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Psychological trauma and its impact on a person's life prospects

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Abstract. In psychology, increasingly more attention is being paid to psychological trauma and its impact on people. Psychological trauma poses no less danger to a person and can have a much stronger and more profound impact on their health than a physical illness, and therefore it is necessary to investigate this problem for further effective solution. The purpose of this study was to explore the concept of psychological trauma and its impact on a person's life prospects. The methodology of the study combined theoretical analysis of the literature, the main purpose of which was to define the concept of psychological trauma and its aspects, and empirical research. The empirical stage consisted of a survey and the use of psychodiagnostic techniques. Statistical methods, such as the Mann-Whitney U test and Spearman's correlation coefficient, were used to process the data using the SPSS Statistics software. The findings suggested that people with psychological trauma have a less balanced life perspective, assess the past more negatively, and have higher hopes for the future, which may be a form of compensation for the loss of the past. It was found that the degree of post-traumatic growth depends on the intensity of the trauma. The study substantiated the position that psychotrauma can affect various components of the personality, including motivational, volitional, emotional, and self-esteem. The study confirmed that psychological trauma changes life perspective and can cause disorders in everyday life. It was recommended that for further study of this issue, the subject of research should be narrowed down and psychological approaches to work with survivors of psychological trauma should be developed. The practical significance of this study lies in the development of a comprehensive model of the impact of traumatic events on personality development depending on a range of factors

Keywords: traumatic stress; post-traumatic growth; experiences; personality; mental health

INTRODUCTION

There are several definitions of psychological trauma in the literature. Such definitions include "an emotional response to an extremely negative situation" (Starcevic, 2019), "an emotional response to a terrible event like an accident, rape, or natural disaster" (American Psychological Association, n.d.), "the result of extraordinarily stressful events that shatter your sense of security, making you feel helpless in a dangerous world" (Robinson *et al.*, 2023). When analysing the factors of psychological trauma, there are several features, namely: intensity; significance; importance and relevance; pathogenicity; acuteness of onset (suddenness); duration; recurrence; associations with premorbid personality traits.

Scientific literature describes psychological trauma as internal conflicts that usually occur on a somatically weakened (modified) basis, mainly in people who are predisposed to psychogenetics (Harkavets, 2021). The clinical structure is characterised by the acuteness of painful experiences, the vividness of these images, painful imagination; increased fixation on the interpretation of disturbed health, internal discomfort, suffering; anxiety about one's future.

M.A. Dutton *et al.* (1994) offered the following definition: psychological trauma is a complex phenomenon in which the subclinical reaction of consciousness to the psychological trauma itself is at the centre and is accompanied by a certain defensive reaction, which acts as a system of psychological attitudes. As noted by A. Miguel-Alvaro *et al.* (2022), this defence response usually neutralises the pathogenic effects of trauma and thus prevents the development of a psychogenic illness. In these cases, one speaks of psychological defence, which functions as a rather significant form of conscious response to psychological trauma.

In the context of globalisation, escalating military and political conflicts, intense information flow and the epidemiological situation, external stimuli adjust a person's life and shape revisions of their life prospects. The frequency of such uncertainty and instability of situations, even extreme ones, that transcends everyday life, makes people reconsider their plans and goals in life, their attitude towards present and past events. D.A. Fitzgerald *et al.* (2021) emphasised that in modern realities, the media catastrophise, increase fear, exacerbate conflicts and introduce confrontational behaviour into the public consciousness. Currently, little attention is paid to how a person can neutralise the consequences of an extreme situation or psychological trauma on their own, how to relieve general tension with a specialist's help, or how to deal effectively with family members who have experienced psychological trauma. This is especially true for such a vulnerable category as children.

M. Vagni *et al.* (2020) describe that psychotraumatic events inevitably force a person to reassess their life path and plans, resulting in a constant transformation of the system of life prospects. In the practice of psychologists and psychotherapists, a detailed study of changes in life perspectives after psychotrauma is becoming increasingly important. After this process, which includes negative experiences or events, a person's life prospects can change to an adaptive type if the conditions are favourable. This change is accompanied by a revision and reassessment of new meanings and values in life, as well as a search for new opportunities. In turn, this process contributes to post-traumatic growth, which means positive changes in the individual after a traumatic event, such as strengthening personal resources, increasing self-esteem, and the ability to recover.

M. Eastmond *et al.* (1994) noted that there is no clear division between positive and negative reactions, usually there is a mixed reaction of the individual to certain temporary "weather" factors, the perspective can change and indicate growth and suffering. In their study, the authors consider psychological trauma to be "objectively significant" based on the classification of events by the role of an intervention that is of significant importance to most people (death of a loved one, divorce, terminal illness). This is also confirmed by A.A. Scoglio and C. Salhi (2021), who noted the strong impact of cross-cutting stress factors, such as forced resettlement (refugee status) and adaptation to radically new living conditions.

Notably, even in the case of objectively significant psychological trauma, close people, based on their beliefs, often devalue the significance of psychological trauma for a person, as well as their suffering (often such losses include the loss of a child, difficult divorces). This often results in people hiding their grief from each other and having trouble finding the resources to successfully work through it, which leads to lower life prospects, fixation on the negative past, depression, and other adverse consequences. The clinical manifestation of acute grief is similar from person to person, and similar symptoms of psychological trauma underlie post-traumatic stress disorder in people with different types of psychological trauma.

The purpose of this study was to investigate the specific features of the life prospects of persons who have experienced psychological trauma, as well as to consider different approaches to the interpretation of the concept of psychological trauma. Objectives: 1) to analyse the literature on the subject matter; 2) to define the essence of psychological trauma, characterise its types, and present the connection between psychological trauma and mental health.

MATERIALS AND METHODS

The paper presents the materials of an in-depth study of the impact of psychological trauma on the future life of a person and on the changes that occur in the structure of the personality. To solve the tasks set in the study, the following theoretical methods were used: analysis of scientific literature on the research topic, generalisation, comparison, and systematisation. Empirical methods of data collection (surveys, research using psychodiagnostic techniques, conversation and interviews) and methods of statistical data processing were also used. The study was conducted from September 2020 to November 2020 and consisted of two stages: theoretical and practical. By analysing and systematising the literature data, the study defined the concept of psychological trauma and its main aspects, considered and investigated the opinions of other authors on the issue, their classifications and definitions. The main aspects of this issue were highlighted.

Experimental methods were also used to determine the consequences of psychological trauma in the study participants. The study involved 48 people, 24 men and 24 women, aged 26 to 46 (mean age 37.6). All participants were divided into two groups of 24: people who had previously experienced psychological trauma, and 24 people in the control group (people without traumatic experience). All respondents have higher or incomplete higher or secondary technical education and are employed. Both groups were gender-balanced to avoid bias in the evaluation. The time since the traumatic event ranged from 3 to 15 years in the main group (mean 9.26).

The Subjective Assessment of Traumatic Event Severity Scale and the Objectification of Impact on the Subjective World Scale (OISW) were used to identify symptoms and assess their severity in individuals who had experienced trauma in the past. This methodology was used to

determine the main clinical manifestations of post-traumatic disorder and the degree of impact of traumatic events on a person by three subscales: "physiological excitability", "rejection", "avoidance". Time perspective in both groups was assessed using the Zimbardo Time Perspective Inventory, ZTPI (Zimbardo & Boyd, 2008). The main group, namely the one with a history of psychotraumatic events, was surveyed using the Posttraumatic Growth Survey (PGS) (Tedeschi & Calhoun, 2004). The comparative analysis method was used to assess the reliability of the differences in time-perspective indicators, and to evaluate the difference in the control and intervention groups.

The statistical analysis of differences in the mean values of the time perspective component was conducted using the non-parametric Mann-Whitney U test to assess differences in the mean values of the two samples. The Spearman's ρ-correlation coefficient was used to identify changes and relationships between time perspective and indicators of posttraumatic growth and life satisfaction. The SPSS Statistica computer software was used for mathematical processing of these data.

The survey followed the recommendations of the International Code of Market, Social and Community Research and Data Analysis ICC/ESOMAR (2016), specifically ethical and professional standards. All participants were informed about the study and gave their consent to the processing and use of their data.

RESULTS

The phenomenological manifestations of trauma studied in modern psychology are revealed through various aspects and studies of the consequences of psychologically traumatic events. They reflect the experiences associated with the traumatic event, as well as the various stages of this single process. The experience of an event is a dynamic system in which different subsystems and elements (including a set of attitudes at various levels) can be distinguished from each other, but which cannot be reduced to them. The experience of psychological trauma should be considered as a process that has its own phase dynamics and possible deviations from the normal course (Fariba & Gupta, 2022).

The experience of mental trauma is unfolded in time. The initial stage relates to the stage of psychological shock, which is characterised by denial of what is happening. Denial is a defence mechanism; the human psyche tries to preserve itself. At the stage of shock, a person experiences inhibition of activity, disorientation in the environment, and disorganisation of activity. The stage of shock is short-lived, and a person quickly moves on to the next stage – exposure or emotional response. At this stage, a person experiences strong emotions related to the traumatic event itself or its consequences. Initially, the dominant emotions are fear, anxiety, anger, crying, etc. Gradually, they are replaced by self-doubt, helplessness, self-criticism, guilt, etc. At this stage, either the trauma is fixed and becomes a chronic disorder, the individual gets stuck in their suffering or accepts the situation and their own powerlessness and gradually comes out of the negative psychological state. This stage is quite long, and its duration depends on the nature of the trauma and individual psychological characteristics. At the third stage – normal response – adaptation to new circumstances takes place.

Overcoming a psychological trauma is an individual way of dealing with the situation according to one's own logic, i.e., within the person's life and psychological capabilities (Zahray, 2015). The process of overcoming psychological trauma depends heavily on a person's subjective perception of the existing stressful situation. Since psychotrauma is always characterised by a high degree of uncertainty, the main goal of overcoming it is to keep the person in a state of mental balance, if possible. When overcoming psychological trauma, the emphasis is on resolving the situation and transforming the person's attitude towards the current situation (especially if it cannot be changed). Coping strategies are diverse, and each person develops their own set of strategies based on their own experience in facing new demands when existing methods of response become ineffective (Brewin, 2020).

The doping strategies developed can be focused on the problem that has arisen or on the person themselves, aimed at changing the activity, perceptions of the activity and the situation, and the feelings that accompany the situation and the activity. The Subjective Assessment of Traumatic Event Severity Scale is used to identify symptoms and assess their severity in individuals who have experienced trauma in the past. This methodology is used to determine the main clinical manifestations of post-traumatic disorder and the degree of impact of traumatic events on a person by three subscales: "physiological excitability", "rejection", "avoidance" (Table 1).

Table 1. Clinical manifestations of post-traumatic stress disorder and the degree of impact of traumatic events on a person

Index	Group (score)		Mann-Whitney U-test	Significance of the criterion
	Main (20)	Control (20)		
Rejection	16.2	6.6	20.4	$p < 0.001$
Avoidance	18.7	10.2	50.3	$p < 0.001$
Physiological excitability	10.2	4.3	44.5	$p < 0.001$
Integral indicator	47.8	22.5	24	$p < 0.001$

Source: compiled by the author of this study

The analysis revealed that the intervention group's scores on all three subscales were much higher than those of the control group. Statistically significant differences were recorded ($p < 0.05$), which once again proves the fact of psychotraumatic events in the respondents of the experimental group. In the surveys of the main group, namely the one with a history of psychotraumatic events, using the Posttraumatic Growth Survey (PGS) methodology by R.G. Tadeshi and K.G. Calhoun (2004), a medium level and a high level of posttraumatic growth were identified with an average value of 59.8. Therefore, the scores are quite high in relation to the normative tables. This high increase can probably be explained by the fact that on average 9.26 years have passed since the traumatic event, meaning that there has been enough time to cope and adapt. The highest score was obtained for the New Opportunities subscale, which is consistent with previous research and the subjective assessment of traumatised individuals who characterised their experience as: "It pushed me to see my life with new eyes", "Trauma radically changed my life for the better", "I found a new opportunity for self-fulfilment", "I became more worthy and found new perspectives", etc.

Previous studies (Helzer *et al.*, 1987; Tedeschi & Calhoun, 2004; Brewin, 2020) have suggested that the scales of new opportunities after a traumatic event vary significantly across time periods (1-5 years, 6-11 years, 12-28 years) and this difference is statistically significant ($p < 0.05$), with an observed tendency to increase over time. A direct correlation was also found between the magnitude of traumatic impacts (measured according to the OISW method, an integral indicator) and the degree of post-traumatic growth ($p < 0.05$) with a Spearman correlation coefficient of $p = 0.532$. This indicates that exposure to high intensity trauma contributes to greater activation of posttraumatic growth, and therefore it is necessary to address this problem by investigating the nature of trauma and its further impact on posttraumatic growth. The time perspective in both groups was assessed using the ZTPI (Table 2).

Table 2. Time perspective study

Index	Group (score)		Mann-Whitney U-test	Significance of the criterion
	Main (20)	Control (20)		
Past-Negative	3.07 ± 0.79	2.14 ± 0.63	72.5	< 0.001*
Past-Positive	3.22 ± 0.57	3.25 ± 0.4	179	0.568
Present-Hedonistic	2.9 ± 0.23	2.89 ± 0.15	129	0.082
Present-Fatalistic	3.23 ± 0.43	1.9 ± 0.39	99	0.009*
Future	2.88 ± 0.49	2.99 ± 0.39	97	0.005*

Note: * differences in the level of the trait in the compared groups are statistically significant ($p < 0.05$)
Source: compiled by the author of this study

The result was a statistically significant ($p \leq 0.05$) difference in the subscales Past-Negative, Present-Fatalistic, and Future subscales: the intervention group assessed their past events as more negative compared to the control group. Respondents in the main group are overestimating their future compared to the control group. Perhaps, in this way, they are transferring their expectations to the future, i.e., compensatory mechanisms are activated. The first group also scored significantly higher on the Present-Fatalistic subscale, which may indicate that trauma can shift the locus of control to an external level ("My past experience has shown that I cannot change anything", "Whatever happens, it cannot be avoided", "There are events that no one can control"). The type of change in the direction of time orientation and life attitudes in the present, depending on the presence of psychological trauma, was tested using Spearman's correlation coefficient. A comparative analysis of the reliability of the difference in time-perspective indicators revealed no significant statistical differences ($U = 136$, $p = 0.082$) in the groups of the Present-Hedonistic and Future-Positive subscales. It can be concluded that for all respondents, regardless of the degree of exposure to traumatic events and the degree of post-traumatic growth, an average orientation towards the desire to enjoy life here and now, as well as the presence of positive memories of the past, is typical. A correlation ($p = -0.606$) was found between the integral scores (sum of subscales) of the OISW and interest in life (Helzer *et al.*, 1987). The relationship between the characteristics under study is inverse, with moderate density (strength) of the relationships on the Chaddock scale. The sign relationship is statistically significant at the $p < 0.01$ level. An inverse correlation was also found between the Past-Negative and the life satisfaction index ($p = -0.588$).

Considering this relationship, as well as the data presented in the comparison table between the treatment and control groups using the OISW, in which the highest integral score was recorded for those respondents who had previous traumatic experiences, it follows that the more severe the trauma, the lower the enthusiasm and commitment in everyday life. At the same time, there were no statistically significant correlations between the intensity of the impact of psychotraumatic events (the integral indicator of the OISW) and changes in the perception of certain time regimes in the future. Without considering the significant

differences between the treatment and control groups in comparative analyses, correlation analyses do not provide information about the direction of changes in orientations over time. Focusing on negative past events is strongly inversely correlated with a positive assessment of oneself and one's own actions ($p < 0.01$).

Psychological trauma can affect and break the centre of the personality, leaving traces in the form of the victim's guilt, self-criticism, often depression, and self-esteem. There is a connection between the factor of fatalistic presence and the consistency of goal achievement ($p = -0.724$; $p < 0.01$), presumably because the bias towards fatalism indicates that a person shares a certain responsibility for implementation, shifts their plans from "fate", "luck", and this does not always turn out to be a consistent process. Therefore, the psychological trauma leads to a change in life perspective. The process of change itself is dynamic, some of it clearly visible in time, as in the case of post-traumatic growth, which is more pronounced in the future and which also determines future orientation, hoping that the trauma as a trigger will provide impulses for reconstructing time, perspective, reassessment and finding new opportunities for growth.

The most constructive and desirable line of development of the psychological state of participants who have experienced psychological trauma is actualisation of the need for positive changes in the near future, clear planning for the near future, considering their own strengths and capabilities. At the same time, post-traumatic growth is not a return to the previous level of functioning after trauma (Kelber *et al.*, 2022). It is the acquisition of a new quality by a person, overcoming the path to self-improvement. In 2019, the Institute of Psychology developed the social and psychological training "Through Trials to Growth", which aims to optimise the use of participants' internal resources to overcome the trauma they have experienced and to ensure successful personal and professional rehabilitation (Zlyvkov & Lukomska, 2019).

DISCUSSION

There is still no consensus in the scientific literature on this issue. In most works that consider the causes, features and consequences of the impact of psychotraumatic situations on the psychological state of a person, there is a comprehensive approach (Turynina, 2017; Bondaruk. Yu.S., 2018; Altmaier, 2019). The authors assume that psychological trauma is "a form of damage to the psyche that occurs as a result of experiencing either a single traumatic event or multiple reoccurrences of traumatic events" (Raudenská *et al.*, 2020). These events are substantially different from previous experiences and have caused so much suffering that people reacted violently and negatively. The phenomenon of "psychotrauma" has become the most investigated and widespread in the context of research into the causes and manifestations of post-traumatic stress disorder.

Proponents of crisis psychology, who put forward and study the pathogenetic mechanisms of this pathology, interpret the term "psychotrauma" as a mental shock experienced as a result of special conditions of interaction between the individual and the world around them. Sometimes, mental trauma is interpreted as an information blow that violently interrupts the integrative mechanisms of the psyche, disrupts its systemic nature, and substantially disrupts adaptation. Psychotrauma is also defined as a psychogenic shock characterised by particular sharpness, unexpectedness, suddenness, incomprehensibility and accompanied by affective disorders. This approach is typical for B.O. Rothbaum (1997). The researcher divides pathogenic factors into psychological trauma and psychogenicity. By mental trauma, he means an acute, sudden, traumatic impact with severe consequences. In his research, Rothbaum understands psychogenia as long-term systematic psychotraumatising psychogenic influences consisting of several strong everyday influences in the form of humiliation, threats, mental pressure, which are important for a particular person and cause chronic frustration.

Psychological trauma can occur as a result of different events, but such disorders have many common features. It is usually a disorder that leads to a state of extreme bewilderment and uncertainty. A person gets into this state when they are faced with a violation of the usual perceptions of the world or violations of their rights. Psychotrauma is a vital phenomenon for an individual, affecting important aspects of their existence, which leads to profound psychological experiences, resulting in adaptation disorders and stress-related disorders.

The analysis of different opinions on the psychotraumatic situation has suggested that the term "mental trauma" should be interpreted as the result of the impact of stress factors on the personality, which is expressed in the reduced efficiency of the subject's life, changes in their system of self-regulation. These changes can be the result of an intense one-time stressful event or a stressful situation that has been in place for a long time. Therewith, a psychotraumatic situation may be based on conscious and unconscious changes in the physiological, emotional, cognitive (intellectual), and behavioural components of the regulatory system.

The central theme of psychological trauma is unresolved emotional conflicts because trauma works primarily at the level of feelings. Based on their psychotherapeutic experience, B.L. Green *et al.* (1997) managed to identify a central feeling in each of the conflicts: fear of death (arising in situations that threaten human life, in which a person experiences mortal danger and mortal fear) – in existential trauma; fear of abandonment – in loss trauma; Disappointment (occurs when a child's primary needs for emotional attachment, i.e., love, support and security, are not met by parents and a strong bond with parents is unattainable for the child); shame and guilt (occurs when the entire family system, the entire social group, or the entire society is affected by traumatic events initiated by members of this system).

However, in his classification, Green describes not only the adverse consequences of experiencing psychotrauma, but also their alternatives. Thus, the emotional conflict in the case of experiencing existential trauma is, on the one

hand, withdrawal from oneself, and, on the other hand, mental resilience. In the case of loss trauma, emotional conflict manifests itself in fixation on negative feelings or release from them. Emotional conflict presents a person with a dilemma: to trust no one or to trust and love in the face of relationship trauma. Having revealed the trauma of systemic relations, the emotional conflict is fixed, on the one hand, in secrecy and concealment, and, on the other hand, in acceptance of responsibility and guilt. Therewith, these types of trauma (existential, loss, relational, systemic) can be conditioned by time boundaries, the type of situation and the subjective attitude of a person towards the situation.

Other scientists have also investigated the impact of psychological trauma on a person's life. According to research by A. Ehlers and D.M. Clark (2000), the experience of a traumatic situation is accompanied by the emergence of three different phenomena that are closely related but have characteristic differences. This refers to primary, secondary, and tertiary dissociation (disruption of the coherence of mental processes). According to M.E. Kaler *et al.* (2008), the fact that dissociation is a fundamental property of the psyche underlies many phenomena. Dissociations play a significant role in the functioning of the psyche and are valuable for adapting to changing environmental conditions. These authors also investigated factors that can increase the activity of psychotraumatic growth. According to them, the more a person is affected by an irritating factor, the greater the psychotraumatic growth will be, and it will progress over time. Therefore, the study also proved that high intensity of trauma can contribute to greater activation of post-traumatic growth. This strongly suggests that it is necessary to address this issue by investigating the nature of trauma and its subsequent impact on post-traumatic personality growth.

The study of internal mechanisms aimed at overcoming the destructive impact of psychological trauma on the personality is carried out by such teams of scientists as J.P. Wilson *et al.* (2000) and J.L. Maples-Keller *et al.* (2020). When describing strategies for overcoming psychological trauma, they pay attention not only to the psychological but also to the social aspect, which, in the author's opinion, manifests itself in various violations of the system of human relations and in socially unacceptable forms of behaviour: antisocial, deviant, criminal. The authors emphasise the relationship between the conscious and unconscious spheres of the psyche and the impact of traumatic experiences on the development of destructive tendencies in the psyche, even though trauma can cause disorders of consciousness (Wilson *et al.*, 2000; Maples-Keller *et al.*, 2020). Comparing this hypothesis with the data obtained in this study, psychological trauma does indeed affect changes in the psyche of an individual. A person unconsciously begins to transfer the adverse consequences of past traumatic events to their present, which is the severity of the phenomenon of psychological trauma. Given the data obtained as a result of the study, it is confirmed that psychotrauma can affect and break the centre of the personality, leaving traces in the form of the victim's guilt, self-criticism, often depression, and self-esteem. Therefore, the authors' opinion on this issue is entirely reliable.

The result of the psychological activity of experiencing can be a person's awareness of what has happened, the meaning of their entire life. Without such an awareness, it is virtually impossible to reconstruct an individual life situation, and therefore impossible to adequately overcome psychological trauma, as noted by H. Kerbage *et al.* (2022). This means that experiencing as a special form of activity allows a person in a crisis to survive difficult events and gain awareness of their own existence through a reassessment of values. V.M. McKeever and M.E. Huff (2003) argue that after a traumatic event, a person experiences certain personal changes: they develop self-doubt, which naturally manifests itself in behaviour (ease and nonchalance disappear) and in communication with other people. L. Raynor (1980) argues that traumatic experiences cause the destruction of a person's cognitive schemas and change their information pattern, which regulates and organises perception and behaviour. Therefore, to reduce the intensity of the experience, the processes of mental defence and cognitive control (e.g., in the form of denial, emotional numbness) begin to operate, which substantially complicates the process of overcoming trauma. The phenomenon of experience is of particular importance in the context of psychodynamic theory. Therefore, during the study, data were obtained that suggest that psychotraumatic events have an adverse impact on the life prospects of an individual. The participants' orientation towards the future, the emergence of new landmarks in it, and a clear definition of the meaning of life can serve as an impetus to reduce the focus on negative past events, promote a reassessment of life values, and become a trigger for overcoming this problem. The transfer of expectations to the future is clearly visible, i.e., compensatory mechanisms are activated.

CONCLUSIONS

The life perspective of people with previous trauma differs from people with everyday experience, it is less balanced. On average, the treatment group assesses their past considerably more negatively than the control group. As for the "fatalistic present", the dominant role of fatalism is also noted. Against this backdrop, the future emerges, on which the first group has high hopes, which may be a form of psychological compensation for the loss of the past. The treatment group rated their past events as more negative than the control group. Respondents in the main group are overestimating their future compared to the control group. Perhaps this is how they carry forward their expectations into the future. The first group also received considerably higher scores on the Preset-Fatalistic subscale, which may indicate that trauma can shift the locus of control to an external level. The results of the study confirmed that the stronger the negative psychotraumatic effects, the lower the enthusiasm and commitment in everyday life. Therefore, the psychological trauma leads to a change in life perspective.

Post-traumatic growth occurs through the adaptive pathway of recovery from trauma, and research shows that the degree of growth depends on the intensity of the trauma. People are forced to look for untapped resources, and therefore they are forced to look for opportunities, seek support and make new plans, as the old ones are no longer relevant. In this case, although the person may subjectively assess their past events as an extremely negative experience, they notice that they have experienced what is known as forced growth. Focusing on the Past-Negative after a traumatic event can have a strong impact on various structural components of the personality, namely motivational, volitional, emotional, and self-esteem. The studies of scholars who have previously investigated this topic emphasise the connection between self-esteem and degrees of irritation, i.e., its role is not limited to adaptive functions, but has become a mechanism for human fulfilment.

A psychotraumatic event usually occurs unexpectedly in a person's life, breaking the structure of existing life prospects, changing plans, and since it was unpredictable, there is a shift towards a Present-Fatalistic, when it seems that at any moment an event or moment can occur that a person is not ready and cannot control. Nevertheless, the interviewees are optimistic for the future, but at the same time base their plans on fatalistic thinking in the present, which often results in a disruption of the order of achievement, as evidenced by the context revealed.

The life perspective as a research topic has recently been investigated in the context of critical (extreme) events, and therefore only empirical data is currently being generated, which can sometimes be contradictory, leading to discussions and a more objective and holistic study of this topic in modern sciences. Further study of the problem of the impact of psychotrauma on the life perspective of an individual requires narrowing the subject of research, determining the category of participants in the experimental study and the directions of psychological work with them.

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CONFLICT OF INTEREST

None.

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Психологічна травма та її вплив на життєві перспективи людини

Анотація. У психології все більше уваги приділяється психологічній травмі та її впливу на людину. Психотравма створює для людини не меншу небезпеку й може набагато сильніше і глибше вплинути на її здоров'я, ніж фізичне захворювання, тому необхідно вивчити цю проблему задля подальшого ефективного вирішення. Мета статті – дослідити поняття психологічної травми та її вплив на життєві перспективи людини. Методологія дослідження поєднала теоретичний аналіз літератури, основною ціллю якого було визначити поняття психологічної травми та її аспектів, й емпіричне дослідження. Емпіричний етап полягав в опитуванні та застосуванні психодіагностичних методик. Для обробки даних використовувалися статистичні методи, як-от U-критерій Манна-Вітні та коефіцієнт кореляції Спірмена, з використанням комп'ютерної програми SPSS Statistics. Результати дослідження показали, що особи з психотравмою мають менш збалансовану життєву перспективу, оцінюють минуле негативніше, покладають більші надії на майбутнє, що може бути формою компенсації втрати минулого. Виявлено, що ступінь посттравматичного росту залежить від інтенсивності наслідків травми. Обґрунтовано позицію, що психотравма може впливати на різні компоненти особистості, включно з мотиваційним, вольовим, емоційним та самооцінковим. Дослідження підтверджує, що психотравма змінює життєву перспективу та може спричиняти порушення в повсякденному житті. Рекомендовано для подальшого вивчення порушеного питання звузити предмет дослідження та розробити психологічні підходи для роботи з особами, що пережили психотравму. Практичне значення дослідження полягає в розробці комплексної моделі впливу травматичних подій на розвиток особистості залежно від різних факторів

Ключові слова: травматичний стрес; посттравматичний ріст; переживання; особистість; психічне здоров'я