and appropriate explanation.

In the research group, 78.3% of the sample accounted for women and 21.7% – for men. The smaller number of men who took part in the survey is due to the fact that the majority of Ukrainian men are serving in the Armed Forces of Ukraine, defending their Fatherland.

The age range of the sample varies from 18 to 77 years. The largest shares of the respondents are people aged 61 to 70 years (75 people; 24.7%) and people aged 31 to 40 years (64 people; 21.1%). Respondents over 50 years of age accounted for 52.3% of the sample.

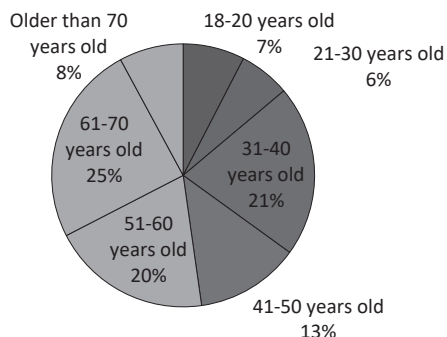


Fig. 1. Age of the respondents in the sample

²² *Coping Inventory for Stressful Situations (CISS-21). PSYCHOLOGICAL SCALES.* [Електронний ресурс]. URL: <https://scales.arabpsychology.com/s/coping-inventory-for-stressfulsituations-ciss-21/>. (Дата звернення: 13.04.2024). – Назва з екрану.

As regards education, the majority of the respondents have received vocational technical education (106 persons, which makes up 34.8% of the respondents), 67% of the sample consisted of persons without a university degree, and almost 33% – people holding a university degree.

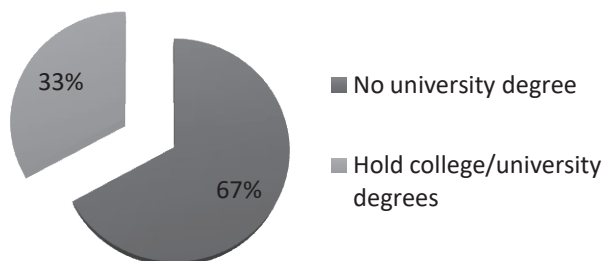


Fig. 2. Education of the respondents

Almost 70% of the respondents are living in collective compact housing facilities (210 people), 15.5% are living in rented apartments (47 people), 15.1% (46 people) are staying with friends or relatives, and one person (0.3%) has purchased own housing.

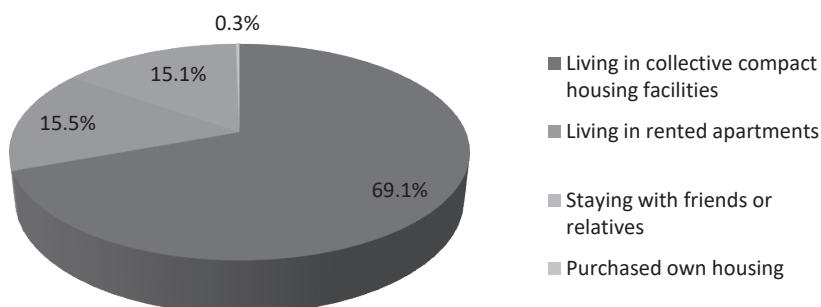


Fig. 3 Current places of residence of the respondents

Marital status of the respondents: married – 48.7%; unmarried – 22%; divorced – 15.8%; widows and widowers – 13.5%.

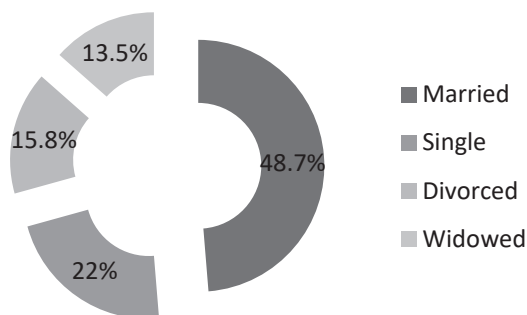


Fig. 4. Marital status of the respondents

As regards employment, most respondents in the surveyed group (36.8%, or 112 people) are retired. The second largest group is the unemployed who are looking for work – 22% (67 people) and those who are not looking for work – 11.5% (35 people). 8.9% (27 people) of the respondents work in the state-financed sector; 15.5% (47 people) are employed in the private sector; 1% (3 people) of the respondents have their own business; 4.3% (13 people) do not work due to disabilities.

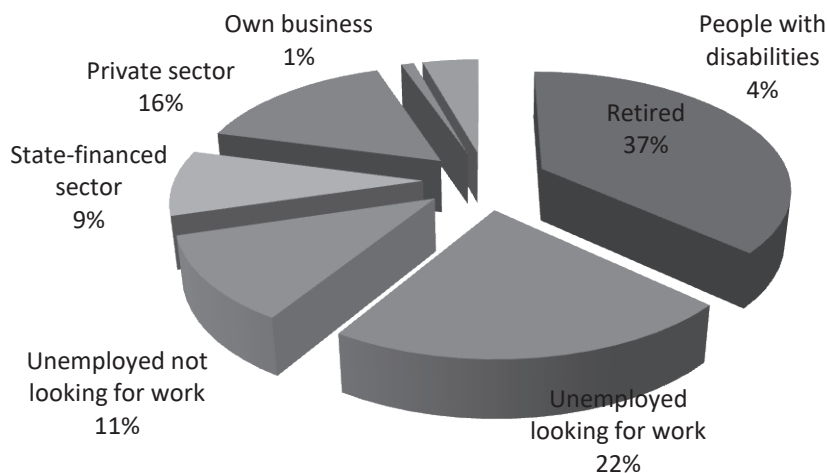


Fig. 5. Current employment status of the respondents

Seven out of 304 respondents did not answer the question about changes in their income since the beginning of the war. Among the remaining 297 people, the majority are people whose income has significantly decreased (60.3%); 35.4% of the respondents claim that their income has remained the same as before the war. An improvement in income was reported by just over 4.3% of the respondents.

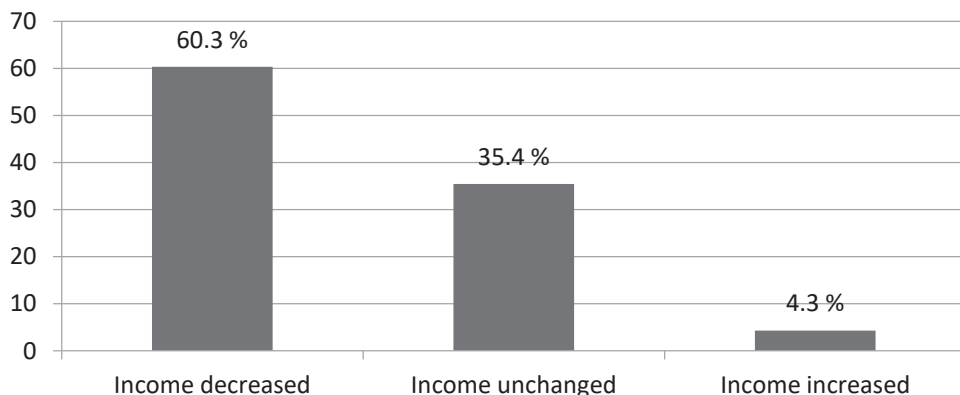


Fig. 6. Changes in the respondents' incomes after the outbreak of the war

When answering the question about their knowledge of foreign languages, only 22.3% people out of 304 answered that they spoke a foreign language other than Russian.

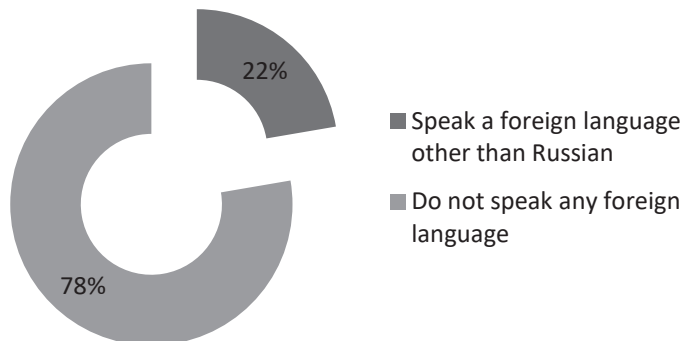


Fig. 7. Knowledge of foreign languages, except Russian

As regards the question about the year of arrival at the current place of residence, 27 people did not indicate the date of relocation. Of the remaining 277 people, 88.4% arrived at their current place of residence in 2022 (245 people).

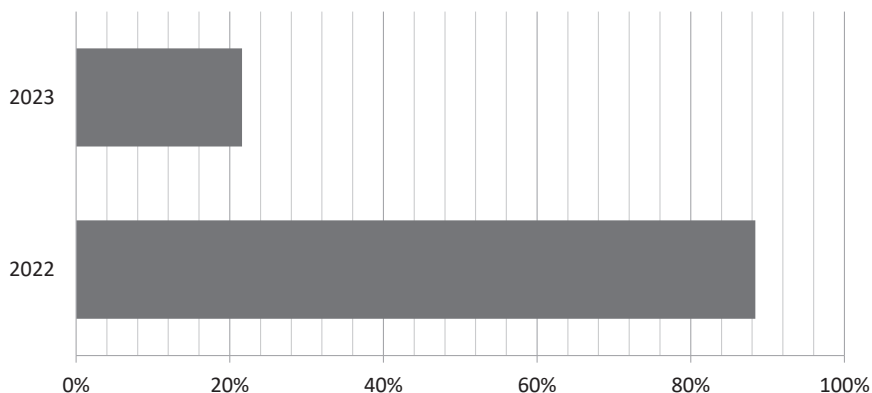


Fig. 8. Year of arrival at the current place of residence

To the question whether any of the family members had lost their lives or health as a result of the war, 61.4% (181 people) of the 295 people who answered the question gave an affirmative answer.

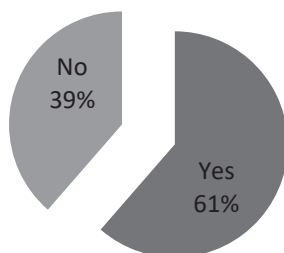


Fig. 9. Loss of life or health by a family member as a result of the war

Thus the conducted special-purpose survey made it possible to study the social profile of the respondents, in particular their gender, age, education, place of residence, marital status, employment, income, knowledge of languages, relocation date, and loss of health or life by a family member, if any.

Statistical Analysis of Loneliness and Stress Experienced by War Refugees

In order to study the problem of loneliness and coping with stress in the context of experienced life situations, an empirical study of a group of internally relocated persons was conducted in Rivne as part of the Face of Stress and Loneliness in the Context of Military Migration project.

The findings showing the awareness of global loneliness and its three aspects (emotional, social, and existential) indicate that the distribution of global, social, emotional, and existential loneliness variables does not correspond to a normal distribution (the p-value is less than 0.05 in all cases). The skewness value for all these variables, however, is between -1 and 1, so it is possible to use parametric tests in the analysis, provided that the other assumptions of these tests are true.

The global loneliness (SBS-AD), social loneliness (SBS-AD/sp), and existential loneliness (SBS-AD/seg) variables are left-skewed (negatively skewed) since the skewness coefficient for these variables is less than zero. This indicates that the prevailing number of findings have values higher than the mean in the studied sample. A right-sided distribution (skewness coefficient is greater than zero) is only observed in the case of emotional loneliness (SBS-AD/se), which means that the majority of findings in the study sample are lower than the mean. The kurtosis values for all the above-mentioned variables are negative, indicating a flat distribution, that is, a larger dispersion of the results around the mean value.

The average level of global loneliness is 75.48 points, while the minimum value of the obtained indicator is 31 points, and the maximum – 108. The standard deviation is 16.03, which testifies to the fact that respondents experience different levels of global loneliness.

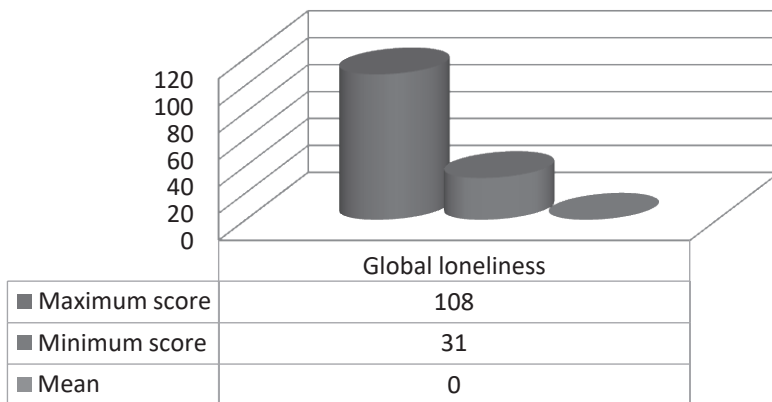


Fig. 10. Descriptive statistics of the loneliness variable

The characteristics of the respondents' coping strategies in various stressful situations and the determination of long-term and far-reaching social consequences for the further psychosocial functioning of a person in various areas of life are presented in the form of a table and a graph.

Table 1. Descriptive statistics of the variables of coping strategies

	<i>Min.</i>	<i>Max.</i>	<i>M</i>	<i>Me</i>	<i>SD</i>	<i>Sk.</i>	<i>Kurt.</i>	<i>K-S</i>	<i>p</i>
SSZ N=304	31.00	72.00	54,11	54.00	8.15	-0.17	-0.43	0.06	0.025
SSE N=304	17.00	73.00	47.23	47.00	9.28	-0.09	0.46	0.05	0.035
SSU N=304	28.00	73.00	47.77	47.00	8.91	0.60	0.45	0.07	0.003
ACZ N=304	10.00	38.00	22.75	23.00	5.94	0.39	0.12	0.07	0.003
PKT N=304	7.00	27.00	15.66	15.00	3.20	0.23	-0.04	0.09	<0.001

Min. and *Max.* – the smallest and largest values of the distribution; *M* – the mean; *Me* – the median; *SD* – the standard deviation; *Sk.* – the skewness value; *Kurt.* – kurtosis, the tail data; *K-S* – findings of the Kolmogorov-Smirnov test; *p* – significance.

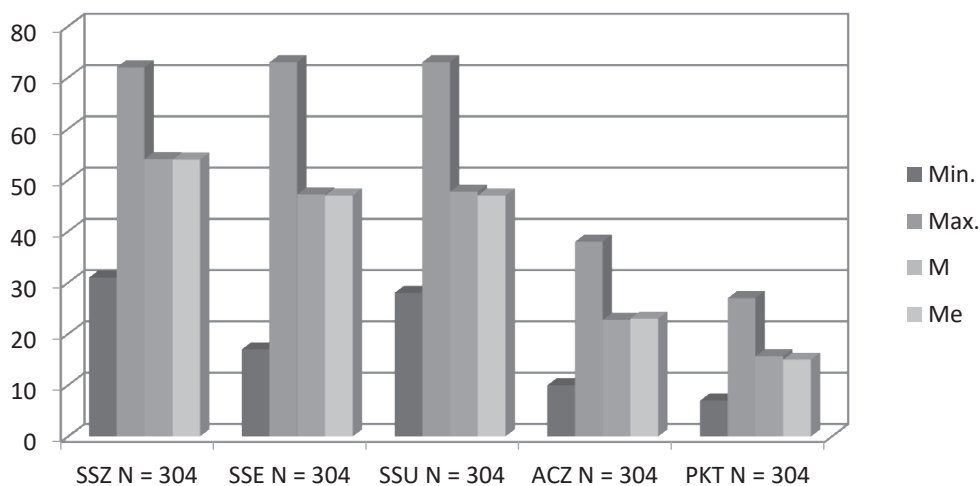


Fig. 11. Respondents' coping strategies in different stressful situations

The analysis of the presented findings gives grounds for making a conclusion that the distribution of all the above-mentioned variables deviates from the norm. However, skewness is between -1 and 1, so in further analysis we will use parametric tests provided that the other assumptions of these tests are true.

The avoidance-oriented style (SSU), distraction or engagement in compensatory (alternative) activities (ACZ), and social distraction (PKT) variables are right-skewed (positively skewed) because the skewness coefficient for these variables is greater than zero. This result indicates that the values of most findings in the studied sample are lower than the mean. The kurtosis values for SSU and ACZ are positive, indicating a leptokurtic distribution, that is, greater clustering of the findings around the mean; for PKT, on the other hand, the kurtosis value is negative – a platykurtic distribution (more dispersion of the findings around the mean).

In the case of the task-oriented (SSZ) and the emotion-focused (SSE) styles, the distribution is left-skewed (negatively skewed), which means that there are more findings in the study sample whose values exceed the mean. The kurtosis value for the SSE variable is negative, indicating a flat distribution, that is, a larger dispersion of the findings around the mean. In contrast, the distribution for the emotion-focused style (SSE) is leptocurtic (greater clustering of findings around the mean).

Further we analyzed the *dependence of the respondents' sense of loneliness on socio-demographic and socio-economic variables*. The analysis did not find any dependence of the global loneliness level as a whole and its three aspects in particular on gender differences (according to the Mann-Whitney criterion). Also, no relationship was found between the age of the respondents and the feeling of loneliness (the relationship was tested using Spearman's rank correlation coefficient). The same coefficient was applied to find the interrelation between the feeling of loneliness and the education of the recipients, but the analysis did not discover any.

The researchers also checked whether the place of residence affected the level of loneliness among refugees; the check, conducted according to the Kruskal-Wallis test methodology, showed that there were no statistically significant differences in the level of loneliness between different groups based on their location. Thus a conclusion can be made that the place of residence does not affect the level of loneliness. Please note that since the "Purchased Own Housing" option was chosen by one respondent only, this observation was excluded from the analysis.

Another analysis conducted using the Kruskal-Wallis test – whether marital status affects the level of loneliness – found no statistically significant differences in the level of loneliness between married, single, divorced and widowed respondents. This proves that people's loneliness intensity does not depend on their marital status.

Similarly, checking whether the employment status affected the level of loneliness proved that there were no statistically significant differences in the levels of loneliness between different employment groups. The conclusion is that the level of loneliness does not depend on the employment status of a person. (Only four people chose the Employed Person with Disabilities option and only three people chose the Own Business option, therefore these observations were excluded from the analysis.)

The relationship between the degree of loneliness and changes in income was investigated using the Spearman's rank correlation coefficient. The analysis showed that only one correlation was statistically significant – the link between the change in income and the feeling of existential loneliness. It must be noted that this is a positive relationship – the feeling of existential loneliness grows as income increases, although this relationship is weak.

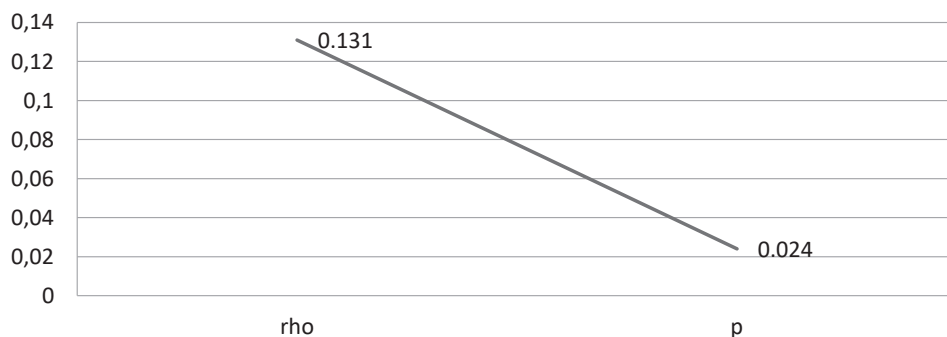


Fig. 12. Relationship between income change and the feeling of existential loneliness

The fact whether the knowledge of a foreign language (other than Russian) affects the level of loneliness was checked using the Mann-Whitney U-test for independent samples. The cases in which respondents did not answer this question (4 respondents) were excluded from the analysis. It was found that the knowledge of a foreign language, except for Russian, did not make the feeling of global loneliness or its aspects either more or less intense.

The link between the year of arrival at the current place of residence and the level of loneliness was tested using the Mann-Whitney U-test for independent samples. The cases in which respondents did not answer this question (27 people) were excluded from the analysis. Statistically significant differences were observed only for the feeling of social loneliness. The intensity of social loneliness among those who arrived at the place of residence in 2022 (Me=23.00, IQR=7.00) was higher than among those who arrived in 2023 (Me=22.00, IQR=6.75). However, the effect is weak. No statistically significant differences were found for global, emotional, and existential loneliness.

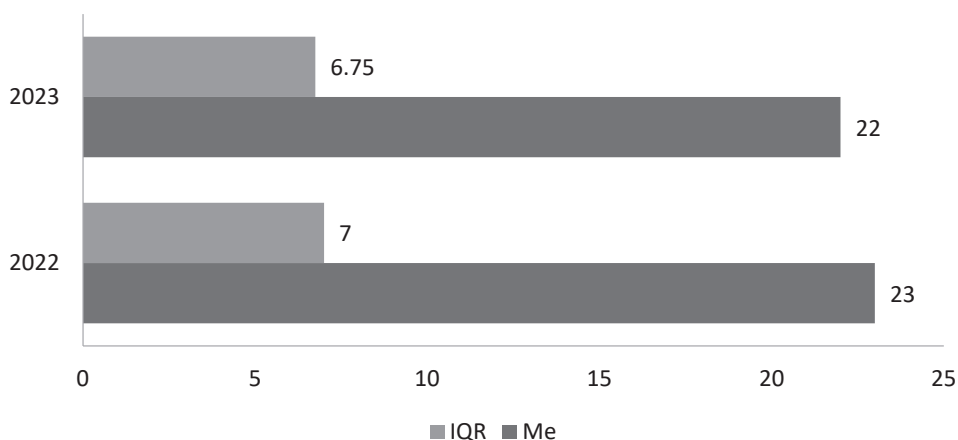


Fig. 13. Relationship between social loneliness and the year of arrival at the current place of residence

The same criterion was used to determine whether the loss of life or health by a family member as a result of war contributed to the feeling of loneliness. The cases in which

respondents did not answer this question (9 respondents) were excluded from the analysis. The study did not find any relationship between these variables.

The next stage of the study was to check how *socio-demographic and socioeconomic variables affected the choice of stress-coping styles*. Similarly to the previous analysis, no gender influences were found on stress coping styles, nor was any relationship discovered between the respondents' age and their stress coping styles. Neither did the researchers find any link between the respondents' education and their stress coping styles.

The Kruskal-Wallis test for independent samples was also applied to check possible influence of the refugees' place of residence on their stress coping style. Statistically significant differences between the groups of respondents were found in terms of avoidance-oriented style (SSU) – moderate effect; distraction, involvement in compensatory (alternative) activities (ACZ) – minor effect; looking for social contacts, social distraction (PKT) – minor effect. An ex post-facto analysis adjusted for multiple comparisons revealed certain differences between the groups of respondents.

Avoidance-oriented coping style: living in a collective apartment building (Me=46.00, IQR=12.00) versus living in rented accommodation (Me=52.00, IQR=12.00) – a higher intensity of the avoidance-oriented style is characteristic of those living in rented housing ($p=0.001$).

Distraction or compensatory (alternative) activities: living in a hall of residence (Me=22.00, IQR=8.00) versus living in a rented apartment (Me=25.00, IQR=11.00) – those living in a rented apartment are characterized by a higher intensity of engagement in compensatory (alternative) activities ($p=0.011$).

Looking for social contacts (social distraction): living in a hall of residence (Me=15.00, IQR=5.00) versus living in a rented apartment (Me=17.00, IQR=4.00) – those living in rented apartments are characterized by a higher intensity of looking for social contacts ($p=0.016$).

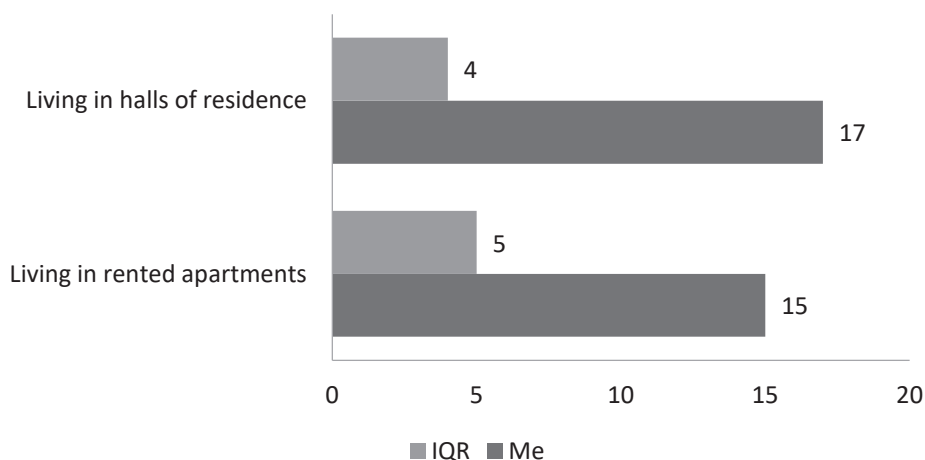


Fig. 14. Relationship between the respondents' current place of residence and engagement in compensatory (alternative) activities

A similar investigation of the impact of marital status on the choice of the coping style revealed statistically significant differences between the groups of respondents for only one

variable – ACZ (distraction, engagement in compensatory (alternative) activities). The corresponding effect, however, is weak. An ex post-facto analysis revealed that the divorced respondents had lower ACZ style intensity (Me=20.50, IQR=7.75) than the married ones (Me=24, IQR=9.00) and the single/divorced ones (Me=24.00, IQR=7.00). No statistically significant differences were found between the other groups.

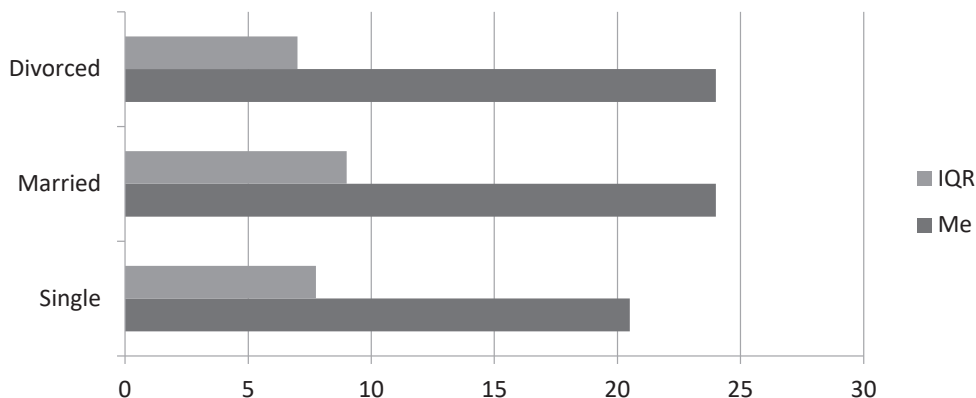


Fig. 15. Relationship between the respondents' marital status and their engagement in compensatory (alternative) activities (ACZ)

As regards the other coping styles, no statistically significant differences between the groups were found.

The Kruskal-Wallis test for independent samples was also applied to the testing of the influence of the current employment status on the respondents' stress coping styles. The test findings showed that there were no statistically significant differences between the groups in terms of stress coping styles. Thus, the current employment status does not determine what stress coping style is adopted by a person.

Also, no relationship was identified between income change and stress coping styles (using Spearman's rank correlation).

The fact whether the knowledge of a foreign language (other than Russian) affects the choice of a stress coping style was checked using the Mann-Whitney U-test for independent samples. However, the study did not discover any link between the two phenomena.

The dependence of the choice of a stress coping style on the year of arrival at the current place of residence was tested using the Mann-Whitney U-test for independent samples. The cases in which respondents did not answer this question (27 respondents) were excluded from the analysis. Significant differences were discovered only for one variable – PKT (social distraction, looking for social contacts). The effect was found to be weak. The intensity of this stress coping style is higher for those who left their previous place of residence in 2023 (Me=17.00, IQR=4.75) than for those who left their previous place of residence in 2022 (Me=15.00, IQR=5.00).

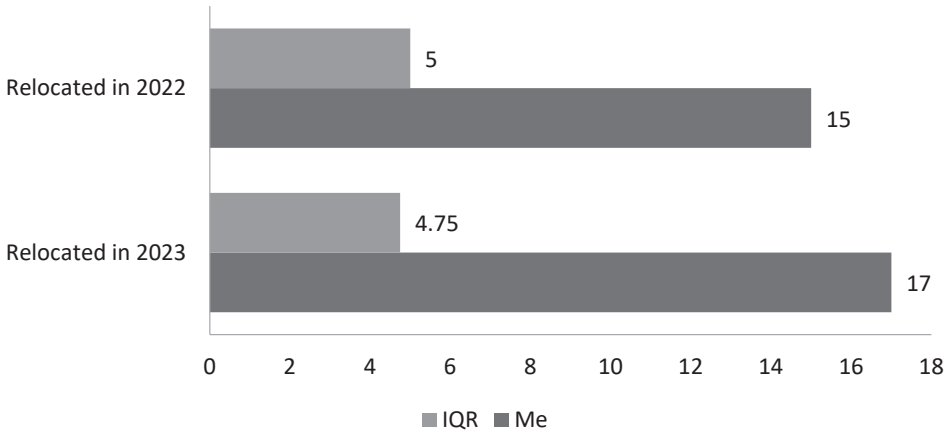


Fig. 16. Relationship between the year of arrival at the respondents' current place of residence and the stress coping style of looking for social contacts (RCT)

The test for the link between the fact of the loss of life or health by a family member due to the war and the stress coping style was carried out using the Mann-Whitney U-test for independent samples. The cases in which respondents did not answer this question (9 respondents) were excluded from the analysis. The study, however, did not discover any link between the two phenomena.

The next stage of the study was to find *a relationship between the feeling of loneliness and the adopted stress coping styles*, which was implemented by means of the Pearson correlation coefficient. According to the findings related to correlations, the following relationships are statistically significant:

- the feeling of social loneliness versus SSZ – the relationship is weak and has a negative trend (the more intense the feeling of social loneliness, the lower the intensity of the task-oriented style) $r=-0.166$, $p=0.004$;
- the feeling of social loneliness versus SSE – the relationship is weak and has a positive trend (the more intense the feeling of social loneliness, the higher the intensity of the emotion-focused style) $r=0.279$, $p<0.001$;
- the feeling of social loneliness versus PKT – the relationship is weak and has a negative trend (the more intense the feeling of social loneliness, the lower the intensity of the social distraction / looking for social contacts style) $r=-0.252$, $p<0.001$;
- the feeling of emotional loneliness versus SSZ – the relationship is weak and has a negative trend (the more intense the feeling of emotional loneliness, the lower the intensity of the task-oriented style) $r=-0.247$, $p<0.001$;
- the feeling of emotional loneliness versus SSE – the relationship is moderate in strength and has a positive trend (the more intense the feeling of emotional loneliness, the higher the intensity of the emotion-focused style) $r=0.421$, $p<0.001$;
- the feeling of emotional loneliness and SSU – the relationship is weak and has a negative trend (the more intense the feeling of emotional loneliness, the lower the intensity of the avoidance-oriented style) $r=-0.203$, $p<0.001$;
- the feeling of emotional loneliness versus PKT – the relationship is moderate in strength and has a negative trend (the more intense the feeling of emotional loneliness, the lo-

- wer the intensity of the social distraction / looking for social contacts style) $r=-0.355$, $p < 0.001$;
- the feeling of existential loneliness and SSE – the relationship is weak and has a positive trend (the more intense the feeling of existential loneliness, the higher the intensity of the emotion-focused style) $r=0.269$, $p < 0.001$;
 - the feeling of existential loneliness versus SSU – the relationship is weak and has a positive trend (the more intense the feeling of existential loneliness, the higher the intensity of the avoidance-oriented style) $r=0.144$, $p=0.012$;
 - the feeling of existential loneliness versus ACZ – the relationship is weak and has a positive trend (the more intense the feeling of existential loneliness, the higher the intensity of the avoidance style – social distraction, engagement in compensatory (alternative) activities) $r=0.250$, $p < 0.001$;
 - the feeling of existential loneliness versus PKT – the relationship is weak and has a negative trend (the more intense the feeling of existential loneliness, the lower the intensity of the avoidance style – social distraction, looking for social contacts) $r=-0.133$, $p=0.021$;
 - global loneliness versus SSZ – the relationship is weak and has a negative trend (the higher global loneliness, the lower the intensity of the task-oriented style) $r=-0.192$, $p=0.001$;
 - the feeling of global loneliness versus SSE – the relationship is moderate in strength and has a positive trend (the more intense the feeling of global loneliness, the higher the intensity of the emotion-focused style) $r=0.384$, $p < 0.001$;
 - the feeling of global loneliness versus PKT – the relationship is weak and has a negative trend (the more intense the feeling of global loneliness, the lower the intensity of the avoidance-oriented style – social distraction, looking for social contacts) $r=-0.293$, $p < 0.001$.
- The relationships between the remaining pairs of variables are statistically insignificant.

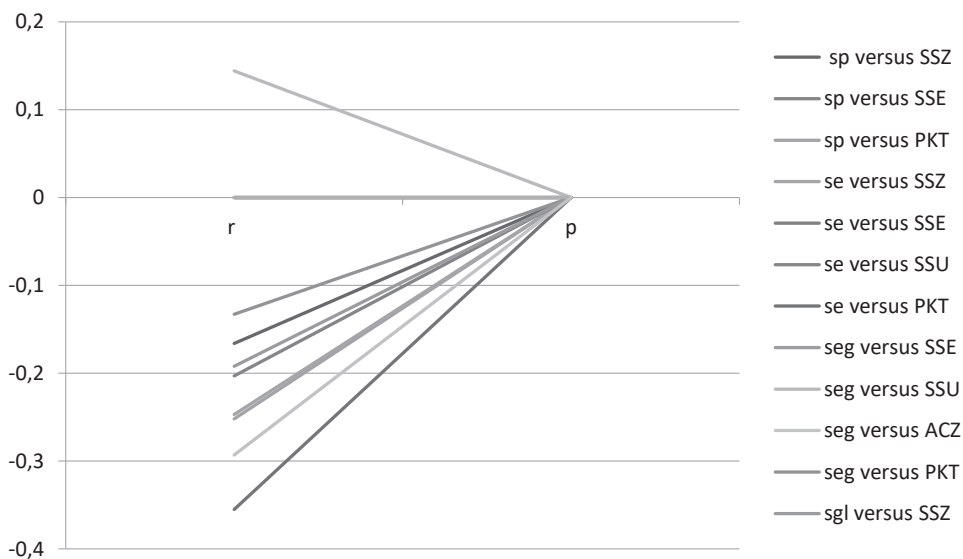


Fig. 17. Relationship between the feeling of loneliness and stress coping styles

Thus, the strongest is the relationship between emotional loneliness and the emotion-focused style ($r=0.421$, $p < 0.001$), and the weakest is the link between existential loneliness and looking for social contacts ($r=-0.133$, $p=0.021$).

Another stage of the study was to test *the hypothesis that the existential face will be the dominant face of loneliness*. The researchers tried to find out whether the three aspects of loneliness would differ in intensity. To do this, a one-way analysis of variance with repeated measurements was conducted, since the distribution of the variable was slightly deviated from the norm (skewness is between -1 and 1), and the sample was large (304 individuals). Since the number of components measuring different aspects of loneliness varies, the analysis was conducted based on average values (min. 1 – max. 4).

The findings of the variance analysis of the intensity levels of different aspects of loneliness allow making certain conclusions. Since the W-test is significant ($p=0.004$), the sphericity of the data cannot possibly be assumed. Therefore, the result with the Greenhouse-Geisser correction was used when reading the findings of the F-test. The conducted analysis shows that the difference in the intensity levels of different aspects of loneliness is statistically significant $F(1.932; 585.295)=26.08$; $p < 0.001$. In order to see which of the three aspects differ, an ex post-facto analysis was performed with the Bonferroni correction for multiple comparisons. The findings of this analysis show that the intensity level of existential loneliness ($M=2.56$; $SD=0.61$) is significantly higher than that of social loneliness ($M=2.35$; $SD=0.56$) and emotional loneliness ($M=2.40$; $SD=0.64$) – in both cases $p < 0.001$. On the other hand, the intensity levels of social loneliness and emotional loneliness do not significantly differ from each other.

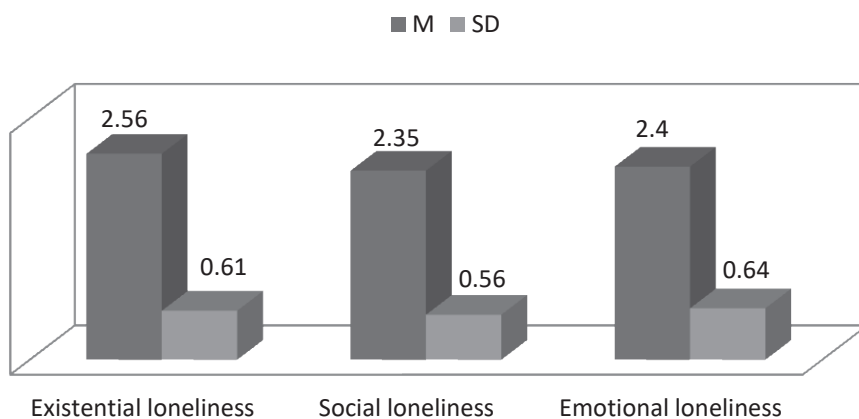


Fig. 18. Analysis of the difference in the levels of loneliness

Thus, the above findings show that the dominant face of loneliness is the existential face.

Next, we tested *the hypothesis that war refugees have different styles of coping with stress*. The findings of variance analysis regarding the differentiation of stress coping styles show the following: since the W-test is significant ($p < 0.001$), we cannot assume the sphericity of the data, therefore we read the results of the F-test with the Greenhouse-Geisser correction. The analysis shows that the variation of the presented coping styles is statistically significant $F(1.623; 491.678)=68.74$; $p < 0.001$. The presence of internal correlations between the coping styles was checked using an ex post facto analysis (with the Bonferroni

correction for multiple comparisons). The findings of the analysis showed that the intensity of the task-oriented style ($M=54.11$; $SD=8.15$) was considerably different from the intensity of the emotion-focused style ($M=47.23$; $SD=9.28$) and the avoidance-oriented style ($M=47.77$; $SD=8.91$). Among refugees, the task-oriented style is predominant. No statistically significant differences were found between the intensity levels of the emotion-focused and the avoidance-oriented styles.

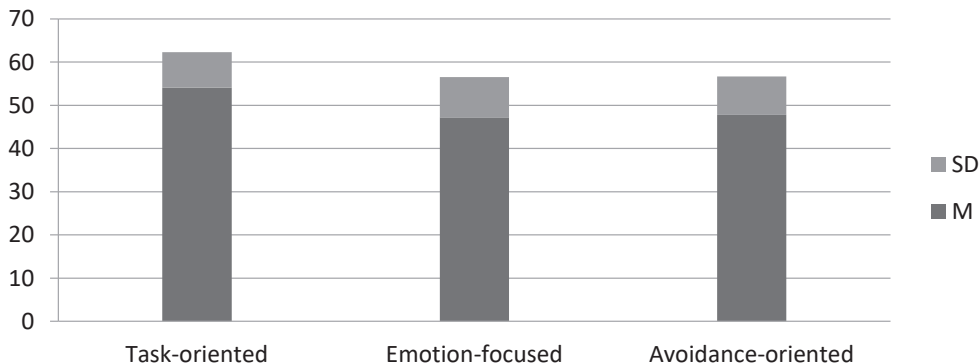


Fig. 19. Analysis of the intensity of stress coping styles

Thus, the performed analysis has visualized the presence or absence of a pronounced statistically significant correlation between the majority of coping strategies, on the one hand, and the components of loneliness and its general indicator, on the other, and this relationship has both a positive and a negative trend. It has been proven that the intensity level of existential loneliness is significantly higher than that of social and emotional loneliness, that is, the dominant face of loneliness is the existential face.

As regards the positive statistically significant correlation, it has been found primarily between active and productive/semi-productive coping strategies: the intensity of the task-oriented style significantly differs from that of the emotion-focused and the avoidance-oriented styles. Among refugees, the task-oriented style prevails.

Conclusion

The obtained findings show the necessity to develop a loneliness and stress coping training programme and implement it in working with war refugees in order to teach them constructive strategies and techniques for coping with the feeling of loneliness and stress in the conditions of reintegration.

Recommendations for Working with War Refugees

Coping with loneliness and stress is an essential condition not only for recovering from the dramatic experience associated with the war, but also for returning to a productive life. Psychological and pedagogical support of war refugees in coping with loneliness and stress, in our opinion, requires familiarizing them with the key relevant technologies, raising their awareness of the specific features of each of the existing technologies, justifying

the expediency of choosing a certain technology, mastering the competencies necessary to apply appropriate technologies and the ability to assess the effectiveness of their implementation in the conditions of the war and the post-war period.

The obtained findings of the study were used to develop a loneliness and stress coping training programme, aimed at teaching war refugees constructive strategies and techniques for coping with loneliness and stress. The programme consists of 10 sessions, one session per week. The programme is conducted in a group format and envisages sessions for groups of 8–10 people.

- Session 1. Getting Acquainted.
- Session 2. Loneliness as a Phenomenon.
- Session 3. Coping Strategies.
- Session 4. Personal Resources in Coping with Loneliness and Stress. Teaching Self-Control.
- Session 5. Identifying Preferred Coping Strategies.
- Session 6. Building Resilience.
- Session 7. Play Therapy, Canister Therapy, and Floristry in Coping with Loneliness and Stress.
- Session 8. Exercises to Cope with Loneliness and Psycho-Emotional Stress.
- Session 9. Self-Help Methods and Techniques for Coping with Loneliness and Stress.
- Session 10. Using Online Resources to Cope with Loneliness and Stress.

We suggest that content material for sessions be selected from our author's publications^{23,24}, relevant websites, online platforms and simulators²⁵, which contain ready-for-use exercises and information on techniques (breathing, meditation, art techniques, self-regulation, resource recovery) that help cope with loneliness and stress.

Next, the findings of the study will be compared and the final result of the implemented project will be presented in the form of a research report titled "Loneliness and Stress Coping Strategies in the Conditions of Multiculturalism: a Comparative Study of Ukrainian Refugees Living in Poland and Internally Displaced Persons in Ukraine."

The following research stage may be focused on the study of psychological prerequisites and specific features of single women's choice of active coping strategies in stressful situations, the development and approval of psychological programmes for regulating women's emotional response to various life events and stressors, as well as the prevention of a state of frustration.

²³ Петренко О. Б. Питання психолого-педагогічної підтримки дітей під час війни: інформаційно-технологічне забезпечення. *Інноватика у вихованні*. 2022. № 15. С.67–76

²⁴ Технології психолого-педагогічної підтримки вчителів і дітей у кризових ситуаціях: навчально-методичний посібник /О. Б. Петренко, І. Ф. Петренко. Рівне: РДГУ, 2024. 176 с.

²⁵ Prometheus, EdEra, Онлайн тренажер для усунення психологічних проблем. [Електронний ресурс]. URL: <https://happy mind.help/#about>. (Дата звернення: 12.04.2024). – Назва з екрану.

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АНОТАЦІЯ

Oksana Petrenko, Liudmyla Balika, Kateryna Koval

Проблема самотності та подолання стресу в контексті пережитих життєвих ситуацій серед біженців війни (на прикладі дослідження в м. Рівне)

На прикладі здійсненого емпіричного дослідження 304 внутрішньо переміщених осіб (ВПО) в м. Рівне досліджено проблему самотності та подолання стресу в контексті пережитих життєвих ситуацій серед біженців війни.

З'ясовано, що ВПО на сьогодні становлять найбільш вразливу категорію населення: вони зазнали погіршення матеріального й соціального становища, яке

вони мали до переміщення, емоційно нестійкими та психологічно виснаженими через пережиті травматичні події. Стрес, тривога, страх, невпевненість стали типовими реакціями, характерними для переміщених осіб будь-якого віку. Психоемоційний стан біженців війни спричинює відчуття відчуженості, сильного стресу та самотності – явищ, які є наслідком низки чинників, пов'язаних з війною як однієї з найбільш гострих кризових ситуацій.

Міністром освіти і науки Польщі в межах програми «Наука для суспільства II» був започаткований міжнародний проєкт «Обличчя стресу і самотності в контексті військової міграції» (листопад 2023 – березень 2024), який передбачає проведення порівняльного дослідження за участю груп біженців з міст Легніца і Краків (Польща) та Дрогобич і Рівне (Україна), мета якого: отримати знання про пережите почуття самотності та стратегії подолання стресу серед біженців та внутрішньо переміщених осіб; визначити рівень усвідомлення глобальної самотності та її трьох аспектів (емоційної, соціальної, екзистенційної), характеристику копінг-стратегії респондентів у різних стресових ситуаціях та визначити довгострокові та далекосяжні соціальні наслідки для подальшого психосоціального функціонування людини в різних сферах життя. Завданнями проєкту передбачається визначення можливостей подолання стресу з метою адаптації та продовження активної життєдіяльності біженців в умовах війни і в період переходу до миру.

Здійснено теоретичний аналіз феномену самотності та вивчення копінг-стратегій в гуманітарних науках; обґрунтовано методологію дослідження, проведено характеристику респондентів.

На основі статистичного аналізу самотності та стресу здійснено перевірку зв'язку соціально-демографічних та соціально-економічних змінних зі стилями подолання стресу; зв'язку між почуттям самотності та стилями подолання стресу, перевірку гіпотези про те, що домінуючим обличчям самотності буде екзистенційне обличчя; гіпотези про те, що для біженців війни характерні диференційовані стилі подолання стресу.

Доведено, що рівень екзистенційної самотності значно вищий за рівень соціальної та емоційної самотності, тобто домінуючим обличчям самотності є екзистенційне обличчя.

Що стосується позитивного статистично значущого кореляційного зв'язку, то він виявлений, насамперед, між активними та продуктивними/напівпродуктивними копінг-стратегіями: інтенсивність стилю, орієнтованого на завдання, значно відрізняється від інтенсивності стилю, орієнтованого на емоції, та стилю, орієнтованого на уникнення. Серед біженців домінує стиль, орієнтований на завдання.

Отримані результати зумовили необхідність розробки та упровадження в роботу з біженцями війни тренінгової програми з подолання самотності й стресу з метою навчання біженців війни конструктивним стратегіям і прийомом подолання самотності й стресу в умовах реінтеграції, яка включає 10 занять.

Ключові слова: міграція, самотність, стрес, біженці війни, життєві ситуації.

STRESZCZENIE

Oksana Petrenko, Liudmyla Balika, Kateryna Koval

Problem samotności i przezwycięzania stresu w kontekście sytuacji życiowych uchodźców wojennych (na podstawie badań w mieście Równem, Ukraina)

Artykuł analizuje problem samotności i radzenia sobie ze stresem w kontekście sytuacji życiowych doświadczanych przez uchodźców wojennych na przykładzie badania empirycznego 304 uchodźców wewnętrznych (IDPs) w Równem.

Okazało się, że przesiedleńcy wewnętrzni są obecnie najbardziej narażoną kategorią ludności: doświadczyli pogorszenia sytuacji materialnej i społecznej, jaką mieli przed przesiedleniem, są niestabilni emocjonalnie i wyczerpani psychicznie z powodu traumatycznych wydarzeń, których doświadczyli. Stres, niepokój, strach i niepewność stały się typowymi reakcjami osób przesiedlonych w każdym wieku. Stan psycho-emocjonalny uchodźców wojennych powoduje poczucie wyobcowania, silny stres i samotność – zjawiska, które wynikają z wielu czynników związanych z wojną jako jedną z najbardziej dotkliwych sytuacji kryzysowych.

Ministerstwo Edukacji i Nauki przyznało międzynarodowy projekt „Oblicza stresu i samotności w kontekście wojennych migracji” (listopad 2023 – wrzesień 2024) w ramach programu Nauka dla Społeczeństwa II, który obejmuje badanie porównawcze z udziałem grup uchodźców z Łegnicy i Krakowa (Polska) oraz Drohobycza i Równego (Ukraina) i pozwala na: zdobycie wiedzy na temat doświadczenia samotności i strategii radzenia sobie ze stresem wśród uchodźców i osób wewnętrznie przesiedlonych; określenie poziomu świadomości samotności globalnej i jej trzech aspektów (emocjonalnego, społecznego, egzystencjalnego); scharakteryzowanie strategii radzenia sobie respondentów w różnych sytuacjach stresowych oraz zidentyfikowanie długofalowych i dalekosiężnych konsekwencji społecznych dla dalszego psychospołecznego funkcjonowania człowieka w różnych sferach życia. Zadaniem projektu jest zidentyfikowanie możliwości przezwycięzania stresu w celu przystosowania się i kontynuowania aktywnego życia uchodźców podczas wojny i przejścia do pokoju.

Artykuł zawiera teoretyczną analizę zjawiska samotności i strategii radzenia sobie ze stresem w naukach humanistycznych; uzasadnienie metodologii badań i charakterystykę respondentów.

Na podstawie danych statystycznych poczucia osamotnienia i stresu w artykule analizuje się związek między zmiennymi społeczno-demograficzno-ekonomicznymi a stylami radzenia sobie; związek między poczuciem osamotnienia a stylami radzenia sobie; hipotezę, że dominującym obliczem osamotnienia będzie oblicze egzystencjalne; hipotezę, że uchodźcy wojenni charakteryzują się zróżnicowanymi stylami radzenia sobie ze stresem.

Wykazano, że poziom samotności egzystencjalnej jest znacznie wyższy niż poziom samotności społecznej i emocjonalnej, tj. dominującym obliczem samotności jest oblicze egzystencjalne.

Jeśli chodzi o pozytywną statystycznie istotną korelację, stwierdzono ją przede wszystkim pomiędzy aktywnymi i produktywnymi/półproduktywnymi strategiami radzenia sobie: intensywność stylu skoncentrowanego na zadaniu różni się znacząco od intensywności stylu skoncentrowanego na emocjach i stylu skoncentrowanego na unikaniu. Styl skoncentrowany na zadaniu dominuje wśród uchodźców.

Ustalenia te doprowadziły do konieczności opracowania i wdrożenia programu szkoleniowego w zakresie przezwycięzania samotności i stresu, aby nauczyć uchodź-

ców wojennych konstruktywnych strategii i technik przewycięzania samotności i stresu w reintegracji, który obejmuje 10 sesji.

Słowa kluczowe: migracja, samotność, stres, uchodźcy wojenni, sytuacje życiowe.

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