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Psychoemotional States of Men and Women in Separation from Their Families

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Abstract. Due to the fighting, forced separation from family has become an urgent problem for many Ukrainians. The purpose of this study is to empirically investigate the impact of separation from family members on the psychoemotional state of men and women in war conditions. 332 respondents were interviewed using the following methods: the Cohen Perceived Stress Scale, the Connor-Davidson Resilience Scale, the hospital Anxiety and Depression Scale, and the positive and negative affect questionnaire by A. Klimanska, I. Haletska, the "List of traumatic events" questionnaire. Statistical analysis included a comparison of groups identified by the criterion of separation from relatives: 1) separated from a spouse or romantic partner, 2) separated from children, 3) separated from parents, 4) separated from many family members at once; 5) members of the control group had no changes in family composition. The results showed that the effects of family separation depend on gender. The absence of a male partner did not substantially affect the indicators of the psychoemotional state of Ukrainian women in the first weeks of the war. During the separation from blood relatives, negative changes were expressed in the actualisation of fears and vulnerability to possible dangers, and in the loss of a sense of joy (during separation from children); inattention, and confusion (during separation from parents). Compensatory mobilisation processes, increased vigilance, and concentration were identified in women who are globally separated from their families. Men were substantially less affected by separation from their relatives and showed an increase in the reaction of indignation. Therewith, the male and female subsamples did not substantially differ in the level of stress tolerance, resiliency, manifestations of depression and anxiety; but they differed in the perception of stress, the severity of positive and negative emotions. Women were more acutely aware of the uncertainty and tension of the life situation, their emotional reactions were dominated by depression, frustration, and anxiety. In turn, men in a war situation expressed more active reactions (concentration, determination, etc.), which prevailed over passive-negative ones. It is concluded that separation from the family threatens the psychological well-being and social adaptation of people who were forced to leave their homes due to the war. The obtained data help to better understand both the sources of psychotrauma and the resources for overcoming negative psychoemotional states in a situation of separation and suggest appropriate ways of psychological and social assistance

Keywords: family relations, attachment, breaking family ties, marital relations, parent-child relations, resilience

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INTRODUCTION

The aggravation of the war in Ukraine has actualised the problems of providing psychological assistance in stressful and post-traumatic conditions. Separation from the family at this time is quite a difficult event, which affects many adults and children. According to official data [1], at the beginning of June 2022, about 12 million Ukrainian citizens were forced to leave their homes, of which more than 5 million went abroad; the absolute majority of them are women with children. Investigating the psychological consequences of separation from the family will help to navigate the need for psychological interventions and their focus.

The family performs many important functions in the life of an adult, including psychotherapy, recreational-restorative, emotional, and spiritual communication, moral regulation, social protection, etc. The authors of the study suggest that the forced separation of family ties leads to frustration with basic needs and can negatively affect the psychological well-being of a person. Due to the attachment theory of J. Bowlby [2], in psychology, the negative effects of the separation of children from their parents were investigated in detail and explained, but almost no such studies were conducted in relation to adults.

According to current beliefs, attachment means a close biologically determined emotional connection between two individuals, characteristic of most mammals. The main function of forming attachment in a person is to provide care for a weaker being and protect it from dangers. An essential sign of attachment is that partners tend to stay physically and psychologically close to each other. Any attempt by a third party to separate a related couple is met with protest or active resistance; if they have to separate for any reason, each of them finds their other half and restores closeness. Although attachment behaviour is most pronounced in early childhood, it characterises human existence throughout life [2].

Usually, the very first and strongest bonds are formed between parents and their offspring (mother and child). With growing up, the intensity and frequency of attachment manifestations gradually decrease, but the corresponding patterns continue to exist until old age as an integral part of a person's behavioural response. In addition to parent-child relationships, they are complemented by new interpersonal connections: with intimate partners, spouses, their own children and grandchildren, friends, and even pets. J. Bowlby describes establishing the connection as falling in love with someone and maintaining it – as love. The threat of losing the object of attachment causes anxiety in a person, and true loss causes longing and sadness; any of these situations can also cause anger. The undoubted and reliable preservation of communication is experienced by a person as a source of security. Therefore, in adults, attachment behaviour is especially noticeable when a person is upset, sick, or afraid. Its individual manifestations depend on age, gender, life situation, and the experience of forming an attachment in the child's relationship with parents [2]. Attachment theory has explained the occurrence of many

behavioural, emotional, and personality disorders as a consequence of prolonged separation from the object of attachment (maternal deprivation) at an early age. In the following years, thousands of studies were conducted that convincingly confirmed the negative and long-term consequences of impaired child attachment development. In particular, difficulties in the psychosocial functioning of children and adolescents in families of conscripted military personnel are noted [3].

At the end of the 20th century, the study of attachment extended to the field of relationships at an older age. In 1987, C. Hazan and P. Shaver conceptualised romantic love as a process of attachment – in close relationships between adults, emotional connections are formed, similar to the attachments of a child and a mother. Romantic partners are just as eager to be close to each other and feel comfortable in the presence of their partner, as they feel anxious or lonely when their partner is absent. In addition, child-parent connections form mental models that determine the style of social relationships in adult life. Studies have shown that adults predictably differ in how they experience love and show types of attachment similar to the classical children's classification [4]. It is important that the emotional connection of adults, unlike early attachment, is symmetrical: both partners act as a source of a sense of security and comfort for each other.

Later, K. Bartholomew and L.M. Horowitz substantiated the typology of adult attachment in terms of the positivity of self-image and the positivity of the image of another: reliable (safe), dependent (anxious), detached (dismissive-avoidant), and anxiety-avoidant (phobic) types; described interpersonal difficulties associated with each type [5]. Today, there is a lot of empirical evidence that deviation from a reliable style of romantic and interpersonal attachment is closely associated with impaired and unstable self-esteem [6; 7], a tendency to depression [8], strategies for regulating emotions [9], vulnerability to stress and overcoming it [10; 11]. In the review work, R.A. Bryant emphasised the evolutionary importance of social connections and the benefits of attachment to overcome difficulties and discussed the potential impact of trauma on the attachment system [12].

In recent years, there have been separate attempts to analyse the experience of separation from family as a factor that increases the stress and suffering of forced refugees, causing distress and mental health disorders [13-15]. Thus, according to B.J. Liddell et al. separation from the family has a lasting impact on the psychological well-being of a person, the main causes of which are a feeling of constant fear, insecurity, breaking social ties, and changing identity in relation to the future "self" [14]. However, on an empirical level, the psychological consequences of prolonged separation from attachment objects in adulthood remain poorly understood.

The purpose of this study is to determine the features of the psychoemotional states of Ukrainians in war

conditions and identify the impact of separation from family members on the ability to adapt to stress.

Such a study is being conducted in Ukraine for the first time, its results will allow clarifying the factors of development of adaptive disorders in war conditions (primarily in military families, residents of the occupied territories, and forced refugees), and identifying the resources for overcoming stress, based on which, effective psychological interventions and means of social support can be offered.

MATERIALS AND METHODS

In May-June 2022, a survey was organised regarding the experience of stress by Ukrainians during the war. Invitations with a link to the Google form were posted on social networks. A total of 358 people aged 14 to 70 from different regions of Ukraine took part in the survey. The preliminary selection of participants was conducted according to the family situation: the results of respondents who did not indicate whether they were separated from their relatives,

and those who wrote poorly distributed answers, indicating grandparents, brothers and sisters, and friends as the object of separation, were removed. Finally, the sample included 332 people, including 273 women (mean age 33.7 ± 12.2 years) and 59 men (mean age 28.0 ± 10.1 years). Half of the respondents (51.5%) remained in a permanent place of residence since the beginning of the war; 6.9% temporarily left for safer territories, but returned home; 17.8% moved to other cities of Ukraine, and 18.4% went abroad.

The sample was divided into groups according to the answer to the question "Are you currently separated from your family members with whom you lived together before the war?". Participants were offered four options: a) no, nothing changed; b) yes, I am separated from my spouse (romantic partner); c) yes, I am separated from my parents; d) yes, I am separated from my children. It was possible to choose several answers or write one's own. Accordingly, a control group and four experimental groups were identified (Table 1).

Table 1. Selection criteria and number of experimental groups

Indicator	Group 0 (control): no changes	Group 1: separation from spouse/partner	Group 2: separation from parents	Group 3: separation from children	Group 4: separation from most family members	Total
Men	29	14	6	3	7	59
Women	127	55	25	18	48	273
Total	156	69	31	21	55	332

If a person specified more than one response, they were included in a separate group. This case is considered as a more global separation when a person does not receive the usual social and psychological support and experiences frustration with most of the needs associated with family functions.

The following methods were used for psychological diagnostics:

1. The Sh. Cohen Perceived Stress Scale (PSS-10) (Ukrainian-language adaptation by O.O. Veldbrekht and N.I. Tavrovska, 2022) defines the degree to which a person perceives their life situation as stressful, that is, unpredictable, uncontrolled, and overloaded. It contains 6 direct and 4 reverse questions with a 5-point Likert scale from 0 (never) to 4 (very often), with which respondents evaluate the previous month of their life. The total measure of perceived stress directly reflects how external demands exceed a person's ability to cope with them [16]. The average trends in the sample were 25.16 ± 6.92 ; the data distribution has a pronounced asymmetry and is shifted to the high indicators zone.

2. The Connor-Davidson Resilience Scale (CD-RISC 10) is aimed at analysing the "psychological elasticity" of the individual. This is a set of personal traits and dispositions that help a person constructively overcome challenges and threats, and quickly recover from life's traumas. It contains 10 direct questions with a 5-point Likert scale from "never" to "almost always"; high scores indicate a person's developed stress tolerance and resilience. The Ukrainian version of the

scale was created by the authors team under the leadership of I.I. Shapoval in 2020 [17]. The average trends in the sample were 26.25 ± 6.39 , and the data distribution meets the normality criteria.

3. The Hospital Anxiety and Depression Scale allows identifying symptoms of mood disorders that affect a person's quality of life. It contains 14 questions with multiple choice answers from 0 to 3 points; the scores obtained are distributed equally between the scales "Depression" and "Anxiety", directly reflecting the level of corresponding disorders. The Ukrainian version of the methodology is provided for non-commercial use by the copyright holder Mapi Research Trust based on the signed license agreement of the main user "MULA" and the author of the study. For the anxiety subscale, the average group norms of Ukrainians during the war were 9.74 ± 4.21 , and for the depression subscale – 7.62 ± 3.86 ; both variables are distributed normally.

4. The questionnaire on positive and negative affects (OPANA), created by M.B. Klimanska and I.I. Haletska in 2020 [18]. It consists of a list of 10 positive and 10 negative descriptors, which respondents rated according to how they felt over the past few weeks (from 1 to 5 points: from almost or not at all – to greatly). The result is two averaged scores of positive and negative emotion subscales. The sample averages were 2.91 ± 0.83 for the positive affect scale; 3.24 ± 0.90 for the negative affect scale; in both cases, the distribution met the normality criteria. In addition to

integral assessments, statistics of each item reflecting individual emotional responses were considered. The list was supplemented with 7 positions that are indicative of the initial stage of the war: insecure, disappointed, confused, resentful, exhausted (tired), feeling ashamed, proud.

5. The "List of traumatic events" questionnaire, formed based on the Life Events Checklist for DSM-5 to identify potentially traumatic events in life [19, p. 141]. It contained 12 items that covered the dangers common during the war: fire or explosion; transport accident; physical attack; taking captive or hostage; severe human suffering; substantial material damage, etc. Participants noted the level of impact of each event using a nominal scale of six options, and could note several responses at once: a) it happened directly to me; b) I witnessed the event; c) it happened to my relative or friend; d) this is part of my job; e) I feel it as a relevant threat; f) it does not apply to me. The frequency of selecting each answer option in individual forms was calculated to obtain quantitative indicators of life saturation with stressful events.

Parametric and nonparametric criteria were used to

compare the data of the five groups. In the case of a normal distribution of the variable (the criterion of excess and asymmetry, the Kolmogorov-Smirnov criterion) and equality of group variances (the Leven criterion), the authors relied on the results of univariate analysis of variance; a posteriori array comparison was conducted according to the Bonferroni criterion. In other cases, calculations of the Kruskal-Wallis criterion were used. A difference in which the significance of the statistical criterion was less than 0.05 was considered reliable; cases $p \leq 0.10$ were considered as a tendency to differences. Pearson correlation analysis was used to clarify the relationships between quantitative variables. Calculations were performed using IBM SPSS Statistics 22.0 software.

RESULTS AND DISCUSSION

When analysing the data of the entire sample, no substantial differences were identified between the results of the groups. Therefore, the data set was divided into male and female subsamples, after which the analysis was repeated considering the gender of respondents. Substantial differences were identified, mainly in the female subsample (Table 2).

Table 2. Mean scores and group differences in the female subsample (273 people)

Indicator	Group 0: unchanged (N = 127)	Group 1: separation from husband (N = 55)	Group 2: separation from parents (N = 25)	Group 3: separation from children (N = 18)	Group 4: separation from most family members (N = 48)	Value of the difference
Age	33.28	29.40	31.76	50.00 ↑	34.62	0.000***
PSS-10: Perceived stress	25.51	26.53	26.76	24.78	26.48	0.821
CD-RISC 10: Resiliency	26.45	25.02	25.60	25.67	26.52	0.688
HADS: anxiety	9.79	9.69	9.32	9.61	9.54	0.987
HADS: Depression	7.76	7.11	7.24	7.00	7.81	0.768
PANAS: Negative affect	3.29	3.36	3.48	3.28	3.31	0.892
PANAS: Positive affect	2.93	2.83	2.54	2.81	2.93	0.301
– joyful	2.61	2.78	2.24	1,71 ↓↓	2.54	0.005**
– full of energy	2.80	2.53	2.16	2.50	2.58	0.067
– collected, focused	3.27	2.81	2.52 ↓	2.78	3,37 ↑	0.000***
– mindful, vigilant	3.62	3.14	2.88 ↓↓	3.44	3.58	0.011*
List of traumatic events:						
A) it happened to me	0.41	0.80	0.60	0.56	0.73	0.149
B) I witnessed the event	0.97	1.38	0.68	0.78	1.58	0.048*
C) it happened to my relative or friend	1.59 ↓	2.93 ↑	1.92	2.44	2.37	0.018*
D) this is part of my job	0.24	0.23	0.04	0.44	0.35	0.909
E) I feel an urgent threat	5.36	4.04	6.36	7.28 ↑	4.88	0.022*
F) this does not apply to me.	5.26	5.11	4.72	2.83	4.87	0.130

Notes: * substantial difference at $p \leq 0.05$, ** – at $p \leq 0.01$; *** – at $p \leq 0.001$; arrows indicate the average indicators of groups that showed a substantial difference according to the data of a posteriori array comparison

The study showed that separation from family members was an insubstantial factor that did not affect the emotional state, perceived stress, resilience, anxiety, and depressive manifestations of respondents. Most likely, due

to modern communication technologies, family relations are not destroyed in the physical absence of a person. This assumption is supported by the fact that when answering the open question "what supports you most?" the study

participants (all groups without exception) indicated support from relatives, taking care of other family members, constant contact with relatives, and awareness that close people are safe. Similar answers were given by 33.4% of respondents.

In representatives of the *control group*, substantially fewer people report traumatic events and problems that have occurred with their friends or relatives (indirect stress). This may be the result of the functioning of the family as a kind of closed system that protects its members from outside influences. Instead, when separated from family members, a woman is forced to resort to weaker social ties: she restores contact with friends, colleagues, and distant relatives, and finds herself in a broader and simultaneously potentially traumatic information field.

Women who are *separated from their husbands* or partners are more likely to report tragic incidents that have occurred with their friends or relatives. On the one hand, it can be a sign/consequence of a broader network of social connections that allows women to be informed about what is happening in other people's lives. On the other hand, it can be a source of indirect stress or secondary trauma (but this assumption is not supported by data from other methods).

In the group of *women separated from children* a substantially lower level of joy was identified. This is easily explained by the influence of maternal attachment. Notably, the age of women in this group is substantially higher than in others (50.00 ± 10.98 years), so this mainly refers to separation from adult children. This group is also characterised by an increased sense of fear – they perceive traumatic events proposed for analysis in most cases as an actual threat to themselves. Perhaps this result is influenced by the age factor. Correlation analysis showed that in the female group, age positively correlates with the relevance of threats and fears ($p = 0.003$), negatively – with the perception of stress ($p = 0.003$) and the severity of negative affect ($p = 0.023$).

An interesting result was identified in relation to the assessments of the emotional state of “concentration, focus”, which substantially decrease in three groups of women:

separated from a partner, parents, or child (compared to the control group), but simultaneously increase and reach the highest level if a woman is *separated from most of the family members* (group 4). This group also has high ratings of mindfulness and vigilance but most often witnesses tragic events that can cause mental trauma. Only 9 representatives of this group live in their permanent place of residence, 79.2% left their homes, most of them went abroad. The evacuation/relocation factor explains the separation from loved ones and the traumatic experience gained, including protective mobilisation reactions.

Regarding the variable “full of energy”, an intergroup difference was identified at the trend level ($p = 0.067$). The highest scores were obtained in the control group, the lowest – in women, who were forced to *separate from their parents*. In addition, group 2 has the lowest levels of concentration, mindfulness, and alertness, and a relatively high level of relevant fears. Thus, separation from parents causes certain disorganisation in women. This confirms the position of Bowlby's theory that childhood attachment persists for many years and serves as a source of security even for an adult.

Men who are separated from their families most often indicate that adversity and danger are part of their profession (χ -square is 11.25, the value of the Kruskal-Wallis criterion is $p = 0.024$). Most likely, in the male subsample, separation from loved ones is due to professional duties – direct involvement in combat operations and other activities that serve the Armed Forces of Ukraine, TRO, and rescue and rapid response services. The only indicator that substantially differs in the comparison groups is the severity of the negative emotional state “resentful” (χ -square is 10.70 with $p = 0.030$). The lowest level was identified in the control group (3.03 ± 1.18), and the highest – in the groups separated from parents and children (4.33 ± 0.52 and 4.67 ± 0.58 , respectively). Due to the small size of the male subsample, these results require additional verification. In connection with the chosen research methodology, the gender differences of the measured indicators are considered (Table 3).

Table 3. Comparative analysis of average trends in subsamples of different sexes

Diagnostic parameters	Women (N = 273)		Men (N = 59)		Comparison	
	Mean value, M	Standard deviation, SD	Mean value, M	Standard deviation, SD	t-criterion, emp.	Value (bilateral)
Perceived stress scale	25.95	6.60	21.49	7.22	4.63	0.000***
Resilience scale	26.04	6.53	27.22	5.66	-1.28	0.200
Positive affect	2.87	0.84	3.14	0.74	-2.28	0.023*
Negative affect	3.33	0.87	2.83	0.93	3.90	0.000***
Anxiety	9.67	4.09	10.08	4.73	-0.68	0.494
Depression	7.54	3.85	7.98	3.95	-0.80	0.423

Notes: * substantial difference at $p \leq 0.05$, ** – at $p \leq 0.01$, *** – at $p \leq 0.001$

The results showed that women and men do not substantially differ in the level of stress resistance and resilience, including in the severity of depressive or anxiety symptoms. Therewith, substantial differences were identified in the level of stress perception, indicators of the severity of positive and

negative emotions. Women are more acutely aware of the uncertainty and tension of the current life situation; their emotional reactions are dominated by negative affect – the dominant reactions are depression, frustration, fright, and anxiety. Men in a war situation, on the contrary, have more

pronounced positive reactions (concentration, attentiveness, and determination), which prevail over negative affects.

All this requires considering gender differences in the analysis of psychological phenomena associated with war.

Previous studies of refugees conducted in different countries of the world partially confirm the results obtained. The experience of separation from the family is recognised as one of the main sources of stress, which causes mixed emotions in displaced persons and is experienced by them as a feeling of helplessness and fear for the family, who are still in danger. All of this affects the symptoms of anxiety, depression, and PTSD [13]. In this study, no such effect was identified – this can be explained by the fact that at 8-10 weeks of martial law, separation was mainly perceived by respondents as a temporary phenomenon, and it takes a certain amount of time for the above effects to occur. In the research of B.J. Liddell et al., a separated group of migrants reported a stronger impact of potentially traumatic events and a higher level of life, social, and economic difficulties compared to the unseparated group. Considering factors of potentially traumatic events, age, and gender, separation from family members was a predictor of post-traumatic stress and symptoms of depression [14; 15]. According to the data of previous researchers, the authors of the study suggest that the results obtained in their survey reflect the initial stages of the development of the corresponding disorders.

The study showed that separation from husband or romantic partner had little effect on the perception of stress and mood indicators of Ukrainian women in the first months of the war. In turn, when separated from blood relatives, substantial negative changes are observed, which are expressed in the actualisation of fears and vulnerability to possible dangers. Separation of women from their children is accompanied by a depressed mood, loss of a sense of joy; when separated from their parents, there is a substantial decrease in indicators of attentiveness and concentration (this shows the influence of early attachment). Women who are

separated from many members of their family at once, on the contrary, experience mobilisation processes, which are expressed in an increase in vigilance, attentiveness, and concentration. This shows the compensatory and adaptive capabilities of the psyche.

The psychoemotional state of men was substantially less affected by separation from relatives when compared with women. In general, their psychological state is dominated by emotions that contribute to the mobilisation of protective resources and overcoming a crisis situation.

The survey showed partial gender differences in the perception of acute stress caused by war. Therewith, the basic coping capabilities of men and women have the same level, although they may differ in qualitative features. Sources and resources of stress tolerance are the most relevant prospect for further research on the subject under study.

Notably, the study does not consider the existing family composition, the duration of separation, and the current model of attachment, only partially considers the life circumstances in which Ukrainian men and women find themselves during the war (primarily relocation), which, along with the destruction of family ties, are also sources of severe stress. Admittedly, the work started provides valuable information both about the importance of family ties in crisis circumstances and the factors affecting the experience and overcoming stress. The study that has been initiated needs to be continued, considering other war traumas that destroy human health.

AUTHORS' CONTRIBUTION

Regarding the author's personal contribution, N.I. Tavrovetska is the author of the idea of the study; literature analysis and adaptation of methods, collection of empirical data, formatting of the text were also conducted by the researcher. O.O. Veldbrekht – adaptation of methods, collection of empirical data, statistical processing, and interpretation of the results.

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Психоемоційні стани чоловіків та жінок у розлуці з родиною

Анотація. Через бойові дії вимушена розлука з родиною стала актуальною проблемою багатьох українців. Мета цієї роботи – емпіричне дослідження впливу розлуки зі членами родини на психоемоційний стан чоловіків та жінок в умовах війни. Було опитано 332 респондентів за допомогою методик: Шкала сприйнятого стресу Коена, Шкала резильєнтності Коннор-Девідсона, Госпітальна шкала тривоги та депресії, Опитувальник позитивного і негативного афекту А. Кліманської, І. Галецької, анкета «Перелік травмивних подій». Статистичний аналіз передбачав порівняння груп, виділених за критерієм розлуки з ріднею: 1) перебуває в розлуці з подружжям або романтичним партнером, 2) розлучені з дітьми, 3) розлучені з батьками, 4) розлучені відразу з багатьма членами родини, 5) члени контрольної групи не мали змін у складі родини. Результати показали, що ефекти розлуки з родиною залежать від статі. Відсутність чоловіка-партнера суттєво не вплинула на показники психоемоційного стану українок в перші тижні війни. Під час розлуки з кровними родичами негативні зміни виражалися в актуалізації страхів і вразливості до можливих небезпек, а також у втраті відчуття радості (під час розлуки з дітьми); неухваленості, незібраності (під час розлуки з батьками). У жінок, глобально відокремлених від родини, виявлено компенсаторні мобілізаційні процеси, зростання пильності й зібраності. На чоловіків розлука з рідними вплинула значно менше й виявилася в зростанні реакції обурення. Водночас чоловіча та жіноча підвибіркові достовірно не відрізнялися за рівнем стресостійкості, резильєнтності, проявів депресії та тривоги; але різнилися в сприйнятті стресу, вираженості позитивних і негативних емоцій. Жінки гостріше сприймали невизначеність та напруженість життєвої ситуації, у їхніх емоційних реакціях переважали пригніченість, розчарування, неспокій. Натомість у чоловіків у ситуації війни виражено більш активні реакції (зібраність, рішучість, тощо), що переважали над пасивно-негативними. Зроблено висновки про те, що розлука з родиною загрожує психологічному благополуччю та соціальній адаптації людей, які вимушено покинули власний дім через війну. Отримані дані допомагають краще зрозуміти як джерела психотравми, так і ресурси подолання негативних психоемоційних станів у ситуації розлуки, запропонувати відповідні шляхи психологічної та соціальної допомоги

Ключові слова: сімейні стосунки, прив'язаність, розрив родинних зв'язків, подружні стосунки, батьківсько-дитячі стосунки, життєстійкість