

UDC 159.9:316.6-355.01(0.45)

DOI: 10.52534/msu-pp.8(2).2022.76-84

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Social Support of the Individual in War Conditions: Ukrainian and International Experience

Article's History:

Received: 16.03.2022

Revised: 27.05.2022

Accepted: 30.06.2022

Suggested Citation:

Piankivska, L.V. (2022). Social support of the individual in war conditions: Ukrainian and international experience. *Scientific Bulletin of Mukachevo State University. Series "Pedagogy and Psychology"*, 8(2), 76-84.

Abstract. The paper highlights the social support of the individual in war conditions as a powerful tool for influencing the individual. It is precisely because there is a war going on in the state that the subject matter is becoming increasingly relevant. Social support as a complex phenomenon concerns the peculiarities of interaction of the individual with the social environment and the nature of influence on it during military operations. The purpose of the study is to investigate the experience of providing social support to individuals in war conditions. In order to achieve the goal and comprehensively present the topic under study, the author relies on a set of interrelated theoretical research methods, including analysis and synthesis, interrelation, modelling, comparison, systematisation, and generalisation of scientific sources. It is stated that the social support of the individual is quite multiform, has an "amortisation" character, and acts as one of the styles of coping strategies of human behaviour. It is generally built around the "self-concept" of the individual, and during the war, it supports the psychological balance of the individual and acts as a resource for survival. It is determined that social support of the individual at the micro-level in war conditions is based on the family and family members who help to overcome trauma, show care and emotional support, and are a significant resource in difficult life circumstances. Social support for friends, neighbours, and colleagues is also important. It is revealed that social support of the individual at the meso-level during the war contributes to the preservation of the integrity of the individual, personal growth, self-actualisation, and integration into new realities of life. The paper describes the features of social support at the macro-level and establishes that in general, it acts as an effective principle of intervention at various stages after trauma, a measurement of mental health, promotes the growth and recovery of the individual, and directs it to self-development. The paper can be useful for psychologists, psychotherapists, social service specialists, teachers, and volunteers who provide psychological assistance to war victims to understand the impact of social support on a person's mental health

Keywords: personality, stress, micro-level, meso-level, macro-level, post-traumatic stress disorder

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INTRODUCTION

The war in Ukraine is one of the most devastating disasters for the Ukrainian nation, health, life, and well-being of the population. It is a horror that exists beyond the comprehension and experience of most people. The specific, hybrid nature of an officially undeclared war complicates the perception of reality. Constant news from hot spots of military operations, killing and torturing of civilians, bombing and shelling of peaceful cities and villages, forced change of

residence by the population, loss of property and jobs – all this leads to a loss of a sense of security, confidence, stability, and predictability. People have deprivation of their usual physical needs for sleep, nutrition, and the presence of a roof over their heads. War leads to constant tension, emotional changes, mass human suffering, and a decrease in the level of psychological well-being. In addition, the growing amount of evidence documenting the consequences of war is shocking

for the mental and physical health of every Ukrainian. Military events are debilitating and socially harmful for every individual.

Turning to the issue of the traumatisation of a person during the war, the expected reality is the fundamental transformations of both the individual and all spheres of their life. Turkish researchers Y. Snoubar and X. Hawal point out that young people who were under the influence of war in the future can have negative consequences for healthy development, a number of chronic health problems, as they were surrounded by an unstable atmosphere and lack of physical, psychological, and social support [1]. C. Zastrow notes that young people who have been in the zone of military conflicts for a long time have a feeling of depression, alienation, and fear for years and require serious clinical interventions [2]. C. Layne, R. Pynoos, V. Saltzman *et al.* emphasise that the results of reports of clinicians who have worked with Bosnian adolescents indicate that they have a number of problems. Most often, the following is observed: unwillingness to study, low academic performance, and lack of desire to choose a profession in the future or to plan a family life, which was aggravated as a result of the conflict [3].

During the war, social support for people who have been traumatised becomes important to quickly return them to normal functioning. Christian wisdom has always preached helping one's neighbour. Ancient Greek scholars (Heraclitus, Democritus, Epicurus) paid special attention to charity as an ethical category. With the development of society, science, socio-political changes in various spheres of life, new forms of social relations appear, new approaches to providing social assistance, support, and protection of the individual are formed. Philanthropy is being replaced by a new approach of social assistance based on "agape", and the main motives are participation in the fate of a person, direct attention to their life problems and urgent needs.

Features of social support for a person in crisis life situations are based on religious, philosophical, social, psychological, and ethical principles. In the Ukrainian scientific psychological literature, this issue is insufficiently covered and poorly studied, because the organisations that worked with displaced persons directly recorded information and provided social support only to those who applied to them. It should also be noted that the issue of war itself is difficult for a person to perceive, and social support for the individual has been investigated only in a number of countries where military operations took place. This indicates the need for a more thorough study of the importance of social support for people during the war and its impact on their future lives, and the development of necessary mechanisms and programmes for providing psychological assistance to citizens to preserve psychological health.

The purpose of the study is to investigate the experience of providing social support to the individual in war conditions.

Research objectives: 1) theoretically investigate and characterise the specific features of the impact of social support on the individual; 2) analyse the features of social

support of the individual at the micro, meso, and macro-levels in war conditions.

The originality of the study lies in the fact that the idea of the peculiarities of the impact of social support on the individual in war conditions is expanded, the specific features of social support at the micro, meso, and macro-levels during war are highlighted and characterised, and an appropriate model of social support for the individual in war conditions is proposed.

LITERATURE REVIEW

The analysis of studies shows that the problem of the importance of social support for the individual during the war attracts the attention of psychologists, psychotherapists, psychiatrists, military personnel, employees of the state emergency service, police, social service specialists, teachers, etc. Foreign scientists K. Burnell [4], T. Keane [5], E. MacGeorge [6], F. Nazzal [7], D. Perlman, L. Peplau [8], M. Steenkamp and W. Schlenger [9], N. Hunt [10] *et al.* In Ukrainian psychological science, attention is paid to the issue of social support of the individual in crisis situations by V. Gorbunova [11], L. Tsarenko [12], T. Tytarenko [13; 14], O. Turinina [15].

The concept of "social support" is a complex and ambiguous construct. Ukrainian psychologists interpret social support as physical and emotional comfort, which creates a close environment for a person: family, friends, and colleagues. This helps a person to realise that they are part of a loving and caring society [16]. A number of foreign researchers consider the social support of the individual to be a component of "social capital", which is an investment for its access to resources and their future use [17].

In modern science, the influence of social support on the individual is comprehensively emphasised, including in war conditions. S. Cohen, T. Wills point out that people who have a larger social network and feel that such support is available to them respond less to stressful factors or have better mental health [18]. F. Alphas, N. Long, J. Blakey emphasise the importance of the relationship between social support and trauma outcomes among different traumatised populations [19]. Professor of psychiatry and behavioural neuroscience Margaret McKinnon states that providing social support to Ukrainians is crucial for preventing them from post-traumatic stress disorders [20].

A number of researchers prove that social support is a kind of buffer between stress and its devastating consequences. It helps to reduce the impact of harmful experiences on the individual and acquire valuable resources to overcome stress [21]. Other researchers consider it an important strategy to help people cope with traumatic experiences. They have proven that effective social support is one of the most significant factors of a person's well-being, has a positive impact on their health, and contributes to the prevention of stress [22].

A number of foreign researchers prove that social support for Vietnam War veterans acts as a protective factor both after 20 years and 40 years [23; 9]. E. MacGeorge, V. Sumter, B. Feng *et al.* note that students who received

emotional support and psychological help in the first two weeks after the September 11, 2001 terrorist attack in the United States had fewer symptoms of depression than those who did not receive it [6]. Its relevance is indicated by E. Duru, who, based on his own research, demonstrates the existence of a link between low social support and mental health problems [24]. The positive impact of social support and relationships is also noted by F. Nazzari, O. Cruz, F. Neto, D. Perlman, L. Peplau. They state that students who have social support and social interaction after witnessing a war experience less anxiety, depression, and feelings of loneliness [7; 8].

Therefore, it can be argued that social support is a multidimensional and dynamic phenomenon. It plays a significant role in preserving people's mental health during times of war. Its effectiveness depends directly on the source itself, the type of support, the time of provision, the existing needs for it, and the level of development of a person or social network.

This paper aims to find answers to the questions outlined in a number of studies, and analyse the experience of providing social support to individuals in war conditions, considering the research interest in the chosen topic.

MATERIALS AND METHODS

The study of the features of social support of the individual in war conditions is a rather complex process of psychological research both in the form of conducting and in the context of scientific understanding of the problem in the psychology of personality, social, military, and crisis psychology. It was these aspects that contributed to the choice of methodological foundations of scientific research.

Given the complexity of the subject matter, retrospective and introspective reflection on the professional experience enabled the author to comprehensively present the problem under study, substantiate and apply a set of interrelated theoretical research methods: analysis and synthesis, interrelationship, modelling, comparison, and systematisation, as well as scientific sources. By applying the method of analysis, a number of studies have been processed to determine the features and role of social support of the individual in difficult life situations and in the conditions of active hostilities. Using the synthesis, the features of social support of the individual at the micro, meso, and macro-levels were studied. Significant in achieving this goal of the study was the use of the modelling, which allowed clearly reflecting the features of social support of the individual in the form of a model and describing its key elements. The comparison helped to contrast the scientific visions of researchers at different stages of providing social support to a person to establish important aspects of the phenomenon under study. The generalisation helped to determine a number of causal relationships and specify the key characteristics of social support during the war.

The methodological basis of the study was provided by scientific sources on social, medical, crisis, and war psychology, as well as a sociological survey by the Rating group

within the framework of the "Ukraine in war conditions" project, the Cedos analytical centre, Operational Sociology, commissioned by the Norwegian Institute for Urban and Regional Research (NIBR) and Oslo Metropolitan University (OsloMet) [25-28]. The chosen methods of research helped to structure the presentation of the material, comprehensively cover the results of theoretical research on the features of social support of the individual in war conditions. In addition, for a comprehensive study of the problem, the principles of personal and systematic approach (integrity, consistency, structuring, hierarchy of construction) were taken into account.

Based on an established scientific and methodological framework, the study of a particular issue was carried out in three stages. The first stage provided for a theoretical analysis of scientific literature on the issue under study to establish the relevance of the topic and reveal the main aspects, as well as to find out the influence of social support on the individual in difficult life situations during the war. At the second stage, a number of studies on the peculiarities of the impact of social support on the individual in war conditions were processed and analysed. In general, attention is focused on the versatility of the visions of researchers and practitioners regarding the understanding of the concept of social support for the individual. At this stage, the analysis of the features of social support of the individual at the micro, meso, and macro-levels in war conditions was carried out and demonstrated using a model. At the third stage, the study results were summarised and relevant conclusions were drawn, as well as prospects for further research were determined.

RESULTS AND DISCUSSION

Mental health professionals interpret social support as psychological and material resources provided by the social network to help people cope with stress [29]. This definition contains a number of significant structural components. Social support of the individual can be emotional (care, encouragement), informational (information about services, consequences of treatment, advice) or group (involvement in various events, mutual assistance groups); instrumental (help of volunteers, humanitarian aid, own example, personal advice) [29]. Social support can come from family members, friends, colleagues, neighbours, organisations, territorial communities, states, etc.

The analysis of scientific sources indicates a variety of visions of researchers and practitioners regarding the problem under study and reveals certain of its characteristics. In general, S. Cohen considers it a social network for providing psychological and material resources to maintain a person's ability to cope with stress. It notes that social support is multiform and includes: structural support of the individual (the scale of their social network, the frequency of social interactions); functional support (experience, its usefulness in the ability to satisfy emotional or functional needs); emotional support (a sense of comfort and security that strengthen a belief that a person is loved, respected,

and/or cared for); satisfaction of instrumental or material needs (providing necessary goods and services) [30].

D. Jacobson emphasises that the types of support required are constantly changing along with changes in the nature and assessment of the problem [31]. S. Meyes, T. van. Elderen point out that it is stable social support that has an “amortisation or buffer” effect [32, p. 610-613]. From the standpoint of anthropology, A. Almedom understands social support in times of war as one aimed at prevention or intervention. It focuses on the importance of who provides support and to whom, on what issues, when, and at what level [33].

Foreign researchers E. Friedenberg and R. Lewis identify gaining social support as one of the three coping strategies. They include the following coping strategies to this style: finding social support, communicating with a close people and finding new friends, striving to be proper (focusing on getting approval, interest in what others think), social actions, seeking professional help, and searching for spiritual support [15, p. 72].

O. Turinina emphasises the exceptional need for social support of people who have experienced a traumatic event when developing models for successfully overcoming post-traumatic stress disorder (PTSD) [15, p. 31]. She emphasises that what happens to a person after a traumatic event plays an exceptional role and has a greater impact on them than the trauma itself. The researcher states that proponents of the psychosocial approach of models for studying post-traumatic personality disorders distinguish early and long-term social support among the factors that contribute to the prevention of PTSD development and mitigate its course [15, p. 33].

Practices also highlight peer-to-peer social support or peer support. It acts as a certain interaction between people, when people use their own experiences to help each other. They share their knowledge, their own experiences, support, and are able to show empathy towards each other. This support model is used to describe mutual support between colleagues, close friends, support groups, and online forums. This type of interaction of people assumes the relationship between them as equal [34].

Social support for the military also has its own specific features. According to J. Camille Hall, it acts as a so-called “system of friends”, that is, an informal assistance network that is implemented during the basic training of military personnel, and then supported in each military unit [35]. Each soldier has their own mentor, who helps them adapt to both combat activities and the social circle in the unit. In combat, the “system of friends” is essential for survival. Due to the “system of friends”, soldiers have a variety of available social support: instrumental (for example, help in solving a problem), material (material encouragement, gift), informational (advice), and emotional (help in calming down). Such a “system of friends” acts as a source of strength, resilience, and survival for soldiers, contributes to the management of a combat unit, and is also a sustainable strategy for the survival of the military, especially in combat operations [35].

Thus, it can be stated that in general, among researchers and practitioners, there is a diversity of visions for understanding the social support of the individual. It varies depending on the circumstances, nature, and assessment of the problem. In general, the study suggests that social support is built around the “self-concept” of the individual. It is the extreme and unpredictable nature of events during the war, difficult life circumstances that have a high level of risks to life and health, and social support can maintain the psychological balance of the individual, preserve faith and a resource for survival. Social support of the individual at the micro-level in war conditions.

Next, the study describes in more detail the features of social support of the individual in war conditions at the micro-level. A comprehensive survey of the Rating group within the framework of the project “Ukraine in war conditions”, conducted in the first weeks of its beginning in Ukraine, showed that social support for citizens helps to stabilise the psychoemotional state, form reaction in victims, and provide support to others [25; 26]. The results of the study state that among the respondents, 72% of citizens constantly communicate with relatives and friends, 48% of people – communicate with friends, 38% prefer neighbours, and 28% – colleagues. The following study shows an expression of peaceful relations and interaction with family and friends in 94% of those studied, and 89% – with neighbours [36, p. 10]. The most significant component of communication during the war is social support for family members, close people, and neighbours, who show various manifestations of care, because, in the case of losses in the family, each of its members suffers. It also demonstrates that this type of interaction helps to have a constant connection with significant others and make sure that they are relatively safe.

In addition, the Cedos analytical centre conducted a study “The first days of a full-scale war in Ukraine: thoughts, experiences, actions” in order to establish the peculiarities of the impact of war on the civilian population. According to the survey results, it was found that the majority of citizens in the first days of the war set a priority for themselves to inform their relatives and friends about its beginning and make sure that they were in conditional safety. A number of subjects noted that they “did not let the phone out of their hands all day” and were constantly in touch with them, sought to exchange news, useful information, and provided each other with emotional support [27]. This is evidence that social support reduces feelings of anxiety and acts as a resource in critically constrained circumstances.

These studies of the social support of the individual confirm the vision of G. Bodenmann. He points out that the dyadic coping model is key in explaining psychological adaptation to stress. This model consists of individual communication with stress and the empathic response of spouses to such communication [37]. H. Reis, P. Shaver use the model of intimacy process to describe focusing on the connections between disclosure and response. They point out that the ability of spouses to talk about stress, combined with responsiveness, contributes to their well-being [38].

The vision of social support by Y. Snoubar is also of interest. The results of his research show that students who have witnessed war mostly ask their families for help [39]. In stressful situations, international students most often seek social support from family, friends, or other people who provide it before seeking professional help to overcome problems [40].

A number of researchers K. Burnell, P. Coleman, N. Hunt note that awareness of war veterans of the significance of their own experiences of war and discussing them with family members helped to mend their relationships and normalise their psycho-emotional state H. Badr, T. Barker, K. Milbury, describing the psychosocial adjustment of military spouses, state that in military spouses, a woman's trust in her husband helps in the successful processing of the traumatic event, facilitating the release of emotions, learning to experience negative feelings, providing support for coping and direct assistance in finding meaning from the experience [42, p. 217].

At the same time, surveys by the Cedoss analytical centre also indicate the reverse side of social support. Among the respondents, there were situations of deterioration of relations and the appearance or aggravation of conflicts with relatives and close persons who lived together. Such relationships most often arose due to the general tension and deterioration of the emotional state associated with the war and due to the difference in views on security issues between respondents and their relatives and close people [27].

A number of foreign researchers note that direct family conflicts related to economic problems, lack of privacy, and interference of outsiders in refugee settlements affect family dynamics and complicate family life [43]. Similar studies by foreign researchers also prove that a number of social connections and relationships can increase the risk of injury [44].

Social support of the individual at the meso-level during the war.

Next, the study considers the peculiarities of social support for individuals in the conditions of war at the meso-level (labour collectives, territorial communities, volunteer organisations). The experience of the researcher S. Post that the most powerful resource for personal social and psychological rehabilitation is the communicative one is reasonable. In addition to family and friends, membership in clubs and societies contributes to the restoration of a person's psychological well-being. The most significant influence is the friendly emotions of people in relation to each other and behaviour aimed at helping others [45, p. 66]. Y. Snoubar states that the extensive support system provided by social workers plays a significant role in the well-being of survivors of traumatic events [39].

The researchers D. Somasundaram, S. Shivayokan confirm that measures at the community level contribute to reaching a larger population in a certain territory, and simultaneously carry out a number of preventive measures to preserve a person's mental health. They also state that it is at the community level that experiencing stressful events can

be transformed into survival strategies precisely because people have learned to survive in extremely stressful conditions [46].

Ukrainian studies of the problem are quite interesting and informative. According to the results of a survey by the Rating group within the framework of the project "Ukraine in war conditions", it was found that during the war, communication and the amount of information received from relatives and acquaintances, who witnessed real events, increased from 14% to 28% [26, p. 37]. The results of the sociological study "War in Ukraine: a sociological dimension", conducted by Operational Sociology and commissioned by the Norwegian Institute of Urban and Regional Studies (NIBR) and the University of Oslo Metropolitan (OsloMet) demonstrate the involvement of Ukrainians in social assistance and support of the population in war conditions. It is established that 33.5% of the surveyed citizens help other people who need it, 18.8% – became volunteers [28]. Thus, the number of people providing social support among the population of Ukraine during the war, in particular information and material support, has increased.

Survey by the Cedoss analytical centre showed that in citizens who started volunteering during the war, the leading motives for this activity are: the internal need to be involved in the volunteer movement, maintaining their own psychoemotional state; showing a sense of solidarity and the desire to help people; a sense of duty and patriotism, the desire to contribute to victory in the war; the availability of resources or certain competencies to help [27].

The majority of the surveyed citizens chose physical assistance on the ground (arranging shelters, preparing and distributing food to people, purchasing necessary medicines and food, sorting humanitarian aid, etc.), coordination work through the existing network of contacts in the state and abroad, and by providing financial support. A minority of the responders redirected their professional activities to volunteering (psychologists, translators, media professionals). In general, respondents chose one of the following strategies for volunteering: they joined the activities of existing coordination centres or provided assistance independently [27].

The social support for other persons during war contributes to the preservation of the integrity of the individual, which maintains an internal balance between the self and society, and also acts as a certain source of self-actualisation and a characteristic of an individual's personal growth. It is through social support that a person integrates into the "new world" and realises their own value for society.

Therefore, it can be stated that social support of the individual at the meso-level during the war contributes to strengthening the value of the individual through acceptance, benevolence in relationships, care, affection, and personal growth. It also acts as an indicator of the individual's integration into changes in the social environment and a source of preserving integrity.

Social support of the individual during the war at the macro-level.

Next, the study describes in more detail the specifics of social support at the macro-level (society, culture, media,

education system) in war conditions. At the state level, ministries and departments are working globally to provide social support to citizens. The Ministry and the Committee for Digital Transformation of Ukraine have created new services in Diia application for registration of social assistance for those who lost their jobs during the war, assistance to Ukrainian citizens in Poland [47]. In the first days of the war, the Ministry of Education and Science launched an information campaign on how to calm children down during the war, projects for children and adults in the Telegram channel “Take care of yourself”, where they provide recommendations for maintaining the mental health of Ukrainians, the channel “Support the child”, have developed and conduct a number of webinars, master classes on psychological assistance, and distribute relevant methodological recommendations [48]. It is a well-thought-out macro-social policy, support for organisations, strengthening social networks and ties with society, and reforms that are important for supporting people, promoting community resilience to recovery and help.

The Ministry of Culture and Information Policy launched a new project “United platform of culture and media during the war” to draw the world’s attention to the war in Ukraine and consolidate the international community in countering Russian aggression, highlight up-to-date information on the destruction of Ukraine’s cultural heritage, provide useful resources for learning the Ukrainian language, counter disinformation, and demonstrate creativity during the war [49; 50]. This project at the state level provides large-scale and powerful social support, supports the Ukrainian language, culture, and traditions of the Ukrainian people, which strengthens citizens’ faith in themselves and their own capabilities, faith in the strength of the family, its values, the versatility of the Ukrainian nation, the ability to support each other and overcome difficulties. According to M. Harvey, public values, beliefs, and traditions can

provide protection against mass trauma [51]. Culture is increasingly recognised as an important measure of mental health [52]. In addition, S. Hobfoll points out that the empirically proven most effective intervention principles for early and mid-term prevention after mass trauma are: reconnection, social support, and a sense of collective efficacy [53].

Given the fact that the war creates a high demand of the population for constant awareness, in Ukraine during the war, the need for timely and reliable information about the real situation in the country and military events has increased. Among the citizens surveyed, trust in central television has increased, and groups and channels in instant messengers that are available around the clock have become the most common way to receive it in a timely manner. The results showed that 78% of older people receive informational messages through traditional television, 58% of middle-aged people – through Internet sites, 62% of young people under 35 – mainly through groups and channels in messengers, which probably partially replaced social media (from 49% to 37%) [26, p. 42]. In this context, it is worth paying attention to the fact that in the first weeks of the war in Ukraine, brand communication was changed and adapted to the conditions of the war to social, supportive, and useful content. Among which the most popular were: affirmations, quotes, fan images, inspiring video content, content about victory, development, and peace [54].

The author believes that macro-level social support for individuals during war acts as an important state strategy to help people cope with traumatic experiences and can support and inspire their growth, self-development, and social engagement. Summing up the results of the analysis, the features of social support of the individual in war conditions can be distinguished at the macro-level, meso-level, and micro-level, which are schematically presented in the form of a model in Figure 1.

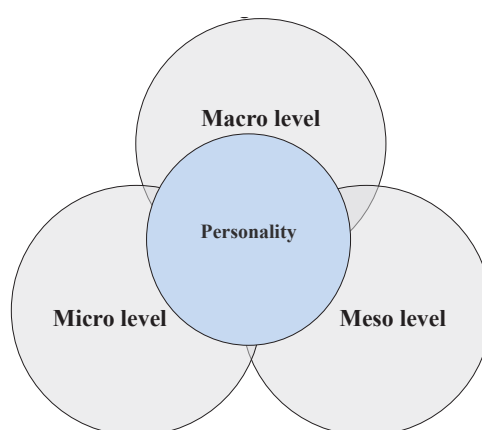


Figure 1. Model of features of social support of the individual in war conditions

Source: developed by the author

Thus, it can be argued that comprehensive social support of the individual in war conditions can not only help to avoid the appearance of destructive consequences of traumatic

events, but also contribute to the preservation of the integrity of the individual, its self-development, self-improvement, post-traumatic growth, and rethinking their own meaning of life.

CONCLUSIONS

In the process of theoretical analysis of studies, the experience and features of providing social support to the individual in war conditions were investigated. It is determined that the social support of the individual is multiform and consists of structural, functional, emotional support, and satisfaction of material needs. It is found that it exhibits a “buffer” effect and is one of the styles of coping strategies of behaviour. At the same time, social support of the individual helps prevent the appearance of PTSD and mitigate its course. It has its own characteristics of expression in the military and acts as a so-called “system of friends”. Social support for the individual is quite variable and directly depends on the circumstances, nature, and assessment of the problem. In general, it is built around the “self-concept” of the individual, and in war conditions, it is able to maintain the psychological balance of the individual, and preserve faith and a resource for survival.

A significant role in the social support of the individual at the micro-level during war is played by the family and family members, who help a person effectively overcome traumatic events, provide emotional support, help reduce anxiety, show care, and act as a resource in critical situations. The opposite views of researchers regarding the

social support of the family are revealed. It is stated that negative emotions and economic problems in the family during war can lead to conflicts and disrupt social interaction. Social support for friends, neighbours, and colleagues also plays a significant role.

It is determined that social support of the individual at the meso-level in war conditions also helps to preserve the integrity of the individual, its integration into society under unusual living conditions, promotes personal growth and self-actualisation. It is demonstrated that at the macro level, social support is large-scale, increases resistance to recovery, acts as a measure of mental health, an effective principle of interventions in the early and medium-term stages after trauma, inspires growth, self-development, and social activity. It is able to protect a person from a traumatic event through faith, traditions, and values.

The prospect of further research is to develop effective programmes on the specifics of providing social support to individuals during war, considering Ukrainian and foreign experience, and preserving the life and health of people, their faith in a better life, and their own capabilities.

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Соціальна підтримка особистості в умовах війни: український і зарубіжний досвід

Анотація. У статті висвітлено соціальну підтримку особистості в умовах війни як потужний інструмент впливу на особистість. Саме тому, що в державі триває війна, проблематика дослідження набуває все більшої актуальності. Соціальна підтримка як складний феномен стосується особливостей взаємодії особистості із соціальним середовищем та характеру впливу на неї під час військових дій. Метою статті є дослідження досвіду надання соціальної підтримки особистості в умовах війни. Автор задля досягнення мети й усебічного представлення досліджуваної тематики спирається на комплекс взаємопов'язаних наукових теоретичних методів дослідження, серед яких аналіз та синтез, взаємозв'язок, моделювання, порівняння та систематизація, а також узагальнення наукових джерел. Констатовано, що соціальна підтримка особистості є досить багатоформною, має «амортизаційний» характер і виступає одним зі стилів копінг-стратегій поведінки людини. Установлено, що вона загалом будується навколо «Я-концепції» особистості, а під час війни – підтримує психологічний баланс особистості й виступає ресурсом для виживання. Визначено, що соціальна підтримка особистості на мікрорівні в умовах війни базується на сім'ї і членах родини, що допомагають переборювати травму, проявляють турботу та емоційну підтримку та є значимим ресурсом у складних життєвих обставинах. Важлива роль також відводиться соціальній підтримці друзів, сусідів і колег. Продемонстровано, що соціальна підтримка особистості на мезорівні під час війни сприяє збереженню цілісності особистості, її особистісному зростанню, самоактуалізації та інтеграції в нові реалії життя. Охарактеризовано особливості соціальної підтримки на макрорівні й установлено, що загалом вона виступає дієвим принципом утручань на різних етапах після травми, мірилом психічного здоров'я, сприяє зростанню та відновленню особистості й направляє її на саморозвиток. Стаття може бути корисною психологам, психотерапевтам, фахівцям соціальних служб, педагогам, волонтерам, що надають психологічну допомогу постраждалим в умовах війни, задля розуміння особливостей впливу соціальної підтримки особистості на її психічне здоров'я

Ключові слова: особистість, стрес, мікрорівень, мезорівень, макрорівень, посттравматичний стресовий розлад