

Natalia Pavlyk*

Doctor of Psychology, Senior Researcher
Ivan Zyazyun Institute of Pedagogical and Adult Education
of the National Academy of Educational Sciences of Ukraine
04060, 9 Maksyma Berlynskoho Str., Kyiv, Ukraine
<https://orcid.org/0000-0002-5828-606X>

Health-preserving factors of socio-psychological adaptation / maladaptation of women during the period of global changes

Article's History:

Received: 30.05.2025
Revised: 28.10.2025
Accepted: 15.12.2025
Published: 12.01.2026

Suggested Citation:

Pavlyk, N. (2025). Health-preserving factors of socio-psychological adaptation / maladaptation of women during the period of global changes. *Scientific Bulletin of Mukachevo State University. Series "Pedagogy and Psychology"*, 11(4), 90-99. doi: 10.52534/msu-pp4.2025.90.

Abstract. In the modern world, ecological, political, socio-economic changes are taking place, which negatively affect the state of psychological health of citizens and require updating the adaptive resources of the individual. This applies, first of all, to women, who must remain calm, bear responsibility for children, for the psychological climate in the family, while also fully fulfilling professional duties. The aim of the article was to highlight the results of a study of the factors of socio-psychological adaptation / maladaptation of Ukrainian women, associated with the influence of psychological health, in the context of global changes. The following methods of empirical data analysis were used in the study: questionnaires, psychodiagnostic testing, analysis of percentage indicators, factor analysis. The article presented an analysis of the results of an empirical study, which indicate that a third of respondents (37.4%) had a high level of psychological health; 17.6% of women have a very low level of psychological health. It was found that women aged 25-39 differed from others to a greater extent in a high level of psychological health, which allowed them to adapt most constructively to modern conditions. Factor analysis identified 7 factors that were interpreted as factors of psychological adaptation and 7 factors of psychological maladaptation of the personality. The adaptation factors include five factors of constructive adaptation (holistic psychological health, moral self-reflection, benevolent softness, responsible sociability and responsible activity) and two factors of non-constructive adaptation (irreflexive adaptability, aggressive sthenicity). The factors of psychological maladaptation in war conditions are: spiritual and personal instability, external rigidity, optimistic infantilism, social and everyday orientation, external depression, fear of economic crisis, cultural maladaptation. The research concluded that psychological health determines a woman's ability to adapt constructively to society

Keywords: woman's personality; psychological health; adaptability; global world changes; criteria; indicators; factor analysis

*Corresponding author

INTRODUCTION

Adaptation to new forms of existence (mastery of digital technologies, adjustment to wartime conditions, adaptation to new climatic anomalies, etc.) does not always occur successfully. Quite often, individuals are unable to adapt quickly to socio-economic changes and new social relations within society, which leads to neurotic personality development. In this context, adjustment disorders are becoming increasingly widespread among many people.

Anxiety, insomnia, aggressiveness, and depression act as indicators of an unsatisfactory state of psychological health and hinder an individual's psychological adaptation within society. Women who perform multiple social roles are more vulnerable to these risks. Women's adaptation under contemporary conditions emerges as a process encompassing psychological, social, and spiritual dimensions. Socio-economic instability in Ukraine, labour migration,



the burden of domestic responsibilities, shelling, and financial pressure exacerbate women's adaptation problems. The study of women's socio-psychological adaptation is not only an academic task but also a practical necessity for Ukrainian society. The results of empirical studies conducted by Ukrainian scholars mainly highlight external factors and the specific features of women's adaptation under conditions of war and socio-economic instability.

Women are required to maintain emotional stability while simultaneously bearing responsibility for children, for the psychological climate within the family, and fully performing their professional duties. D. Astanova (2022) understood the capacity for psychological adaptation as the ability to adjust to situations and to perceive change constructively. The scholar noted that the development of an individual's adaptive capacities is determined primarily by their sense of responsibility. A. Rizquha (2023) identified social (interpersonal) abilities as an adaptive psychological mechanism, which are determined by self-awareness and contribute to the development of leadership qualities. Researchers P. Nguyen & T. Duong (2022) argued that most women adapt through self-directed learning by developing professional competence. However, it should be noted that there are both external and intrapersonal factors of socio-psychological adaptation / maladaptation. External factors of women's maladaptation include war, financial instability, threats to life, prolonged power outages, technological innovations (digitalisation), and cultural changes. External social factors create significant challenges for women's psychological adaptation. Contemporary women face numerous psychological traumas and material instability. War has created unprecedented challenges for adaptation (Bocheluk & Bocheluk, 2022). Chronic stress caused by threats to life, forced migration, destruction of familiar environments, and the need to integrate into new communities generates additional long-term strain. Women's psychological adaptation is facilitated by communication within reference groups and psychological assistance provided by psychologists. Another external factor of women's socio-psychological maladaptation is digitalisation-related challenges – new forms of professional employment and remote interaction – which create risks of information overload and occupational burnout. Although digital technologies open up opportunities for self-realisation, they also generate information overload, which contributes to professional burnout.

Alongside external factors of socio-psychological adaptation / maladaptation, there are purely internal (psychological) factors that promote the activation of adaptive capacities. One of the psychological mechanisms of adaptation is assertiveness. O. Tsykalenko & O. Vlasova (2024) noted that assertiveness is a significant factor that helps Ukrainian women overcome life challenges associated with changes in the social and cultural environment. According to the researchers, women's resilience is the most important psychological resource of their socio-psychological adaptation. Coping strategies such as problem-solving,

seeking social support, and emotional regulation contribute to the activation of adaptive capacities. A study by A. Kosia *et al.* (2021) showed that women also frequently resort to avoidance or defensive coping strategies, which may temporarily reduce stress but hinder constructive adaptation.

Another intrapersonal factor that facilitates the activation of adaptive capacities during wartime is mental and psychological health. Psychology differentiates between the concepts of "psychological" and "mental" health. Mental health is defined as a state of personal well-being that determines behavioural self-regulation and enables effective coping with stress. Yu. Bohonkova *et al.* (2021) noted that the harmonious development of the integrated psyche constitutes the norm of mental health, which is associated with mental functions (emotional, volitional, and intellectual) and ensures adaptive processes and an individual's emotional well-being. According to L. Karamushka (2022), indicators of deviations in mental health include chronic states of fear, despondency, anxiety, worry, depression, and aggression. However, in the process of life, the personality functions on several levels: biological, mental, psychological, social, and spiritual, which determine the holistic psychological formation – psychological health, which is a multi-level structure and covers the above-mentioned areas of personality functioning. S. Maksymenko *et al.* (2021) noted that at the biological level, psychological health determines the coordination of organ functioning; at the mental level, it ensures mental self-regulation of behaviour; at the social level, it determines the individual's ability to coexist harmoniously with other people.

Psychological health is not limited to mental health; it integrates psychosomatic, mental, social, and spiritual substructures. It is worth noting that psychological health is related to the spirituality of the individual (conscience, morality, humanity), which distinguishes it from purely mental health. The basis of mental health is higher mental functions, and the basis of psychological health is the holistic development of a harmonious personality. S. Maksymenko *et al.* (2021) brought together the categories of mental, psychological and spiritual health, considering them as stages of personal development. The alternative to mental health is illness, and the alternative to psychological health is an individual's inability to develop personally. According to the definition of I. Vlasenko *et al.* (2022), psychological health is an integrative system that ensures the integrity of the personality and contributes to the realisation of its potential. It is a prerequisite for an active lifestyle, effective self-realisation, adaptation and interaction with the environment. In the context of the ongoing war in Ukraine, there is an urgent problem related to the deterioration of women's psychological health as a result of emotional burnout in the process of experiencing prolonged stress. Thus, the problem of maintaining psychological health as the basis for the socio-psychological adaptation of the individual is one of the most pressing psychological issues of today.

The aim of the article was to highlight the results of an empirical study of the psychological health of Ukrainian women and to identify health-preserving factors of socio-psychological adaptation / maladaptation in a period of global change. The hypothesis of the study presented in the article was the assumption that psychological health is the basis for the socio-psychological adaptation of the individual to global changes. The influence of psychological health on the development of adaptive abilities is particularly relevant in the extreme conditions of war.

MATERIALS AND METHODS

Based on theoretical analysis, a model of psychological health was identified, which has four hierarchical components (spiritual-meaningful, social, mental, psychosomatic) (Pavlyk, 2023). Dichotomous criteria were identified for each component. The criteria for the formation of the spiritual-meaningful component were moral self-reflection, a spiritual-optimistic perception of the world, responsibility, and creative self-realisation. The indicators of its non-formation were externality, unawareness, unrealised creative potential, and a pessimistic worldview.

The social component was determined by the ability to decentralise, friendliness, social adaptability, and tolerance to frustration. The criteria for its underdevelopment were selfishness, aggressiveness, social maladaptation, and frustration. The criteria for the mental component were emotional stability, flexibility of thinking, self-control, and stress resistance. Emotional lability, rigidity, weak-willedness, and neuroticism were evidence of the mental component's underdevelopment. The psychosomatic component included activity, good health, a positive attitude, and healthy habits. The immaturity of this component was manifested in harmful habits, passivity, poor health, and a negative attitude. In accordance with the criteria, psychodiagnostic scales were determined and integrated into the "Psychological Health of the Individual" questionnaire, which allows establishing indicators of individual criteria and an integral indicator of psychological health (Pavlyk, 2023). The questionnaire contains 160 psychodiagnostic statements-questions. For example, the statement: "Long hours of work exhaust me, and it takes me a long time to recover" corresponds to the "Lethargy" scale. The questionnaire was accompanied by the following instruction: "Rate your agreement with each statement on a 3-point scale: 0 – STRONGLY DISAGREE, 1 – PARTIALLY AGREE, 2 – STRONGLY AGREE". The questionnaire is presented in detail in previous publications (Pavlyk, 2023). The validity of the author's methodology was measured using the cross-sectional method (test-retest). The correlation coefficients between the results of the first and repeat tests were in the range of 0.60-0.85 at $p \leq 0.01$, which indicates the reliability of the questionnaire.

In addition to indicators of psychological health, the characteristics of the socio-psychological adaptability of women were studied using the "Adaptability" methodology (Prykhodko *et al.*, 2017), which made it possible to

determine the level of adaptive potential of the personality in accordance with the criteria of "Behavioural regulation", "Moral Normativity", "Communicative Competence", and "Suicidal Risk." The results were classified according to the following levels of psychological health and socio-psychological adaptability: low, below average, above average, and high. In order to study the difficulties women face in adapting to global changes, the study used the author's questionnaire "Attitudes towards global changes," which presents a list of eight clusters of global changes (ecological, biological, demographic, social, economic, technical, geopolitical, and cultural). Respondents were given the following instruction: Rank global changes in order of increasing difficulty of your adaptation to them (1 – easiest to adapt to, 8 – most difficult to adapt to) (Pavlyk, 2024).

In 2023, an empirical study of psychological health and socio-psychological adaptability was conducted, involving 95 women (46 respondents aged 19-24, 26 respondents aged 25-39 and 23 women aged 40-66) from the cities of Kyiv and Kremenchuk. The results were interpreted by calculating the arithmetic mean for each world change (for the data from the questionnaire "Attitudes to world changes") and by calculating the percentage distribution of respondents according to psychological health indicators, which was determined by counting the number of respondents who had a certain level of manifestation of the phenomenon under study.

$$x(\%) = \frac{a \cdot 100\%}{n},$$

where n – total number of respondents, a – number of respondents within one level (low, below average, above average and high). To analyse the structure of the indicators, exploratory factor analysis was performed using SPSS 13. Factors were extracted using Principal Component Analysis method. The adequacy of factor analysis was confirmed by the Kaiser-Meyer-Olkin (KMO) coefficient ($KMO = 0.72$). The number of factors was determined based on Kaiser's criterion (eigenvalues > 1). To improve the interpretability of the results, Varimax orthogonal rotation was applied. Variables with factor loadings of at least 0.30 were included in the interpretation.

During the study, the ethical standards set out in the Declaration of Helsinki (1964) were observed. Participation by respondents was voluntary. Individual results were not disclosed. Participants had the opportunity to receive individual consultations, which served as an incentive for respondents to participate in the study. The study was conducted in three stages. The first stage was a psychodiagnostic examination (March-April 2023). The second stage was the processing and statistical analysis of empirical data (May-June 2023). The third stage was psychological counselling (optional) (June-July 2023).

RESULTS AND DISCUSSION

The analysis of mean indicators of the difficulty of adapting to global changes revealed that women find it most difficult to adapt to biological changes (new diseases, epidemics, pandemics) and social transformations (increasing social

inequality, civil conflicts) (Pavlyk, 2024). Of particular note is the fact that for women aged 19-24, adaptation to social changes is more difficult than for older women. This can be explained by the fact that life experience enables older individuals to perceive difficult social situations more calmly and to make well-reasoned decisions during periods of war and social instability. Second in terms of adaptation difficulty are economic changes (reduction in social benefits), environmental changes (climatic anomalies), and geopolitical changes (globalisation of the world economy). Cultural, technological, and demographic changes are considered the least difficult for women to adapt to. Older women demonstrate higher levels of adaptation to technological changes (for example, the digitalisation of various spheres of work) than younger women. This can be explained by the fact that younger people have greater experience in using new gadgets and digital technologies than women over the age of 40.

The results of the study of psychological health showed that more than one third of Ukrainian women have a good level of psychological health, which provides a basis for their successful socio-psychological adaptation. Almost one quarter of respondents demonstrated a level of psychological health above average, while more than one third of Ukrainian women showed below-average (17.6%) and low (17.6%) levels of psychological health. This indicates that 35.2% of women lack sufficient psychological resources to cope with the challenges of contemporary life and therefore require psychological support. The percentage distribution of indicators of women's adaptive potential across different age categories is presented in Figure 1. According to the study results, women aged 25-39 were the most stress-resistant and well adapted, with 70.9% (almost three quarters) demonstrating high and above-average levels of adaptive potential.

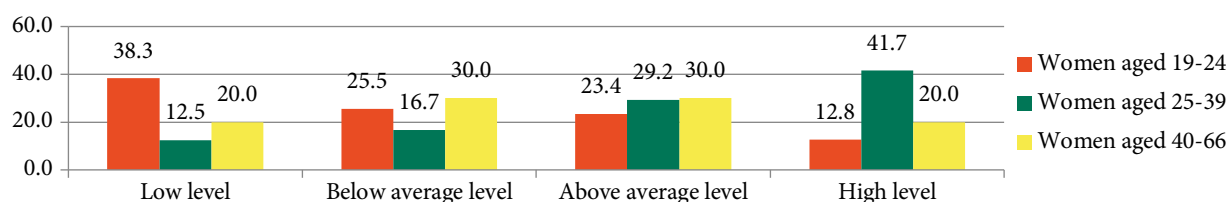


Figure 1. Percentage distribution of indicators of adaptive potential of women in different age categories

Source: compiled by the author

Psychological adaptation is most difficult for young women aged 19-24, among whom individuals with low and below-average adaptive potential predominate. This can be explained by the fact that psychological self-regulation is underdeveloped in young people due to their lack of life experience. The study showed that, in general, almost half of all women (51.7%) need psychological support aimed at improving psychological health and developing adaptive abilities. To determine the psychological factors of adaptation/maladaptation of Ukrainian women to global changes, a statistical method of factor analysis was used. Based on the calculation of the total deviations of the initial values, the extraction of the sums of squares of the loads and the percentages of deviation, 14 factors were identified, which were interpreted as factors of psychological adaptation (7 factors) and factors of psychological maladaptation of the personality (also 7 factors). The factors of socio-psychological adaptation include five factors of constructive adaptation (holistic psychological health, moral self-reflection, friendly gentleness, responsible sociability and responsible activity) and two factors of non-constructive adaptation (aggressive theatricality, non-reflective adaptability).

Below is a description of each factor (factor loadings are indicated in brackets). The first – the main factor of socio-psychological psychological adaptation, which has a deviation of 36.11% – is the factor of holistic psychological health of the personality ($R=0.93$). This factor is characterised by high factor loadings for all criteria of psychological health, namely: spiritual-optimistic worldview ($R=0.55$),

creative fulfilment ($R=0.56$), social adaptability ($R=0.56$), flexibility of thinking ($R=0.74$), friendliness ($R=0.52$), self-control of emotions ($R=0.73$) and behaviour ($R=0.73$), stress resistance ($R=0.58$), energy ($R=0.71$), activity ($R=0.66$), good mood ($R=0.74$), healthy habits ($R=0.52$), which undoubtedly has a positive effect on the adaptive potential of the personality ($R=0.77$), in particular, on behavioural regulation ($R=0.78$), communicative competence ($R=0.55$) and moral normativity ($R=0.24$). As a result, psychological health mainly affects the psychoregulatory side of human adaptation and has much less to do with the moral normativity of the individual. In other words, both psychologically healthy and unhealthy individuals are capable of acting in accordance with the moral norms of society. Thus, although a woman's moral development is quite important, it does not determine her psychological health.

This factor is also marked by negative factor loads on all negative criteria of psychological health, namely: pessimistic worldview ($R=-0.72$), unawareness ($R=-0.56$), externality ($R=-0.49$), creative unrealisation ($R=-0.65$), social maladaptation ($R=-0.67$), egocentrism ($R=-0.46$), aggressiveness ($R=-0.61$), intolerance to frustration ($R=-0.69$), rigidity ($R=-0.55$), emotional lability ($R=-0.73$), weak-willedness ($R=-0.69$), neuroticism ($R=-0.68$), lethargy ($R=-0.70$), passivity ($R=-0.67$), depressiveness ($R=-0.77$), bad habits ($R=-0.64$), and suicidal risk ($R=-0.71$). Thus, this factor combines all the criteria of psychological health and psychological adaptability of the personality, which confirms the hypothesis about the

leading role of psychological health in the process of human adaptation to global changes. The second factor of psychological adaptation is moral self-reflection (4.09% deviation), which is associated with the adaptive potential of the individual ($R = 0.25$) and is based on moral normativity ($R = 0.47$), self-reflection ($R = 0.39$), responsibility ($R = 0.29$), decentralisation ($R = 0.31$) and contributes to the development of communicative competence ($R = 0.29$) and the ability to realise one's own responsibility ($R = 0.49$). It should be noted that this factor is associated with the development of the spiritual-semantic component ($R = 0.22$) and affects individuals who easily accept economic changes but have difficulty adapting to cultural changes in society. In other words, these are women who are oriented towards spiritual values and oppose certain changes in contemporary culture.

The third factor (4.87% deviation) is aggressive assertiveness, which is characteristic of younger women ($R = -0.45$). These individuals demonstrate adaptability to modern conditions ($R = 0.35$) and pronounced activity ($R = 0.27$), which is based on aggressiveness ($R = 0.54$), egocentricity ($R = 0.50$), inability to decentralise ($R = -0.31$), lack of moral normativity ($R = -0.42$) and healthy habits ($R = -0.40$). Such active behaviour, which is not regulated by moral norms, can lead to conflict situations or negatively affect both the environment and the woman herself. This factor can be defined as a factor of non-constructive adaptation. The fourth factor of psychological adaptation (2.99% deviation) is friendly gentleness. The psychological mechanism of adaptation is "personality flexibility" (lack of rigidity ($R = -0.33$) due to weak-willedness ($R = 0.48$), passivity ($R = 0.28$) in the presence of emotional stability ($R = 0.32$), friendliness ($R = 0.29$) and moral normativity ($R = 0.22$). This factor is based on a combination of contradictory tendencies (on the one hand, personal weakness in the form of weak-willedness ($R = 0.48$) and harmful habits ($R = 0.29$), and on the other hand, a positive attitude towards the world, which ensures adaptability and emotional stability). Individuals who are influenced by this factor are distinguished by their natural orientation, they keenly feel the difficulties of adapting to environmental changes ($R = 0.43$) and strive to improve people's attitudes towards the environmental crisis in the world.

The fifth factor (2.43% deviation) – non-reflective adaptability – contributes to a woman's adaptation to global changes ($R = 0.30$) through the development of the social ($R = 0.29$) and psychosomatic ($R = 0.25$) components of her psychological health. However, it should be noted that the lack of self-reflection ($R = -0.32$) causes emotional lability ($R = 0.23$) and personal rigidity ($R = 0.21$). Such women are easy-going about demographic ($R = -0.34$) and technical ($R = -0.29$) changes, but have difficulty adapting to economic ($R = 0.26$) and, especially, biological changes ($R = 0.51$). This factor can also be attributed to factors of non-constructive adaptation, as it is more pronounced in younger women due to insufficient experience or development of self-reflection. The next factor of psychological

adaptation (2.00% deviation) is responsible communication, which is based on communicative competence ($R = 0.34$) and acceptance of personal responsibility for global changes ($R = 0.24$). Such women feel that they are well adapted to modern conditions ($R = 0.21$), they do not pay attention to environmental changes ($R = -0.56$), but they are concerned about demographic changes ($R = 0.47$), as they feel responsible for the social context of society's development. The last factor of psychological adaptation (1.73% deviation) is responsible activity. This factor was based on a woman's psychosomatic health and combines healthy habits ($R = 0.36$), energy ($R = 0.31$), activity ($R = 0.25$) with a high level of responsibility ($R = 0.46$) for everything that happens around.

Based on the names of the factors, it should be noted that the main factors in the development of an individual's adaptive abilities are spiritual and moral qualities. The factors of socio-psychological maladaptation are: spiritual and personal instability, external rigidity, optimistic infantilism, socio-domestic orientation, external depression, fear of economic crisis, and cultural maladaptation. The first factor of psychological maladaptation (8.18% deviation) is spiritual and personal instability, which manifests itself in a low level of adaptive potential of the individual ($R = -0.38$), underdeveloped moral normativity ($R = -0.42$), behavioural self-regulation ($R = -0.27$), and the psychosomatic component of psychological health ($R = -0.22$) with a sufficiently pronounced neurotic symptom complex: lethargy ($R = 0.40$), neuroticism ($R = 0.37$), rigidity ($R = 0.29$), weak-willedness ($R = 0.23$), and suicidal risk ($R = 0.29$). At the same time, this factor is controversially associated with many spiritual qualities: decentralisation ($R = 0.56$), responsibility ($R = 0.46$), self-reflection ($R = 0.45$), creative fulfilment ($R = 0.42$), a spiritually optimistic worldview ($R = 0.41$), friendliness ($R = 0.47$), sociability ($R = 0.45$), tolerance to frustration ($R = 0.57$), flexibility of thinking ($R = 0.34$), and activity ($R = 0.32$). This factor mainly affects older women ($R = 0.47$) who have difficulty adapting to technical ($R = 0.25$) and economic ($R = 0.21$) changes. Thus, this phenomenon may be interpreted as the psychological fragility of a spiritually oriented personality that finds it difficult to adapt to contemporary realities.

The second factor of psychological maladaptation (6.25% deviation) is interpreted as external rigidity. It also mainly affects older women ($R = 0.57$), who find it difficult to adapt to technical ($R = 0.50$), environmental ($R = 0.43$), biological ($R = 0.34$) and demographic ($R = 0.34$) changes. However, adapting to social ($R = -0.61$), geopolitical ($R = -0.51$) and economic ($R = -0.40$) global changes does not cause difficulties. These women are characterised by externality ($R = 0.42$) – a tendency to shift responsibility onto others or circumstances, egocentrism ($R = 0.37$), rigidity ($R = 0.26$), lack of self-reflection ($R = -0.28$), inability to decentralise ($R = -0.27$) and an optimistic worldview ($R = 0.26$). The lack of desire for change and acceptance of responsibility may limit the development of their adaptive abilities. The third factor (3.12% deviation) is interpreted as

optimistic infantilism. It is characteristic mainly of younger people and is based on a spiritually optimistic worldview ($R=0.37$) and communicative competence ($R=0.33$), but is associated with a certain degree of immaturity in personal attitudes towards the world, as evidenced by increased energy ($R=0.26$) and neuroticism ($R=0.23$), unawareness of one's life ($R=0.22$) and one's own responsibility in globalisation processes ($R=-0.27$). This factor causes an unwillingness to make constructive proposals for solving global world problems ($R=-0.56$) and affects women, who tend to easily accept geopolitical changes (since they do not show significant interest in global world problems), but have difficulty adapting to social changes ($R=0.45$) (since their interests are mainly focused on interpersonal communication).

The fourth factor of psychological maladaptation (2.77% deviation) is social and domestic orientation, which is associated with creative unrealisation ($R=0.43$), harmful habits ($R=0.28$) and indifference to global geopolitical changes ($R=-0.55$). The compensatory psychological mechanisms here are social psychological qualities ($R=0.40$) and tolerance to frustration ($R=0.21$), which seem to shield women from the negative influences of the modern world. The fifth factor of psychological maladaptation (2.60% deviation) is external depression, which, although based on communicative competence ($R=0.23$), it links such a destructive characteristic as externality ($R=0.32$) with a lack of good mood ($R=-0.33$), energy ($R=-0.21$), and inability to decentralise ($R=-0.25$). In other words, this is a factor of a woman's emotional exhaustion, her inability to take responsibility for constructive solutions to problematic situations. This factor affects older women who do not take demographic changes into account ($R=-0.51$) but have difficulties adapting to cultural ($R=0.40$) and economic changes ($R=0.23$).

The next factor of psychological maladaptation (2.24% deviation) is the fear of economic crisis, which causes a feeling of maladaptation to modern conditions ($R=-0.47$) due to the difficulties of adapting to economic changes ($R=0.40$). The last factor of psychological maladaptation (1.79% deviation) is cultural maladaptation, which is based on the difficulties of adapting to cultural changes ($R=0.49$). Such women are spiritually oriented, distinguished by developed emotional control ($R=0.23$), an indifferent attitude to economic changes ($R=-0.32$), but they lack the willpower to acquire healthy habits ($R=-0.24$) to adapt to the conditions of war and global changes. Thus, the factors for the development of women's adaptive potential are mainly a combination of spiritual-moral and emotional-volitional qualities, which determines the development of a mechanism of psychological self-regulation. The main factors of maladaptation are mainly pathogenic emotional states and volitional deviations, which are prone to manifest themselves in individuals with psychological health defects. Thus, the hypothesis regarding the deterministic influence of psychological health on the state of socio-psychological adaptation of the individual to global world changes in wartime is confirmed.

In discussing the results of the study, it should be noted that some aspects of the patterns of psychological health presented in the article are confirmed by research conducted by foreign and domestic scientists. When considering the mechanisms of psychological health, researchers highlight the psychosomatic, socio-psychological, personal and spiritual aspects of life that regulate a person's psychological health and influence the process of their adaptation to living conditions. The study by I. Vizniuk *et al.* (2021) aimed to identify the factors that influence the development of an individual's adaptive abilities. Scientists argued that psychological stability determines a person's ability to adapt, which is ensured by physiological, social, and personal factors. In particular, psychosomatic health (endurance, energy, positive attitude) determines social adaptation in modern society. Some scientists considered psychosomatic health to be a factor in an individual's adaptation to new conditions (Vizniuk *et al.*, 2021). S. Maksymenko *et al.* (2021) noted that 50% of health is determined by a person's healthy lifestyle, which has a positive effect on adaptation processes. Health fasting has a positive effect on metabolism and psychological health (Wang & Wu, 2022). In the context of this article, these findings indicate that psychosomatic factors, such as stress levels and emotional stability, have a significant impact on an individual's ability to adapt to changing conditions. Empirical data obtained in the study also confirm this relationship, demonstrating that women with high levels of psychosomatic well-being show greater flexibility and adaptability in complex social situations. Thus, the results of the study presented in the article complement the scientific picture, emphasising the importance of psychosomatic health as a determining factor for the realisation of an individual's adaptive potential.

The issue of psychological health's impact on an individual's adaptive abilities has been raised by many foreign researchers. According to their research, the leading mechanism of socio-psychological adaptation is neuropsychological stability, which determines the resilience of an individual in the process of socio-psychological adaptation (Maruta, 2020). G. Arslan *et al.* (2021) statistically proved that psychological flexibility contributes to an optimistic attitude towards life and the development of adaptive abilities. This position is confirmed by the results of the presented study, which show that the leading factors for successful socio-psychological adaptation are spiritual and moral qualities combined with flexibility of thinking. Other researchers studied such qualities of psychological health that contributed to adaptation and psychological well-being as: emotional balance, volitional stability, affective equilibrium, mental stability, emotional balance, positive emotions, resilience, self-regulation, responsibility (Orap *et al.*, 2021). In the context of the present study, these qualities correspond to the factor of holistic psychological health. I. Vizniuk *et al.* (2021) considered psychosomatic health as a factor in the social adaptation of individuals in postmodern society and note that the psychological condition for the actualisation of adaptive potential is the ability to realise

one's own motivation. V. Vince *et al.* (2023) also argued that the motivation to achieve success influences the success of socio-psychological adaptation in wartime. The empirical data obtained also confirm these conclusions, particularly in the context of women's adaptation to social change in difficult conditions. This study found that individuals with a high level of psychological self-regulation and the ability to mobilise their own motivation demonstrate higher levels of adaptability, especially in conditions of social instability. Thus, the results of this study confirm that psychological self-regulation is a key mechanism of adaptation that allows individuals to respond effectively to the challenges of the modern social environment. This is consistent with the theoretical positions presented by I. Vizniuk *et al.* (2021) and V. Vince *et al.* (2023), who emphasised the importance of motivation for active adaptation and psychosomatic health.

Studying the peculiarities of the socio-psychological adaptation of teachers (the pedagogical community is predominantly female), V. Pidychy (2022) focused on the effectiveness of coping strategies that help overcome stress by restoring the mental balance of the individual. This position is confirmed by the presented study on the influence of such psychological health factors as friendly gentleness, responsible sociability and responsible activity, which determine optimal coping strategies in complex social situations. According to H. Stelmashchuk *et al.* (2023), personal dispositions are an effective factor in mastering optimal coping strategies in problematic social situations. This can be interpreted as a determining link between the spiritual-meaningful and social components of psychological health: the social component (the ability to behave constructively in complex social situations) is determined by the value-meaningful component (values, dispositions). V. Galahan & Ya. Raevska (2024), studying the social factors of psychological adaptation, proved that interpersonal relationships and the balance between work and personal life significantly affect the preservation of mental health. I.V. Yevtushenko (2023) emphasised the importance of such social factors of psychological health as adequate social relationships. Thus, in the process of scientific discourse, it can be concluded that psychological health and socio-psychological adaptation have a reciprocal influence on each other: psychological health depends on a person's social relationships and, in turn, contributes to the harmonisation of their interpersonal relationships.

Many researchers have concluded that spiritual factors play a leading role in the development of an individual's adaptive potential: meaningfulness of life, self-actualisation, awareness of one's inner world, responsibility, and the search for one's own psychological resources (intellectual, volitional, emotional) (Yildirim *et al.*, 2021). L.Y. Gumenyuk (2017) highlighted spirituality and religiosity as culturally significant resources that allow Ukrainian women to find meaning in difficult circumstances. O. Tsykalenko & O. Vlasova (2024), researching the assertiveness of Ukrainian migrant women as a factor in their socio-psychological adaptation, proved that there is a positive correlation

between assertiveness and the level of subjective well-being. T.M. Tytarenko (2024), considering the practices of a healthy present, emphasised the significant role of conscious life creation in preserving one's psychological health during war. The researcher proved that changes in one's usual way of life affect one's attitude towards one's health. The empirical data obtained also confirm these conclusions. In particular, the results of this study showed that individuals who actively reflect on their lives demonstrate a greater ability to adapt in wartime conditions. Meaningfulness of life, responsibility, and the ability to create life are indeed criteria that determine the success of psychological adaptation in such conditions. Thus, the data obtained confirm the theoretical positions expressed in the works of T.M. Tytarenko (2024), as well as other scientific conclusions regarding the importance of spiritual and meaningful components for psychological health and adaptation.

S. Khan *et al.* (2020) considered psychological health disharmonies that manifest themselves in the form of anxiety, loss of self-control, conflict, and hinder social adaptation. Anxiety and emotional tension significantly limit an individual's adaptive abilities (Yildirim *et al.*, 2021). These statements are consistent with the empirical data presented in the study. In the context of the presented study, these qualities correspond to factors of socio-psychological maladaptation (for example, the factor of "fear of economic crisis"). In particular, women with a high level of psycho-emotional well-being show greater flexibility in adapting to changes in the social environment, which confirms the importance of this component for the adaptation process. Thus, the study presented in the article has broadened the view of the health-preserving factors of socio-psychological adaptation/maladaptation of Ukrainian women to global changes.

CONCLUSIONS

A study of the psychological health of modern Ukrainian women showed that one-third of respondents have a high level of psychological health, 27.5% have above-average psychological health, 17.6% of respondents demonstrate below-average psychological health, and 17.5% of women have low psychological health and require psychological assistance. The study showed that women aged 25-39 differed from other age groups in their high level of psychological health, which allowed them to better adapt to modern conditions. The social and psychological adaptation of women to global changes is determined by the flexibility of their psyche and good psychological health. Women's ability to self-regulate psychologically is important in the adaptation process.

Statistical analysis of empirical research data showed that psychological health is the basis for the psychological adaptation of the individual to global changes. Based on the study, seven factors were identified that are interpreted as factors of psychological adaptation and seven factors of psychological maladaptation of the individual. The factors of adaptation include five components of

constructive adaptation (holistic psychological health, moral self-reflection, friendly gentleness, responsible sociability and activity) and two factors of non-constructive adaptation (non-reflective adaptability, aggressive rigidity). The factors of psychological maladaptation include: spiritual and personal instability, external rigidity, optimistic infantilism, social and domestic orientation, external depression, fear of economic crisis, and cultural maladaptation. The study concluded that psychological health is a key factor determining a woman's ability to adapt constructively to her social environment.

The factors of socio-psychological adaptation are mainly spiritual qualities combined with flexibility of thinking, which is the basis of the mechanism of psychological self-regulation. In contrast, the foundations of socio-psychological maladaptation factors are pathogenic emotional states and volitional deviations, which indicate

impairments in psychological health. Promising directions for further psychological research into the development of adaptive capacities of Ukrainian women during periods of global change include the implementation of psychological support for women of different age groups, aimed at preserving and harmonising psychological health. Such forms of support may include psychological training, lectures, and counselling.

ACKNOWLEDGEMENTS

None.

FUNDING

None.

CONFLICT OF INTEREST

None.

REFERENCES

- [1] Arslan, G., Yildirim, M., Tanhan, A., Buluş, M., & Allen, K.A. (2021). Coronavirus stress, optimism-pessimism, psychological inflexibility, and psychological health: Psychometric properties of the coronavirus stress measure. *International Journal of Mental Health and Addiction*, 19 (6), 2423-2439. doi: 10.1007/s11469-020-00337-6.
- [2] Astanova, D. (2022). Teacher's responsibility and adaptability. *Science and Innovation*, 1(6), 79-83. doi: 10.5281/zenodo.7125657.
- [3] Bohonkova, Yu.O., Khunov, Yu.A., & Serbin, Yu.V. (2021). *Psychology of the internal picture of individual health and the features of its formation*. In *Proceedings of the 6th all-Ukrainian scientific and practical conference "Mental health of the individual in a crisis society"* (pp. 25-27). Lviv: Lviv State University of Internal Affairs.
- [4] Declaration of Helsinki. (1964, June). Retrieved from <https://www.wma.net/what-we-do/medical-ethics/declaration-of-helsinki/>.
- [5] Galahan, V.V., & Raevska, Ya.M. (2024). Socio-psychological factors of mental health of employees of commercial organizations. *Scientific Bulletin of Uzhhorod National University. Series: Psychology*, 1, 21-25. doi: 10.32782/psvvisnyk/2024.1.4.
- [6] Gumenyuk, L.Y. (2017). *Socio-psychological adaptation of internally displaced persons in Ukraine*. *Scientific Bulletin of the Lviv State University of Internal Affairs*, 2, 108-122.
- [7] Karamushka, L.M. (2022). *Mental health of the personality during war: How to preserve and support it. Methodological recommendations*. Kyiv: G. S. Kostiuk Institute of Psychology of the National Academy of Educational Sciences of Ukraine.
- [8] Khan, S., Siddique, R., Li, H., Ali, A., Shereen, M. A., Bashir, N., & Xue, M. (2020). Impact of coronavirus outbreak on psychological health. *Journal of Global Health*, 10(1), article number 010331. doi: 10.7189/jogh.10.010331.
- [9] Kosia, A.L., Frumence, G., Nyamhanga, T., Semakafu, A.M., & Kakoko, D. (2021). Coping strategies available for women living with HIV/AIDS experiencing intimate partner violence in the Singida region, Tanzania. *International Journal of Community Medicine and Public Health*, 8(6), 2658-2664. doi: 10.18203/2394-6040.ijcmph20211966.
- [10] Maksymenko, S.D., Rudenko, Ya.V., Kushnerova, A.M., & Nevmerzhytsky, V.M. (2021). *Mental health of personality. The textbook for higher education institutions*. Kyiv: Lyudmila Publishing House.
- [11] Maruta, O. (2020). Adaptive potential of patients with mental disorders. *Psychological Counseling and Psychotherapy*, 13, 43-50. doi: 10.26565/2410-1249-2020-13-05.
- [12] Nguyen, P.H., & Duong, T.H.Y. (2022). Teachers' adaptability to general curriculum reform. *VNU Journal of Science*, 38(3), 85-95. doi: 10.25073/2588-1159/vnuer.4308.
- [13] Orap, M.O., Akimova, N.V., & Kalba, Y.E. (2021). Subjective well-being and anxiety level during the COVID-2019 crisis: A study of Ukrainian youth. *Insight: Psychological Dimensions of Society*, 6, 28-40. doi: 10.32999/2663-970X/2021-6-3.
- [14] Pavlyk, N.V. (2023). *Harmonization of the psychological health of the teacher of the New Ukrainian School*. Kyiv: FOP Palyvoda A.V.
- [15] Pavlyk, N.V. (2024). Study of the attitudes of modern Ukrainian teachers to global world changes. *Psychology and Personality*, 14(1), 99-128. doi: 10.33989/2226-4078.2024.1.298773.
- [16] Piddyachy, V. (2022). Adaptation of teachers to changing conditions of professional activity and coping strategies. *Adult Education: Theory, Experience, Perspectives*, 21(1), 84-96. doi: 10.35387/od.1(21).2022.84-96.

- [17] Prykhodko, I., Matsegora, Ya., Kolesnichenko, A., & Bayda, M. (2017). [Express-questionnaire “Desadaptivity”: Development, approval, psychometric indicators](#). *Psychology Bulletin of the National Academy of the State Border Service of Ukraine. Series: Psychology*, 3.
- [18] Rizquha, A. (2023). Women's leadership based on interpersonal ability in building teacher self awareness. *Managere: Indonesian Journal of Educational Management*, 5(1), 47-57. [doi: 10.52627/ijeam.v5i1.285](#).
- [19] Stelmashchuk, H., Moroz, O., Grabovska, S., & Partiko, T. (2023). Personal dispositions as a factor in the choice of coping strategy in difficult situations. *Insight: Psychological Dimensions of Society*, 10, 40-65. [doi: 10.32999/2663-970X/2023-10-3](#).
- [20] Tsykalenko, O., & Vlasova, O. (2024). Assertiveness as a factor of socio-psychological adaptation of migrant women. *Bulletin of the Taras Shevchenko National University of Kyiv. Psychology*, 1(19), 66-72. [doi: 10.17721/BPSY.2024.1\(19\).11](#).
- [21] Tytarenko, T.M. (2024). [My future depends on me: Practices of a healthy present in war and post-war conditions](#). Kropyvnytskyi: National Academy of Sciences of Ukraine.
- [22] Vince, V.A., Prudkai, Y.V., & Kuzmenko, T.M. (2023). Psychological features of social adaptation of students in the conditions of martial law and distance learning. *Scientific Bulletin of Uzhgorod National University. Series: Psychology*, 4, 56-60. [doi: 10.32782/psy-visnyk/2023.4](#).
- [23] Vizniuk, I., Bilan, L., Tsokur, O., Rozheliuk, I., Podkovyoff, N. & Symonenko, T. (2021). Psychosomatic health as a factor of human social adaptation in the postmodern society. *Postmodern Openings*, 12(1), 54-73. [doi: 10.18662/po/12.1/245](#).
- [24] Vlasenko, I.A., Furman, V.V., Reva, O.M., & Kanyuka, I.O. (2022). [Psychological health of student youth](#). Vinnytsia: Tvory.
- [25] Wang, Y., & Wu, R. (2022). The effect of fasting on human metabolism and psychological health. *Disease Markers*, 1, article number 5653739. [doi: 10.1155/2022/5653739](#).
- [26] Yevtushenko, I.V. (2023) Psychological health: Concepts, criteria and levels. *Bulletin of Postgraduate Education*, 25(54), 56-69. [doi: 10.58442/2522-9931-2023-25\(54\)56-69](#).
- [27] Yildirim, M., Arslan, G., & Wong, P.T.P. (2021). Meaningful living, resilience, affective balance, and psychological health problems among Turkish young adults during COVID-19. *PsyArXiv*. [doi: 10.31234/osf.io/wsr3e](#).

Наталія Павлик

Доктор психологічних наук, старший науковий співробітник
Інститут педагогічної освіти і освіти дорослих імені Івана Зязюна
Національної академії педагогічних наук України
04060, вул. Максима Берлінського, 9, м. Київ, Україна
<https://orcid.org/0000-0002-5828-606X>

**Здоров'язбережувальні фактори соціально-психологічної
адаптації / дезадаптації жінок в період світових змін**

Анотація. У сучасному світі відбуваються екологічні, політичні, соціально-економічні зміни, які негативно впливають на стан психологічного здоров'я громадян і вимагають актуалізації адаптаційних ресурсів особистості. Це стосується, передусім, жінок, які мають зберігати спокій, нести відповідальність за дітей, за психологічний клімат в родині, виконуючи й повною мірою ще й професійні обов'язки. Метою статті було висвітлення результатів дослідження факторів соціально-психологічної адаптації / дезадаптації українських жінок, пов'язаних з впливом психологічного здоров'я, в умовах світових змін. У дослідженні застосовувалися такі методи аналізу емпіричних даних: анкетування, психодіагностичне тестування, аналіз відсоткових показників, факторний аналіз. У статті представлено аналіз результатів емпіричного дослідження, які свідчать, що третина респондентів (37,4 %) мали високий рівень психологічного здоров'я; у 17,6 % жінок рівень психологічного здоров'я дуже низький. Встановлено, що жінки 25-39 років більшою мірою відрізнялися від інших високим рівнем психологічного здоров'я, що дозволило їм найбільш конструктивно адаптуватися до сучасних умов. За допомогою факторного аналізу було визначено 7 факторів, які інтерпретовано як фактори психологічної адаптації та 7 факторів психологічної дезадаптації особистості. До факторів адаптації належать п'ять факторів конструктивної адаптації (цілісне психологічне здоров'я, моральна саморефлексія, доброзичлива м'якість, відповідальна комунікабельність та відповідальна активність) і два фактори неконструктивної адаптації (нерефлексивна адаптивність, агресивна стеничність). Факторами психологічної дезадаптації в умовах війни є: духовно-особистісна нестійкість, екстернальна ригідність, оптимістичний інфантилізм, соціально-побутова спрямованість, екстернальна депресивність, страх економічної кризи, культуральна дезадаптованість. Проведене дослідження дозволило зробити висновок: психологічне здоров'я визначає здатність жінки до конструктивної психологічної адаптації в соціумі

Ключові слова: особистість жінки; психологічне здоров'я; адаптивність; глобальні світові зміни; критерії; показники; факторний аналіз