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Anzhelika V. Kolly-Shamne*

UniDistance Suisse
3900, 18 Schinerstrasse, Brig, Switzerland

Kherson State University
76018, 14 Shevchenko Str., Ivano-Frankivsk, Ukraine

Socio-Psychological Online Survey of Ukrainian Forced Migrants in the First Months of the War in 2022: General Characteristics of the Study and Methodological Aspects of Data Collection on Facebook

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Abstract. The unprecedented scale of the Ukrainian military migration in 2022 actualises the issues of creating effective social and psychological assistance programmes and facilitating the integration of forced migrants into the communities that accept them. This is impossible without knowing the specific features of modern Ukrainian migration and its features. Therefore, the author represents the organisation of a multi-stage programme of socio-psychological survey of Ukrainian refugees. The paper presents the results of the implementation of the first stage of this programme. Its purpose was to describe the procedure for a social and psychological online survey and present a portrait of a Ukrainian refugee in the first months of Russian aggression. The features of socio-psychological online survey as a research method of data collection, and the advantages and limitations of its use are considered. The paper describes the methodology and organisation of an Internet survey on Facebook. The process of developing and content of an online questionnaire for interviewing Ukrainian refugees on the Facebook social network is presented. According to the results of the analysis of responses of 2,049 respondents (women – 95.8%), the socio-demographic characteristics of the sample, the geographical distribution of Ukrainians by host countries, their gender and social status, and the age and professional structure of respondents were determined. It is established that in the first months of the war, typical Ukrainian refugees were women of working age with higher education who went abroad with minor children. Most of the respondents went abroad from Kyiv and the eastern regions of Ukraine to Germany, Poland, and France. A problematic analysis of the peculiarities of Ukrainian migration in comparison with other military migration movements of recent years (its feminisation, a significant proportion of children and able-bodied people with high career potential) is provided. Possible socio-psychological consequences for Ukraine and host countries and related needs for creating social and psychological support programmes are also analysed. The results obtained would be useful for organisations and specialists that provide assistance to Ukrainian refugees, and state institutions that develop short and long-term policy programmes for Ukrainian refugees

Keywords: Ukrainian refugees, forced migration, migrants, online questionnaire, Google Forms, mental health, professional, geographical, gender and age characteristics of the sample of Ukrainian migrants

*Corresponding author

INTRODUCTION

After Russia's invasion of Ukraine on February 24, 2022, the world is watching with concern and uncertainty the economic, political, and social consequences of this war [1].

One of these consequences is the influx of Ukrainian refugees seeking asylum in European countries [2; 3]. On April 24, 2022, the Office of the United Nations High

Commissioner for Refugees (UNHCR) recorded more than 5.23 million Ukrainians who were forced to leave their country after the Russian invasion. If the war continues, this figure may reach 10 million [2]. The Ukrainian refugee crisis is the largest migration crisis since World War II. Never before has forced migration been so rapid and large-scale. These fundamental factors – the rate of forced migration and its scale – are critical for the social and economic context (both Ukrainian and global) and should be the subject of extensive interdisciplinary research.

Migration is an extremely difficult period of significant changes in a person's life, which is often accompanied by potentially stressful events in post-migration life [4; 5]. Due to many traumatic events, significant losses, and other stressors before, during, and after migration, refugees are at high risk of developing common mental disorders [6; 7] and show increased levels of psychosocial vulnerability and symptoms of post-traumatic stress [8]. Acculturation stress in migrants is associated with more pronounced symptoms of post-traumatic stress disorder (PTSD) and depression [9]. Depression, anxiety disorders, and PTSD are the most common mental disorders among refugees in high-income countries [10; 11]. Wars, just like natural disasters, increase the likelihood of these mental disorders occurring, and also cause negative feelings such as guilt, anger, sadness, and loneliness [12]. These effects are experienced even in the long run. Children, adolescents, and young migrants are particularly at risk of mental health problems [8; 13]. The consequences of armed conflict have a particularly devastating impact on the health of children and adolescents, making them more susceptible to trauma and mental health problems [1]. Therefore, the psychotraumatology of the war in Ukraine is one of the most pressing issues. Currently, the issue of developing and implementing various programmes of psychological assistance and self-help for migrants and promoting the processes of their integration into host communities is acute [14; 15; 16].

To accelerate the cultural, economic, and socio-psychological adaptation of Ukrainians who became forced migrants as a result of the war with Russia, it is important to understand what psychological, behavioural, social, socio-cultural, and cross-cultural factors influence this process during their stay in different countries of the world and Europe. As far as the author of this article knows, today there are no studies that would systematically deal with this problem. However, these data are necessary for many organisations and specialists, in particular, for improving the professional, social, cultural, and psychological support of Ukrainian refugees who find themselves in a situation of psychological, financial, and social crisis. As researchers of refugee acculturation processes emphasise, such studies are important in terms of predicting problems related to the adaptation of refugees and host countries, and developing preventive measures before potential integration problems arise [17].

That is why the author of the study developed a multi-stage **socio-psychological programme for the survey of Ukrainian refugees**. It provides for a **series of empirical**

studies to gradually determine, on the one hand, the influence of the incorporated national culture of Ukrainian refugees on their socio-psychological adaptation in different countries of the world (the influence of the factor of education, social and gender roles, etc.), and on the other hand, the influence on this process of psychological determinants (motivational, cognitive, emotional factors, etc.) and their predictive role in various situations of adaptation and maladaptation of Ukrainian forced migrants. It is assumed that these factors can potentially be modulated, opening up opportunities to prevent the development of mental illnesses, antisocial manifestations, and disintegration among Ukrainian refugees.

Thus, the **research programme** is aimed at determining the socio-psychological patterns of adaptation and integration of Ukrainian refugees – forced migrants in different countries of the world, including psychological, behavioural, and multicultural factors associated with the success of these processes. In the future, the results of this research programme would allow developing strategies for psychological intervention (for example, correctional programmes of psychological assistance and self-help for migrants) in order to achieve successful adaptation or prevent maladaptation, additional traumatising, and negative scenarios in the migration path of Ukrainian refugees.

Therefore, this paper is the first part of a series of studies. Its purpose is to describe the procedure and methodology of a socio-psychological online survey and create a socio-demographic portrait of a Ukrainian refugee in the first months of Russian aggression. The objectives of this stage of the study are the following: to analyse the methodological aspects of the online survey in social networks, to determine its advantages and disadvantages, to develop an adequate online methodology for social and psychological diagnostics of Ukrainian refugees, to analyse the features of the online survey on Facebook, to present statistical results of this stage of data collection, to provide a general description of the sample obtained and the geography of the study.

MATERIALS AND METHODS

The first series of the study presented in this paper consisted of several stages: preliminary theoretical analysis of the problem of forced migration; preparation of an online survey procedure; development of diagnostic tools (Google form); placement of an online questionnaire on Facebook social network; collection, statistical processing, and analysis of primary data.

The most important element of an online questionnaire survey is the preparation of an online questionnaire. It was developed in March 2022 based on the analysis of papers on migration and refugee issues [18-20], and the experience of volunteer work with Ukrainian refugees in the official reception centre for Ukrainians in Switzerland (canton of Fribourg). The Google Forms online platform was used to create the questionnaire. The questionnaire was based on both open and closed questions. However, a third of closed questions contain the so-called "own version" (the "other" option), which is also an open question.

During April, the questionnaire was peer-reviewed by volunteer psychologists working with refugees, as well as research psychologists. Based on the results of the expert examination, individual issues were corrected. The questionnaire corresponds to the basic principles of creating questionnaires, namely: it contains an introductory part (who conducts the survey and why, how data will be used, confidentiality guarantees, etc.), a block of demographic questions that reveals socio-demographic, professional and other characteristics of respondents (gender, age, place of residence in the host country and in Ukraine, education, place of work, etc.) and the main part. The latter contains blocks of questions: circumstances and motivation of migration, housing conditions of temporary residence, the main problems and complications faced by respondents in the host country, their psychological (emotional) state, self-assessment of personality traits and characteristics, the level of expression of PTSD symptoms, coping strategies that they use to overcome stress, goals, plans, and expectations about the future, the level and features of adaptation and integration in the host country, the perception of the local population and relationships with them. Thus, the questionnaire is aimed at describing the personal socio-psychological situation of migrants and the characteristics of their life both before and after migration, their expectations, and difficulties that they faced.

There are various methods of conducting an online survey [21, p. 28]. As the main method, Google Forms was used, data collection was carried out using a computerised questionnaire written in Ukrainian and published on the Internet. A convenient nonprobabilistic sample was used, and participants were recruited online through social networks, in particular, Facebook. In specialised groups of this social network, a link to a questionnaire was published within three months (04/24/22-07/25/22) to invite Ukrainians to take part in the survey. The survey was preceded by an appeal that presents its goals, and the concepts of confidentiality and free and informed consent. Since the study of socio-psychological problems of Ukrainian migrants in social networks is a relatively new phenomenon, exclusion criteria were not used to obtain the maximum sample. Ukrainians answered the questionnaire questions at will and at a convenient time for them.

The choice of the research method is conditioned upon two circumstances: 1) the complexity of using conventional diagnostic formats for Ukrainian forced migrants who found themselves in different countries of the world in the first months of the war; 2) the availability of the Internet and the intensity of interaction and communication of people in social networks, which have become a key factor in the transformation of not only communications, but the overall society [22]. Social networks such as Facebook today provide an opportunity to unite a large number of people in groups based on certain interests and provide them with maximum opportunities for communication with each other, they are used by billions of people every day [23]. These online services on the Internet are designed to form, display, and organise social relationships, establish

communicative interaction [24]. They combine the strengths of interpersonal media with the benefits of mass media and complement them with new opportunities [25].

The rating of the most popular social networks among Ukrainians as of the beginning of 2020, according to a survey by the Research & Branding Group company, is the following [26]: Facebook (58% of all respondents), YouTube (41%), Instagram (28%), Telegram (14%), VKontakte (7%), Odnoklassniki (6%), Twitter (5%), LinkedIn (1%). During the period from September 2019 – March 2020, the monthly Ukrainian audience of Facebook (MAU) increased by 2 million – to 14 million users. At the same time, growth is observed in all age categories [27]. The Facebook service is by far the largest and most popular social network on a global scale, given the high number of users and their interaction with the site [28]. In addition, according to the results of the analysis of social networks conducted by the author of this study, it was in the Facebook network that the largest number of groups were created designed to communicate Ukrainian migrants with each other to solve various issues related to moving, settling in a new place, processing documents, etc. Groups of Ukrainian refugees on Facebook are considered as a special social structure based on a specific site, which is based on connections between participants or their mutual interests [28; 29]. Therefore, this particular online service on the Internet was chosen to distribute the link to the questionnaire.

The survey began on April 24, 2022, two months after the outbreak of war with Russia and continued from April 24 to July 24, 2022. Within three months, an ad with an invitation to participate in the online survey was placed in 183 Facebook groups which were created to exchange information between Ukrainians who went abroad in the first months of the war. Criteria for selecting groups in Facebook were the following: compliance of the group name with official data on the host countries of Ukrainians, the number of group members (preference was given to groups with a large number of participants), the maximum variety of groups representing countries that host Ukrainians, considering the specifics of users of these groups by research topic. The publication in each group was updated on average 4-5 times every two weeks.

Two types of groups were used: public groups – admission is free, do not require registration and a request for publication from the group administration (68% of the total number of groups involved) – and closed groups (32%, respectively). The publication procedure in the latter is more complex: it involves first justifying the request for group membership (usually answering 2-3 questions), waiting for confirmation, and then repeating the request procedure and waiting for permission to publish a link to the online questionnaire. In three cases, administrators of closed groups refused to join the group, and in 9 cases, they refused to publish an online questionnaire in the group. Further, the author provides a qualitative and quantitative analysis of the Facebook groups used in the study for Ukrainian forced migrants created after the outbreak of war.

Publicly **available specialised Facebook groups**, which were used to post the link to the questionnaire, the largest in terms of number of participants (more than 10,000 participants), are listed in Table 1. The largest **closed Facebook groups** involved in the study (more than 10 thousand participants) are listed in Table 2.

Table 1. The largest available specialised Facebook groups

Group name	Number of participants, thous.
UNITI PENTRU UCRAINA – Об’єднані за Україну – United for Ukraine	279.9
UKRAIŃCY W POLSCE – УКРАЇНЦІ В ПОЛЬЩІ <i>Ukrainians in Poland</i>	152.3
Ukrainians in Canada/Українці в Канаді/Наші в Канаді	107.6
CANADA – Host Ukrainians / Hébergeons les Ukrainiens	88.2
ГЕРМАНІЯ допомагає НАШИМ <i>Germany help Ukrainians</i>	86.7
Українці в Чехії <i>Ukrainians in Czechia</i>	70.9
Українці Німеччини <i>Ukrainians of Germany</i>	62.4
УКРАЇНЦІ У ВРОЦЛАВІ / UKRAIŃCY WE WROCLAWIU <i>Ukrainians in Wroclaw</i>	60.6
Помощь беженцам из Украины – Help for refugees from Ukraine	59.0
Мост: група допомоги українським беженцям <i>Bridge: group of assistance to Ukrainian refugees</i>	58.4
Українці в Празі <i>Ukrainians in Prague</i>	58.0
Українці в Італії <i>Ukrainians in Italy</i>	37.2
Українці в Англії <i>Ukrainians in England</i>	35.8
Українці в ІСПАНІЇ <i>Ukrainians in Spain</i>	33.6
Українці в Німеччині <i>Ukrainians in Germany</i>	32.3
УКРАЇНЦІ В КРАКОВІ UKRAIŃCY W KRAKOWIE <i>Ukrainians in Krakow</i>	32.1
Німеччина UA Дошка оголошень Українці в Німеччині <i>Germany UA Notice board Ukrainians in Germany</i>	32.1
УКРАЇНЦІ В ІТАЛІЇ <i>Ukrainians in Italy</i>	29.3
Switzerland with Ukraine	29.1
Українці в Ригі (Латвія) <i>Ukrainians in Riga (Latvia)</i>	28.8
УКРАЇНЦІ У ВАРШАВІ UKRAIŃCY W WARSZAWIE <i>Ukrainians in Warsaw</i>	28.2
Біженці в Німеччині <i>Refugees in Germany</i>	28.1
Українці в Німеччині <i>Ukrainians in Germany</i>	27.1
Українці в Норвегії <i>Ukrainians in Norway</i>	25.2
Українці в Іспанії (Робота / Оголошення) <i>Ukrainians in Spain (Work / Advertisement)</i>	24.5
Українці в США <i>Ukrainians in USA</i>	24.5

Table 1, Continued

Group name	Number of participants, thous.
<u>Українці в Финляндии/Ukrainians in Finland</u>	21.5
<u>Українці у Польщі! Робота, житло та корисна інформація!</u> <i>Ukrainians in Poland! Work, housing, and useful information!</i>	20.6
<u>УКРАЇНЦІ НА ЧОБІТКУ (Італія Українська)</u> <i>Ukrainians on the boot (Italy Ukrainian)</i>	19.6
<u>Українці за кордоном</u> <i>Ukrainians abroad</i>	19.4
<u>Українці у Франції “Ідеї без кордонів”</u> <i>Ukrainians in France “Ideas without borders”</i>	19.0
<u>ШВЕЙЦАРІЯ Берн Цюрих Женева Базель Лозанна Люцерн Лугано Винтертур Биль...</u> <i>Switzerland Bern Zurich Geneva Basel Lausanne Lucerne Lugano Winterthur Biel</i>	18.5
<u>Наши в Польше</u> <i>Ukrainians in Poland</i>	18.3
<u>Українці в ЕСТОНІЇ</u> <i>Ukrainians in ESTONIA</i>	17.2
<u>Українці в Австрії – Українці в Австрії</u> <i>Ukrainians in Austria</i>	17.1
<u>CANADA / Дошка оголошень / Українці в Канаді</u> <i>Canada / Notice board / Ukrainians in Canada</i>	17.0
<u>ОГОЛОШЕННЯ OGŁOSZENIA Ukraincy w Polsce</u> <i>Announcements Ukrainians in Poland</i>	16.1
<u>Українці в Стамбуле</u> <i>Ukrainians in Istanbul</i>	16.0
<u>Українці в Чехії (Ukrajinci v České republice)</u> <i>Ukrainians in Czechia</i>	15.5
<u>Українці в Швейцарії і околицях</u> <i>Ukrainians in Switzerland and surroundings</i>	14.9
<u>Українці в Польщі</u> <i>Ukrainians in Poland</i>	14.5
<u>Українці в Словаччині</u> <i>Ukrainians in Slovakia</i>	14.1
<u>Українці в Румунії / Ucraineni din România / Ukrainians in Romania</u>	12.6
<u>Допомога біженцям в Швеції / Stöd till ukrainska flyktingar i Sverige</u> <i>Help refugees in Sweden</i>	12.1
<u>Українці в Ніцці – З Україною в серці / Ukrainiens à Nice</u> <i>Ukrainians in Nice – With Ukraine in the heart</i>	11.9
<u>Українці в Нідерландах (Oekraïners in Nederland)</u> <i>Ukrainians in the Netherlands</i>	11.4
<u>українці в парижі і франції</u> <i>ukrainians in paris and france</i>	11.4
<u>УКРАЇНСЬКА МАЛАГА – MÁLAGA UCRANIANA</u> <i>Ukrainian Malaga</i>	11.2
<u>Українці в Парижі</u> <i>Ukrainins in Paris</i>	11.1
<u>Українці Бельгії</u> <i>Ukrainians of Belgium</i>	11.1
<u>Варшава допомога для наших оголошення, робота, житло</u> <i>Warsaw help for Ukrainians, work, housing</i>	11.0
<u>Українці в Бельгії, Нідерландах та Німеччині</u> <i>Ukrainians in Belgium, the Netherlands and Germany</i>	10.6
<u>Українці в Кельні (Köln)</u> <i>Ukrainians in Koln</i>	10.6

Table 1, Continued

Group name	Number of participants, thous.
Варна Допомога українським біженцям в Болгарії/Помощ за украинските бежанци <i>Varna Help for Ukrainian refugees in Bulgaria</i>	10.4
Swiss-Ukrainian Job	10.2
Українці в Італії (сообщество “Вместе в Італії”) <i>Ukrainians in Italy (Community “Together in Italy”)</i>	10.1
Українці в Франції (Робота / Оголошення) <i>Ukrainians in France (Work / Advertisement)</i>	10.1
Українська Бельгія # Українці в Бельгії! <i>Ukrainian Belgium # Ukrainians in Belgium!</i>	10.1

Table 2. The largest closed specialised Facebook groups

Group name	Number of participants, thous.
Українці & Warszawa – Ukraincy & Варшава <i>Ukrainians & Warsaw</i>	69.7
Українці в Німеччині <i>Ukrainians in Germany</i>	53.1
Беженцы Украины в Германии <i>Ukrainians Refugees in Germany</i>	39.6
Українці в Венгрії <i>Ukrainians in Hungary</i>	33.6
Українці в Італії та оголошення! Ucraini nella Repubblica Italiana <i>Ukrainians in Italy and advertisements!</i>	31.5
Українці в Болгарії <i>Ukrainians in Bulgaria</i>	29.8
Українці в Будапешті/ /Ukránok Budapest/Українці в Будапеште <i>Ukrainians in Budapest</i>	27.8
Українці в Німеччині (об'єднуємось в єдину групу!) <i>Ukrainians in Germany (uniting in a single group!)</i>	23.2
Париж, доброго ранку, ми з України /Українці в Парижі (Ukrainiens à Paris) <i>Paris, good morning, we are from Ukraine / Ukrainians in Paris</i>	21.5
Українці в Швейцарії <i>Urainians in Switzerland</i>	21.5
УКРАЇНЦІ в Бельгії <i>Ukrainians in Belgium</i>	20.1
Українці в Нідерландах(Ukrainians In The Netherlands)	19.2
Українці в Парижі – Ukrainiens à Paris <i>Ukrainians in Paris</i>	18.7
Ukrainians in Frankfurt am Main / Українці у Франкфурті-на-Майні	17.8
Українці в Швейцарії / Українці в Швейцарії / Ukrainians in Switzerland	15.5
Українці в Бельгії – Ukrainians in Belgium	14.9
Українці в Англії (Великій Британії) Ukrainians in England (Great Britain)	14.6
Українці в Словаччині <i>Ukrainians in Slovakia</i>	14.1
Українці Болгарії – Украинци в България - Ukrainians in Bulgaria	13.4
Українці у Франції – Ukrainiens en France <i>Ukrainians in France</i>	11.1
Ukrainer in München // Ukrainians in Munich // Українці в Мюнхені	10.1
Українці в Франції (Ukrainiens en France) <i>Ukrainians in France</i>	10.0

According to the **classification of groups**, some of the groups are intended for the communication of Ukrainian refugees who are in certain cities (for example, Українці в Парижі/Ukrainians in Paris – 3.9 thous.; Українці в Будапешті/Ukrainians in Budapest – 6.9 thous.; Мы в Ганновере/Wir in Hannover/We are in Hannover – 1.8 thous.) or in certain countries (for example, УКРАЇНЦІ В СЛОВАКІЇ/UKRAINIANS IN SLOVAKIA – 6.3 thous.; Українці в Канаді/Ukrainians in Canada – 4.9 thous.; Українці в Австрії / Українцы в Австрии/Ukrainians in Austria – 4.1 thous.; Українці у Франції/Ukrainians in France – 3.4 thous.).

The study also involved the groups, the specificity of which is to provide assistance to Ukrainians abroad (9% of the total number of groups) (for example, БЕЖЕНЦЫ ИЗ УКРАИНЫ В МОЛДОВЕ ПОМОЩЬ/REFUGEES FROM UKRAINE TO MOLDOVA HELP – 5.1 thous.; Допомога українським біженцям у Чехії/Help for Ukrainian refugees in Czechia – 4.7 thous.; Допомога українцю у Фінляндії/Help for Ukrainians in Finland – 3.5 thous.; Допомога Українцям в Іспанії/Помощь Украинцам в Испании/Help for Ukrainians in Spain – 4.4 thous.; Допомога для українців у Німеччині/Hilfe für ukrainische in Deutschland/Help for Ukrainians in Germany – 6.9 thous.; ДОПОМОГА УКРАЇНЦЯМ ІЗ ЄВРОПИ/HELP FOR UKRAINIANS FROM EUROPE – 9.5 thous.; Помощь в Италии украинским беженцам/Help for Ukrainian refugees in Italy – 1.7 thous.; Solidarity with Ukrainians in Antwerp / Помощь Украинцам в Антверпене – 1.8 thous.; Помощь беженцам из Украины / Help for Ukrainian refugees – 2.1 thous.; Ukrainians for Ukrainians – 1.6 thous. etc). The group of volunteers (Volunteer psychologists for children and parents – 3.7 thous.), specialised groups for advising Ukrainians (for example, Consultations for Ukrainians in the Czech Republic – 6.8 thous.), and various bulletin boards (for example, Ukrainians in Italy (Help/Work/Advertisements) – 8.6 thous.). Some groups even note in their names the new status of Ukrainians as refugees who have gone abroad (for example, REFUGEES IN FRANCE – RÉFUGIÉS EN FRANCE – 3.3 thous.; Refugees from Ukraine in Luxembourg – 3.4 thous.).

RESULTS AND DISCUSSION

As noted above, the situation of unprecedented scale and rapid movement of Ukrainians in the first months of the war made it impossible to use traditional diagnostic methods. This led the study to turn to an online survey in social networks, which is a relatively new method of socio-psychological research associated with the development of modern technologies. The first serious attempt to define the experience of online surveys as one of the innovative methods of collecting empirical data was made by Mick P. Couper, professor at the Institute for Social Research at the University of Michigan. He described the specifics of organising online surveys and their typology (based on an improbable sample and a probabilistic voter) [30].

The generalisation of scientific sources has shown that the main **advantage** of an online survey is the speed of data collection, resource savings, large sample size, speed of the survey, prompt response, breadth of coverage of respondents, reach of respondents, focus on a specific respondent, relevance, higher level of trust of the respondent, breadth of coverage of the subject field, organisational flexibility, logic of conducting the survey, operational control of filling out the questionnaire [31; 32]. The advantage is that the data collected through online research virtually eliminates the influence of the interviewer, respondents meaningfully answer to open-ended questions. Researchers who compared offline and online survey methods emphasise that careful preparation can provide the same results using an online survey as using conventional methods [33].

However, this method also has significant limitations [34]. The main **disadvantage** is lower accuracy of the data, especially when it comes to sample representativeness. Some of the important limitations are also the spontaneity of the sample, the problem of confirming the uniqueness of the respondent when conducting anonymous online surveys, the risk of sample displacement, and the associated lack of representativeness. When conducting an online survey of Ukrainian refugees, it was quite difficult to make a representative sample, since the general population of respondents (their professional, gender, age, and other characteristics) is not exactly known. The information obtained by the online survey method only demonstrates the opinions of primarily active internet users who are registered in a particular social network, who themselves decided to take this survey (the so-called self-selection, when participants are not selected probabilistically, but express a desire to participate in research) [35]. For example, not all forced migrants have European SIM cards, not all have access to the Internet, and can fill out an online questionnaire. This is especially true for those Ukrainians who have migrated to remote areas of the host country, such as rural areas, where Internet coverage may be worse than in cities. In addition, it is difficult to attract older people to online surveys, who, compared to other age groups, use social networks less and have worse digital skills. Moreover, those respondents who already have experience in participating in online surveys may express a more competent and critical opinion on the issues under study. Systematic audience displacement is also a threat to the representativeness of using this method. For example, among the main demographic characteristics, only the gender ratio is quite close to national indicators. There are differences in other parameters [36].

Choosing the online survey method, the presented study somewhat lost out in the indicator of “sample representativeness”, since a spontaneous sample consisting of respondents who got access to the questionnaire and decided to take part in the survey themselves was studied. On the other hand, by carefully selecting specialised groups to publish an online questionnaire, the author of the study controlled to a certain extent the representativeness of the

sample, choosing a list of those thematic resources that meet the goal of attracting potential respondents. Consequently, narrowing the sample to the part of the audience of specialised groups that hosted the questionnaire ultimately improved the representativeness of the sample.

Sample description. As of July 24, 2022, 2,049 respondents filled out the Google Forms (1,963 women – 95.8% of respondents, 86 men – 4.2% of respondents). The age of respondents ranged from 17 to 77 years (Table 3).

In terms of age composition, the majority (46.8%) were Ukrainians aged 36 to 45 years, in second place in terms of number (27.8%) – Ukrainians aged 26-35 years, and in third (15.9%) – aged 46-55 years. The least represented respondents were young people (from 16 to 20 years) and the elderly (66 years and older). The majority of respondents (95.8%) were women, which corresponds to official data [1], most of them were of working age (from 26 to 55 years).

Table 3. Age and gender distribution of the sample

Age	All participants (number)	All participants (%)	Women (number)	Women (%)	Men (number)	Men (%)
16-20	40	2	34	1.7	6	7
21-25	93	4.5	90	4.6	3	3.5
26-35	570	27.8	557	28.4	13	15.1
36-45	938	45.8	896	45.6	42	48.8
46-55	326	15.9	309	15.7	17	19.8
56-65	67	3.3	62	3.2	5	5.8
66 and older	15	0.7	15	0.8	0	0
Total	2,049	100	1,963	100	86	100

Table 4 shows an analysis of the socio-demographic characteristics of the sample. In terms of education, only 6.3% have secondary education. The sample (both male and female) is mainly represented by respondents with higher education (73.9%). The professional composition of respondents and their social status are very diverse. The most represented were teachers (15.7 %), employees of civil service, management, and financial sector (13.8%), private entrepreneurs (13.7%), and representatives of

working professions (13.4%). In the other category among 192 respondents (100%) significant number (37%) were representatives of medical and pharmaceutical professions (doctors, pharmacists, nurses, etc.), legal professions (22%) and cultural spheres (19%) (journalists, editors, artists, etc.). There are more workers among men (22.1%), computer and engineering professions (19.4%), among women there are more representatives of education (16%). 73.4% of respondents (most of them women) came with minor children.

Table 4. Socio-demographic characteristics of the sample

	All participants (number)	All participants (%)	Women (number)	Women (%)	Men (number)	Men (%)
Education						
Complete general secondary education	129	6.3	119	6.1	6	9.4
Professional (vocational) education	291	14.2	275	14	3	4.7
Higher education	1,504	73.4	1,450	73.9	13	20.3
Postgraduate or doctoral studies	125	6.1	119	6.1	42	65.6
Total	2,049	100	1,963	100	86	100
Profession, social status						
Student	55	2.7	50	2.5	5	5.8
Pensioner	44	2.1	41	2.1	3	3.5
Householder	267	13	267	13.6	0	0
Unemployed	120	5.9	114	5.8	6	7
Public service, management, finance	283	13.8	279	14.2	4	4.7
Working professions	275	13.4	256	13	19	22.1
Private entrepreneur	280	13.7	264	13.4	16	18.6
Education (pre-school, secondary, or higher)	322	15.7	315	16	7	8.1
Agricultural sector	15	0.7	13	0.7	2	2.3
Computer and engineering professions	196	9.6	179	9.1	17	19.8
Other	192	9.4	185	9.4	7	8.1
Total	2,049	100	1,963	100	86	100
Arrived with minor children	1,504	73.4	1,455	74.1	49	57

As for the region from which the respondents left abroad, Kyiv city (28.4%), East (24.8%), and South of Ukraine

(17%) prevail. The lowest number of respondents left the North (6.8%), and the Centre of Ukraine (14.2%) (Table 5).

Table 5. Region of residence of the sample participants in Ukraine

	All participants (number)	All participants (%)	Women (number)	Women (%)	Men (number)	Men (%)
Kyiv	582	28.4	563	28.7	19	22.1
East of Ukraine	509	24.8	483	24.6	26	30.2
South of Ukraine	348	17	331	16.9	17	19.8
Centre of Ukraine	271	13.2	263	13.4	8	9.3
West of Ukraine	200	9.8	189	9.6	11	12.8
North of Ukraine	139	6.8	134	6.8	5	5.8
Total	2,049	100	1,963	100	86	100

Geography of respondents. The country where people migrate can include important aspects for successful adaptation and integration [19], so special attention has been paid to the analysis of the countries in which respondents are located. At the end of data collection, adults from 38 countries participated in the survey (Table 6). Among the three countries with the highest number of respondents who answered

the questions of our online questionnaire are Germany (15.6%), Poland (9.6%), and France (8.9%). In second place is a group of countries such as Switzerland, Italy, Belgium, and Spain (5-6%). To a large extent, this distribution depended on the number of groups involved, their activity, and geography. Thus, groups of Ukrainians in Germany, according to the study results, are the most represented on Facebook.

Table 6. Countries to which the sample participants migrated

Country	What country are you in (with or without refugee status)	
	Number	%
1. Germany	319	15.6
2. Poland	196	9.6
3. France	183	8.9
4. Switzerland	123	6
5. Italy	120	5.9
6. Belgium	119	5.8
7. Spain	98	4.8
8. Norway	81	4
9. Czech Republic	79	3.9
10. Austria	72	3.5
11. Bulgaria	71	3.5
12. Finland	53	2.6
13. Netherlands	49	2.4
14. Great Britain	47	2.3
15. Israel	44	2.1
16. Lithuania	42	2
17. Sweden	42	2
18. Hungary	38	1.9
19. Latvia	32	1.6
20. Luxembourg	31	1.5
21. Slovakia	27	1.3
22. Turkey	27	1.3
23. Romania	24	1.2
24. Cyprus	23	1.1
25. Ireland	22	1.1
26. Moldova	21	1
27. Greece	20	1
28. Estonia	14	0.7
29. Canada	14	0.7
30. Denmark	5	0.2
31. Portugal	3	0.1
32. USA	3	0.1
33. Slovenia	2	0.1
34. Scotland	1	0.05
35. Georgia	1	0.05

Table 6, Continued

Country	What country are you in (with or without refugee status)	
	Number	%
36. Sri Lanka	1	0.05
37. Costa Rica	1	0.05
38. Liechtenstein	1	0.05
Total	2,049	100

It is quite difficult to determine to what extent the results presented in Table 4 reflect the real state of affairs. Official statistics on the stay of Ukrainians in different countries of the world as of today are practically absent, data from the Office of the United Nations High Commissioner for Refugees for 3 months of the survey were constantly changing [37] and, obviously, will continue to change in the future, since the future redistribution of Ukrainian migrants to the countries of the world is expected [3]. Given the extraordinary dynamism of people's movements during April-July 2022 (trends of return to Ukraine, family reunification, new waves of departure of Ukrainians abroad), the lack of open access to official data on the stay of Ukrainians in different countries of the world, the question of representativeness of the sample remains debatable. As of today, it is also difficult to determine the difference between the recruited and estimated sample according to the distribution in the general population of Ukrainians who went abroad.

However, the results obtained at this stage determine **features of the military migration of Ukrainians**. Firstly, *gender structure of Ukrainian migration* caused by war, is different from similar migration movements. In recent years, a significant share of migrations is made up of men (migrants from Syria, Afghanistan, Nepal, etc.) [7; 11; 14; 38]. According to official data, young, unmarried men make up a disproportionate majority of migrants from the Middle East and North Africa, which poses certain threats to their host countries [39]. As the results of the survey showed, the main part of Ukrainian refugees are women with children. Thus, on the one hand, these results confirm the trend of increasing feminisation of modern migration flows [40; 41], on the other hand, Ukrainian women's migration clearly reveals its specifics. For example, the majority of Ukrainian migrant women have higher education and at the same time do not speak enough of the languages of the European Union.

Among the socio-psychological aspects of military migration of Ukrainian women, it is important to note the cross-cultural features of the perception of women with minor children by residents of countries that accept Ukrainians, which, according to preliminary data, is more positive than the largely negative perception, for example, of Afghan or Syrian refugees, most of whom are men of mature age [4; 17]. The findings on the feminisation of Ukrainian migration (based on a preliminary analysis of the answers to the questionnaire) may be the *features of integration of women with children* in European countries, such as: problems of child care that limit women's employment opportunities, motivation to return home as soon as possible and the associated lack of desire to learn the language of the host country, a complex of negative emotional

states associated with the absence of the husband and other family members, the need to independently solve all domestic, administrative, medical problems, independently make decisions and bear sole responsibility for them, the destruction of marital relations due to a long estrangement or the emergence of new relationships, "double employment" of a woman (home and work) if she finds a job, etc. The subject of close attention of sociologists, politicians, and psychologists should be the fact that Ukrainian woman is gradually becoming an active subject of international migration, first – labour [41], now – military.

Secondly, a significant part of Ukrainian migrants are *children and teenagers*. The consequences of military migration are particularly devastating for their mental health [1, 42]. In particular, their socio-psychological adaptation and integration into the host society is associated with the risk of post-traumatic stress, behavioural problems, signs of hyperactivity, emotional distress, problems in relationships with peers, antisocial behaviour, etc. [8; 13]. For example, in a study of children and adolescents from Syrian refugee families [43], 23.7% were found to have symptomatic depression, post-traumatic stress disorder, and anxiety. Unpredictable in terms of consequences for their mental health are the need to adapt Ukrainian children to school education in other countries in parallel with learning a foreign language of the host country, often studying in two schools simultaneously (offline – in European and online – in Ukrainian), the need to establish new interpersonal contacts in a foreign-language environment, risks of social isolation, increased dependence of children on gadgets, etc.

The family environment plays a key role in children's response to war and relocation to another country, so measures to increase the resilience of refugee children to stress should include family-wide support mechanisms [44]. However, in the case of Ukrainian migration, family-wide mechanisms of influence in most cases are reduced to narrowly maternal ones. Given that women and children are most susceptible to post-traumatic stress and its symptoms [42], there is a problem of mothers who should become a source of child resistance, but alone experience excessive stress. The socio-demographic consequences of this wave of "child" migration may also become a problem for Ukraine if parents are motivated to stay in host countries.

Thirdly, as the results showed, almost 91% of migrants are representatives of the working-age population of Ukraine, most of whom have higher education and significant professional experience in the fields of medicine, finance, education, law, management, etc. Abroad, they were cut off not only from the usual cultural, ethnic, and social environment (relatives, friends, colleagues), but also from

the professional context. A significant percentage of them have lost their professional status and are forced to reduce their professional claims due to ignorance of the language of the host country or other reasons. As the researchers note [45], the problem of professional identification of refugees increases in the face of multiple barriers that arise in employment, especially strong are obstacles in the career development of refugee women [46]. All this can cause a sense of uselessness, difficulties in professional adaptation to a new place, loss of life guidelines, transformation of professional identity, etc. According to preliminary results, more than 50% of able-bodied Ukrainians abroad have no plans for the future and are in a state of complete or partial life uncertainty, experiencing a lack of control over their lives and the lack of any clear goals. It is extremely important for adult Ukrainian refugees to restore their former professional identity or develop an alternative identity [45], so psychological support for able-bodied migrants should include the introduction of special strategies for their support aimed at preserving and restoring the labour potential of the Ukrainian nation. On the other hand, it is impossible not to understand that Ukrainian migration includes mechanisms of social transformation, which play the role of a powerful creative source for European societies that accept Ukrainian migrants. The latter, given their personal and professional experience, can become a new source of improving the well-being of these countries.

Thus, understanding the specifics of the forced migration of Ukrainians in comparison with others, on the one hand, can help in creating effective and effective programmes of social and psychological online and offline support, assistance and self-help for Ukrainian refugees. On the other hand, they make it clear that large-scale Ukrainian migration can become a source of serious risks for many countries that accept Ukrainians due to a radical decrease in management capabilities. Consideration of this specificity would allow analysing current social and psychological problems and, most importantly, the possible consequences of this migration for the economic, social, political, and cultural institutions of Ukraine and countries that accept Ukrainian refugees.

CONCLUSIONS

Forced migration has always been one of the most critical and abnormal life situations. As a result of the escalation of the military conflict in 2022, migration has become a specific experience for millions of Ukrainians, which goes beyond ordinary life and in many cases is associated with serious trauma to the psyche. Socio-psychological studies of this problem area are extremely important today for predicting problems related to the adaptation and integration of Ukrainian refugees and developing preventive measures to prevent them, and providing them with qualified assistance.

On the one hand, the impossibility of using conventional methods of diagnosing Ukrainians in conditions of unprecedented speed of migration movement in the first months of the war, on the other hand, the availability of the Internet and the intensity of their communication in social networks make it necessary to use online surveys. As the experience of the author of this study has shown, under the condition of increased control over the representativeness of the sample and careful preparation of the survey, this method allows collecting a significant sample in a short period of time.

According to its strategy, this stage of the study was focused on obtaining preliminary information about the military migration of Ukrainians through a mass online survey of Ukrainians on Facebook. The answers obtained allow creating a typical socio-demographic portrait of a Ukrainian refugee in the first months of the war with Russia. These are women who have higher education and who have gone abroad with minor children. The majority (91%) of Ukrainian refugees are people of working age (26-55 years) with high career potential. Geographically, most of the respondents travelled abroad from Kyiv and the eastern regions of Ukraine and are located in Germany, Poland, and France. Awareness of the peculiarities of forced migration would contribute to the creation of effective online and offline support programmes for the integration of Ukrainians, and analysis of the possible consequences of this migration for Ukraine and countries that accept Ukrainian refugees.

The prospects for further study are to continue the accumulation of empirical data, because the author suggests the influence of temporal characteristics of staying abroad on the psychological state and socio-psychological adaptation of Ukrainians. The main attention in the further analysis will be focused on the factors of socio-psychological adaptation, such as: the characteristics of the country that accepts refugees, the psychoemotional state of Ukrainians, coping strategies for overcoming stress from adaptation, and motivational and target characteristics of further stay abroad.

In the following studies, the author plans to: present an analysis of socio-psychological problems of Ukrainians – forced migrants in the first months of the war in 2022; describe individual, cultural, situational, and social factors related to the quality of socio-psychological adaptation of Ukrainian refugees; check the frequency impact of factors such as gender, age, education, social status, the presence of minor children, cultural and mental characteristics of the host country, and personal characteristics of respondents on the process of adaptation of migrants; determine socio-typological and individual trajectories of adaptation of Ukrainian refugees in different countries of the world and Europe during the first months of the war with Russia; create programmes of social and psychological assistance to various categories of Ukrainians – forced migrants on this basis.

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Анжеліка Володимирівна Коллі-Шамне

Університет дистанційного навчання в Швейцарії
3900, Шинерштрассе, 18, м. Бріг, Швейцарія

Херсонський державний університет
76018, вул. Шевченка, 14, м. Івано-Франківськ, Україна

Соціально-психологічне онлайн-опитування українців – вимушених мігрантів у перші місяці війни 2022 р.: загальна характеристика дослідження та методичні аспекти збору даних у соціальній мережі Facebook

Анотація. Безпрецедентні масштаби української воєнної міграції 2022 року актуалізують питання створення ефективних програм соціально-психологічної допомоги та сприяння процесам інтеграції вимушених мігрантів у спільноти, які їх приймають. Це неможливо без знання специфіки сучасної української міграції та її особливостей. Тому авторка представляє організацію багатоетапної програми соціально-психологічного дослідження українських біженців. У статті представлено результати реалізації першого етапу цієї програми. Його мета полягала в описі процедури соціально-психологічного онлайн-опитування і представленні портрету українського біженця перших місяців боротьби з російською агресією. Розглянуто особливості соціально-психологічного онлайн-опитування як дослідницького методу збору даних, а також переваги та обмеження його застосування в сучасних дослідженнях. Описано методику та організацію інтернет-опитування в соціальній мережі Facebook. Представлено процес розроблення та зміст онлайн-анкети для опитування українських біженців в соціальній мережі Facebook. За результатами аналізу відповідей 2049 респондентів (жінки – 95,8 %) визначено соціально-демографічні характеристики вибірки, географічний розподіл українців за країнами перебування, їхній гендерний та соціальний статус, а також вікову та професійну структуру респондентів. Встановлено, що в перші місяці війни типовими українськими біженцями були жінки працездатного віку з вищою освітою, які виїхали за кордон з неповнолітніми дітьми. Найбільша частина респондентів вирушили за кордон з Києва та східних регіонів України в Німеччину, Польщу, Францію. Надано проблемний аналіз особливостей української міграції порівняно з іншими воєнними міграційними переміщеннями останніх років (її фемінізація, значна частка дітей та працездатних людей з високим кар'єрним потенціалом). Проаналізовано також можливі соціально-психологічні наслідки для України та країн, що приймають українців, та пов'язані з ними потреби створення програм соціально-психологічної підтримки. Отримані результати стануть у пригоді організаціям та спеціалістам, які надають допомогу українським біженцям, а також державним інституціям, які розробляють програми короткострокової та довгострокової політики щодо українських біженців

Ключові слова: українські біженці, вимушена міграція, мігранти, онлайн-анкета, Google-форма, психічне здоров'я, професійні, географічні, статево-вікові характеристики вибірки українських мігрантів