

COMMUNITY IDENTITIES AS FACTORS OF PSYCHOLOGICAL RESILIENCE OF UKRAINIAN WOMEN-REFUGEES

СПІЛЬНОТНІ ІДЕНТИЧНОСТІ ЯК ЧИННИКИ ПСИХОЛОГІЧНОЇ ПРУЖНОСТІ УКРАЇНСЬКИХ ЖІНОК-БІЖЕНОК

The article presents the results of a theoretical and empirical study of the features of community identities as factors of psychological resilience of Ukrainian refugees. The concept of «psychological resilience» is considered as an integrative property of a personality, which is manifested in the ability to maintain a stable level of psychological and physical functioning in critical situations, to overcome such situations without persistent disorders, and to successfully adapt to adverse changes. It is shown that psychological resilience is manifested through the following content and structural components: involvement; need for cognition; control; ability to set realistic goals and carry out activities aimed at achieving them; risk taking; resourcefulness; flexibility; optimism; cognitive complexity; altruism. The article presents the results of an empirical study conducted in May-July 2023, in which 166 Ukrainian women refugees residing in the EU countries participated. The empirical study used: the author's research questionnaire «Determining the peculiarities of the interaction of community identities, integration of migrants into the local community»; the collective identity scale (authors: R. Lukhtanen, J. Crocker); the questionnaire «Civic Identity» (author: I. Petrovska); the authors questionnaire «Diagnostics of psychological resilience of the individual». It has been found that national and civic identity contribute to the growth of psychological resilience in Ukrainian refugee women who have received temporary protection in the EU. It is shown that resilience at the national level implies the ability of society to withstand adversity in various spheres of life through the process of adaptation and implementation of certain changes dictated by an external threat, without compromising the basic values and institutions of society. It is shown that national resilience characterizes the ability to maintain the national social structure and cohesion of the nation in the face of threats. Direct significant correlations of psychological resilience with patriotism and active citizenship were found in Ukrainian refugee women.

Key words: psychological resilience, identity, national identity, civic identity, Ukrainian refugees.

У статті представлено результати теоретико-емпіричного дослідження особливостей спільнотних ідентичностей як чинників психологічної пружності українських біженців. Концепт «психологічна пруж-

ність» розглядається як інтегративна властивість особистості, яка виявляється у здатності зберігати в критичних ситуаціях стабільний рівень психологічного і фізичного функціонування, виходити з таких ситуацій без стійких порушень, успішно адаптуватися до несприятливих змін. Показано, що психологічна пружність виявляється через такі змістовно-структурні компоненти: залученість; потреба у пізнанні; контроль; здатність ставити реалістичні цілі і здійснювати діяльність, спрямовану на їх досягнення; прийняття ризику; винахідливість; гнучкість; оптимізм; когнітивна складність; альтруїзм. Наведено результати емпіричного дослідження, яке було проведено протягом травня-липня 2023 р. та в якому взяли участь 166 українських жінок-біженок, які перебувають у країнах ЄС. В емпіричному дослідженні застосовано: авторську дослідницьку анкету «Визначення особливостей взаємодії спільнотних ідентичностей, інтеграції мігрантів у місцеву громаду»; шкалу колективної ідентичності (автори – Р. Луктанен, Дж. Крокер); опитувальник «Громадянська ідентичність» (автор – І. Петровська); авторську методичку «Діагностика психологічної пружності особистості». Виявлено, що в українських жінок-біженок, які отримали тимчасовий захист у країнах ЄС, зростання психологічної пружності сприяє національна і громадянська ідентичність. Показано, що пружність на національному рівні передбачає здатність суспільства протистояти негараздам у різних сферах життя шляхом процесу адаптації і впровадження певних змін, продиктованих зовнішньою загрозою, без шкоди основним цінностям та інститутам суспільства. Показано, що національна пружність характеризує здатність підтримувати національну соціальну структуру і згуртованість нації перед загрозами. В українських жінок-біженок виявлено прямі значущі явно виражені кореляційні зв'язки психологічної пружності з патріотизмом, активною громадянською позицією.

Ключові слова: психологічна пружність, ідентичність, національна ідентичність, громадянська ідентичність, українські біженці.

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Problem statement. Today – in the context of Russia's aggressive war against Ukraine – Ukrainians are increasingly faced with the need to respond to uncertainty, risk and danger in many areas of their lives.

The war has caused a large-scale displacement crisis. The Russian-Ukrainian war has changed the lives of all Ukrainians, including the destruction of entire cities, thousands of civilians killed and injured.

One of the most significant negative consequences of the war is its impact on the men-

tal health of the civilian population. The Russian-Ukrainian war poses serious threats to the psychological well-being of the vast majority of the Ukrainian population.

That is why scientific research on the problem of psychological resilience of Ukrainian refugees is becoming increasingly important.

The purpose of the article is to identify the features of community identities as factors of psychological resilience of Ukrainian refugees.

Presentation of the main research material. Psychological resilience at the level of any

system (resilience, family, community, society) shows its ability to successfully isolate troubles and tensions, the ability to recover or reintegrate after a difficult life experience without losing its structure and stability.

The concept of psychological «resilience» has multidimensional definitions, among which psychological resilience is considered as a dynamic active process of overcoming stress and difficulties, the emergence or development of new forces and resources for adaptation and recovery [8, p. 586; 9, p. 307; 12, p. 732]; personal trait [2, p. 678; 10, p. 126]; a positive result in the context of the process of effective adaptation to injuries, troubles, tragedies, threats or significant sources of stress [14, p. 9; 17]; resourcefulness, effective communication, and the ability to self-organize in the face of extreme demands [6, p. 538].

Indicators of psychological elasticity (resilience) are prosperity, preservation of the state of psychological well-being, despite difficulties, difficult situations; positive response to negative events; competent functioning in stressful conditions [9, p. 317; 12, p. 734; 14, p. 17].

In our opinion, it is appropriate to consider psychological resilience as an integrative property of the individual, which manifests itself in the ability to maintain a stable level of psychological and physical functioning in critical situations, to come out of such situations without persistent violations, to successfully adapt to adverse changes.

We believe that psychological resilience is manifested through the following content and structural components:

- 1) involvement (defined as the belief that a person enjoys life and his or her own activities. The absence of such a belief gives rise to a feeling of being «outside» of life, a sense of rejection);
- 2) the need for knowledge (a person is always open to new experiences, new impressions);
- 3) control (the belief that a person chooses his or her own path in life, his or her own activities);
- 4) the ability to set realistic goals and carry out activities aimed at achieving them;
- 5) risk taking (the belief that knowledge gained from positive or negative experiences contributes to the development of a personality. The individual sees life as a way of gaining positive and negative experiences. The personality develops through active learning of knowledge from positive and negative experiences and their further use);
- 6) ingenuity;
- 7) flexibility;
- 8) optimism;
- 9) cognitive complexity (the personality is oriented towards the knowledge of complex phenomena, likes complex and difficult tasks, and is interested in complex ideas);
- 10) altruism.

The least developed is the concept of psychological resilience at the level of large human communities, including nations.

The strength of a nation can be assessed not only by its military power, but also by certain political and psychological aspects. One of these important aspects is national identity, which is dynamic and plastic.

Our empirical research was conducted in May-July 2023. A total of 166 Ukrainian refugee women residing in EU countries participated in the empirical study. The characteristics of the sample of respondents are presented in the table 1.

In the empirical study, we used:

- 1) the author's research questionnaire «Determining the features of interaction of community identities, integration of migrants into the local community»;
- 2) collective identity scale (authors: R. Luhtanen, J. Kroker);
- 3) questionnaire «Civic Identity» (author: I. Petrovska);
- 4) the author's questionnaire «Diagnostics of the psychological resilience of the individual».

In order to determine the features of national and civic identities as predictors of psychological resilience, we used a multiple regression analysis (method: stepwise selection) on a sample of Ukrainian refugee women who received temporary protection in EU countries. The results of the multiple regression analysis are presented in the table 2.

The statistically significant regression coefficients given in the table 2 ($p < 0,001$) according to multiple regression analysis indicate that national identity (standardized Beta coefficient 0,38, respectively) and civic identity (standardized Beta coefficient 0,34, respectively) contribute to the growth of psychological resilience in Ukrainian women a refugee.

National identity promotes closeness, empathy and solidarity among fellow citizens. Research has shown that national identity can create and strengthen solidarity among citizens [20, p. 86], helps unite people despite their conflicting beliefs and interests [4, p. 167].

National identity appears as a consolidating force that reduces ethnic conflicts [18, p. 82].

Civic identity appears as a perception of one's role in political and civic life. Civic identity as a special type of community identity is the identification of oneself with the community of citizens of the nation-state formation and becomes an essential factor of civic activity.

Scientists J. Youniss, J. McLellan, M. Yates connect civic identity with a sense of solidarity, social responsibility, support for the well-being of the community of citizens [21, c. 627].

In our empirical study on a sample of Ukrainian refugee women, we found direct significant clearly expressed correlations of psychological

Table 1

Characteristics of research participants

Characteristics of the sample		Young age (number of people)	Average age (number of people)
Sex	Women	89	77
	Men	0	0
Nationality	Ukrainian	89	77
Region of permanent residence before the war	West	16	19
	Center	17	20
	South	25	17
	East	31	21
Main occupation	Worker (industry, agriculture)	18	12
	Employee	12	7
	Specialist	11	9
	Individual employment	16	11
	Entrepreneur, farmer	8	5
	Housewife	14	12
	Retired	0	7
	Student	4	0
	Unemployed	6	14
Confession of faith/ religion	Available	42	36
	None	47	41

Table 2

Psychological resilience: multiple regression analysis (n = 166)

Model	Unstandardized coefficients		Standardized coefficients	t	Level of significance
	B	Standard error	Beta		
(Constant)	-6,012	1,574		-3,820	0,000
National identity	0,100	0,018	0,378	5,548	0,000
Civic identity	0,093	0,019	0,335	4,917	0,000

R = 0,592; R2 = 0,350; Adjusted R2 = 0,342; F = 43,870; Sig. = 0,000

resilience with patriotism (according to the correlation coefficient of Spearman 0,472 at the level of significance $p < 0,001$) and active civic position (according to the correlation coefficient of Spearman 0,585 at the level of significance $p < 0,001$).

In separate empirical studies [7, p. 1036; 13, p. 179], various aspects of the connection between coping and identity have been revealed.

Foreign scientist M. Parmak notes that national resilience is the most general level of psychological resilience, which is closely related to a common vision and values in society at the level of the nation [16, p. 67]. National resilience characterizes the ability to maintain the national social structure and the nation's cohesion in the face of threats.

Resilience at the national level also involves society's ability to withstand adversity in various spheres of life through the process of adaptation and implementation of certain changes dictated by an external threat, without harming the basic values and institutions of society.

The defining characteristic of an elastic system is the preservation of identity [19].

According to G. Breakwell and his colleagues, a person's resilience to stressful or threatening circumstances depends on identity [3, p. 171]. Identity elasticity is defined as a relatively stable self-schema based on self-esteem, self-efficacy, positive identity and continuity [3, p. 168]. Self-esteem refers to a person's subjective assessment of their own worth. Identity resilience refers to the degree to which:

1) a person has such an identity structure that facilitates adaptive coping with a situation associated with a threat or uncertainty;

2) the configuration of a person's identity is able to absorb changes, while maintaining its subjective meaning and value for this person;

3) a person considers himself capable of coping with a threat or uncertainty without irreversible negative consequences for identity [3, p. 174].

S. Kimhi, M. Goroshit, Y. Eshel consider national resilience as the resilience and strength of society in a variety of areas [11, p. 638].

The concept of «national resilience» reveals the various ways a society uses to maintain its strength in situations of extreme hardship [1, p. 86; 15, p. 286].

National resilience is closely related to trust in government, patriotism, optimism, and social integration [11, p. 638]. Citizens' love of country reflects their willingness to make sacrifices for the sake of the country [5, p. 509].

D. Walker and colleagues define resilience as the ability of a system to reorganize in adverse conditions in order to preserve functions, structure, identity, and feedback [19].

The development of psychological resilience should be carried out in the context of both an individual and a family, close circle of communication, community and society.

Conclusions from the conducted research.

Among Ukrainian citizens who have received temporary protection in EU countries, national and civic identity contribute to the growth of psychological resilience.

Among Ukrainian citizens who received temporary protection in the EU countries, direct significant clearly expressed correlations of psychological resilience with patriotism, an active civic position were found.

We see the perspective of the research in the further theoretical and empirical study of the features of community identities as factors of psychological resilience of Ukrainian refugee women.

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