

Analysis of Peculiarities and Components of Resiliency of People Facing Military Aggression against Ukraine

Nataliya KALKA¹,
Viacheslav BLIKHAR²,
Maryana TSYVINSKA³,
Liubov KUZO⁴,
Alla MARCHUK⁵,
Halyna KATOLYK⁶

¹ Senior Lecturer, Lviv State University of Internal Affairs, Lviv, Ukraine,
nataliyaiupb@ukr.net,
<https://orcid.org/0000-0002-6989-4909>

² Doctor of Philosophical Science, Professor, Lviv State University of Internal Affairs, Lviv, Ukraine,
blikharv@ukr.net,
<https://orcid.org/0000-0001-7545-9009>

³ Expert - psychologist, TSpolygraph investigation, Kyiv, Ukraine,
TSpolygraph@gmail.com,
<https://orcid.org/0000-0001-9862-0045>

⁴ Ph. D. in Psychology, Associate Professor, Lviv State University of Internal Affairs, Lviv, Ukraine,
kuzolyubov09@gmail.com,
<https://orcid.org/0000-0003-1554-3262>

⁵ Ph.D. in Pedagogy, Associate Professor, Lviv State University of Internal Affairs, Lviv, Ukraine, marchuk.alla@ukr.net,
<https://orcid.org/0000-0002-4317-8736>

⁶ Doctor of Psychology, Associate Professor, Lviv State University of Internal Affairs, Lviv, Ukraine,
katolyk@hotmail.com,
<https://orcid.org/0000-0002-2169-0018>

Abstract: *The article contains a theoretical and empirical analysis of resiliency and resilience in the context of the impact of various traumatic events. In particular, the impact of such events and phenomena as war and military aggression, which Ukrainians have been experiencing since the beginning of the invasion of Russian Federation troops, is outlined. The formation of resiliency in conditions of military actions and full-scale invasion is vital. Therefore, the authors outline the main theoretical approaches in the interpretation of these concepts within the framework of domestic and foreign teachings. The connection and relationship of such concepts as "resilience" and "stress resistance", "resilience" and "coping", "resilience" and "sustainability" are outlined. In general, resiliency is characterized as a personality quality and includes adaptability, stress resistance, mental stability, flexibility (emotional and behavioral) and resistibility.*

The purpose of the article is to find out the specifics of resiliency, its manifestation and development in people facing military aggression against Ukraine.

The results of applying "The Person-in-the-Rain Drawing" technique made it possible to assess the components of resiliency and the main levels of its manifestation in the research group.

The obtained results presented grounds to determine three levels of resiliency based on the selected criteria: low, medium and high. The analysis of three groups of respondents according to the level of resiliency indicates the need to find and implement ways of psychological support and provision of people with a low and medium level of resiliency. By increasing its level through the formation and development of adaptive resources and resistance, individuals will be able to mobilize their internal reserves and effectively implement them in order to protect their countries and provide assistance at various levels.

Keywords: *resilience; resiliency; stress resistance; optimism; war; adaptation; traumatic event.*

How to cite: Kalka, N., Blikhar, V., Tsyvinska, M., Kuzo, L., Marchuk, A., & Katolyk, H. (2022). Analysis of Peculiarities and Components of Resiliency of People Facing Military Aggression against Ukraine. *BRAIN. Broad Research in Artificial Intelligence and Neuroscience*, 13(3), 320-339. <https://doi.org/10.18662/brain/13.3/370>

Introduction

The full-scale war in Ukraine, in which Ukrainians defend not only their independence, but also defend the right of the Ukrainian people, the nation to exist and prosper, has already been going on for months. As a result of military aggression, military personnel and the civilian population are subjected to serious psycho-traumatic effects, due to which there is a violation of the normative organization of the psyche. The destruction of the stability of the world, security, the experience of loss, forced relocation from the place of permanent residence, fear for personal safety and the safety of relatives and loved ones, a constant feeling of anxiety and imbalance, the negative influence of informational, psychogenic factors, living in conditions of constant risk of missile strikes – all these factors lead to severe psychological consequences. This applies to both combatants, civilians who directly experience traumatic events, and those who are in a state of expectation and worry that hostilities will affect them directly.

Psychological science is searching for answers to the question: what makes a person able to endure, return to normal functioning and even become stronger after severe shocks and traumas.

Studies of unordinary, extreme, difficult life situations/circumstances by prominent scholars K. Mannapova (2019), V. Predko (2021), T. Tytarenko (2009), O. Vdovichenko (2019), K. Connor, J. Davidson (2003), indicate the importance of personal resources as a potential that provides the ability to adapt, recover, change and grow in difficult and traumatic life circumstances.

Scientists M. Ungar, L. Liebenberg, R. Boothroyd, et.al. (2008) emphasize the need to study the conditions for maintaining human stability, are looking for the ways to develop such personal qualities and properties that would ensure not only the ability to adapt, but also to actively counteract crisis phenomena, recover, plan and carry out one's own activities in accordance with defined goals, and achieve success.

Preserving and restoring a person's mental health in war conditions, ensuring a person's psychological readiness for action, returning to life with new perspectives can be achieved thanks to the resiliency of the individual. Thus, **the purpose** of the article is to find out on the basis of theoretical and empirical research, the specifics of resiliency, its manifestation and development in persons who stay in the territory of Ukraine and are experiencing events caused by a full-scale invasion by the Russian Federation.

Literature review

The study of resilience and resiliency is one of the priority directions in Western and domestic psychology (see, for instance, V. Rice, B. Liu, 2016), as well as in related sciences, which is confirmed by the growing number of publications. Increasing attention to resilience in the world is associated with military actions in Afghanistan, Iraq, terrorist acts in the USA and Europe.

In Ukraine, the rapid increase in research on the problem of successfully overcoming the negative consequences of psychotraumatic experiences is caused by the hostilities in the East of Ukraine, the annexation of Crimea, the internal displacement of people from the Autonomous Republic of Crimea, Luhansk and Donetsk regions (O. Khaminich, 2016; N. Husak, V. Chernobrovkina, et al., 2017).

The phenomenon of resilience is studied by foreign and domestic researchers. Scholars present in their works theoretical approaches to defining the concepts of resilience and resiliency, their essence and structure. The term "resiliency" refers to the ability of a material to withstand a load before breaking, its ability to return to its original shape after deformation due to the resulting pressure. The concepts of "resilience" and "resiliency" are widely used by various fields of science: medical, social, economic, pedagogical, psychological. Researchers indicate that resilience as a process is characterized by different forms:

- stability and return to the previous state;
- returning to the previous state and acquiring new qualities (O. Soroka & Kalaur, 2019; J. Tavakolizadeh, E. Yazdi, & A. Akbary, 2019; A. Halian et al., 2021; J. Liu, M. Reed, and K. Fung, 2020).

The psychological term "resilience" is associated with the names of E. Werner and Smith (1992), M. Ungar et al. (2008), K. Connor, J. Davidson (2003). The concept of resilience does not have a generally accepted definition and a single approach to its components. In the English-language literature, resilience is associated with maintaining an adaptive state, the presence of an unexpectedly low level of psychological problems under stress. Most of the mentioned foreign researchers indicate that resilience belongs to the category of positive adaptation, is a dynamic process of recovery, returning to the previous state after a traumatic event. Scientists believe that resilience depends on the cultural context, society, and should be considered both on an individual and interpersonal level (D. Assonov, O. Khaustova, 2019). Such scholars as V. Rice and B. Liu (2016) consider resilience to be an exclusively positive result of positive coping.

Ukrainian scientists tend to interpret resilience in the context of the process and in the context of the formed personal characteristic. In Ukrainian scientific literature, this term is often understood not only as a process, but as a certain ability of a person, such as stress resistance, psychological stability, vitality, resistance to injuries, coping (O. Soroka & Kalaur, 2019). However, a significant number of domestic researchers are inclined to define resilience as a process and discuss the relationship between the concepts of "resilience" and "stress resistance", "resilience" and "coping", "resilience" and "sustainability". Resilience is defined by modern scientists as a process of stable mental functioning of a person from the time of stressful exposure, as a dynamic, continuous process of restoring balance after a temporary transition of a maladapted state, a quick return to normal after the destructive action of psycho-traumatic factors, as a process of acquiring qualitatively new traits and more successful functioning as a result of overcoming psychological trauma (D. Assonov, O. Khaustova, 2019).

In Ukrainian-language publications, there is no clear distinction between the terms "resilience" and "resiliency", in contrast to English-language publications, where these concepts are distinguished as a process and a personality characteristic. The introduction of the term "resiliency" to the conceptual apparatus of psychological science is associated with the works of E. Werner and R. Smith (1992). Scientists emphasize that it is important to distinguish between the terms "resilience" and "resiliency", pointing out that the first term refers to the process, and the second - the characteristics of the individual.

As stated by L. Adamenko (2020), the World Health Organization defines resiliency as the ability to cope relatively well with difficult situations and personal resourcefulness, which can be developed thanks to protective factors (for example, a favorable environment, the development of adaptive coping mechanisms).

H. Liu, C. Zhang, Y. Ji, and L. Yang (2018) believe that resiliency can be defined as a certain static point that characterizes a person at a certain moment in the resilience process, a characteristic that describes a person's potential ability to quickly recover from stress. Resiliency can be understood as a strong-willed mental state that ensures the connection of resources in difficult life situations and contributes to the formation of a suitable personal trait that ensures effective adaptation and personal growth in later life periods. In the publications of foreign scientists, the phenomenon of "resiliency" is considered in three main approaches: cognitive behaviorism, constructivism, ecological realism. According to the first approach, scientists focus on the researched processes of emotional regulation of behavioral

reactions in stressful situations, leaving aside specific behavioral strategies for overcoming difficulties. Great attention of scientists is paid to practical methods of coping behavior: physical activity, internal dialogue, development of a sense of humor. The leading role of a person's active life position in one's vitality is considered within the limits of the constructivist approach (T. Melnychuk, 2021). Representatives of the ecological approach in overcoming difficult life situations and difficulties give the main importance to social factors. Further scientific research led to the emergence of a cross-cultural approach, which represents the connection of viability and ways of responding in risk situations with age, gender, place of residence. Scientists continue to research and form the empirical, theoretical and evidence base of the concept of resiliency (K. Connor, J. Davidson, 2003; R. Newman, 2005; G. Richardson, 2002; Rice, V., Liu, B., 2016).

D. Hellerstein (2011) singles out the components of resiliency as follows: physical resiliency as an indicator of stress resistance and tolerance, and psychological resiliency, which includes the development and maintenance of social contacts, finding meaning in difficult situations and events, an active life position that helps overcome negative consequences after stress.

It is worth mentioning that in some researches resiliency is associated with the ability to regulate emotions with the help of cognitive reappraisal (restructuring of negative events in a positive perspective), acceptance of what is beyond personal control, focusing on the present and not on experiences and worries related to the past or the future (J. Buhle et al., 2014).

Domestic scientists M. Sigova and O. Morozova (2020) believe that the key factors in the formation and development of resiliency are the creation of adaptive coping mechanisms, assertive actions, emotional intelligence, self-observation and "mindfulness" (technique of awareness). Thus, significant correlations between resiliency and emotional intelligence, self-esteem, positive relationships with others, protective mechanisms have been recently found. Researchers point out that a person with a high level of resiliency is characterized by optimism, the ability to identify and understand problems, cognitive interest, resistance, stress resistance, and the strength of "I".

Methodology

In order to determine the characteristics, level and components of resiliency, an empirical study was conducted using "The Person-in-the-Rain

Drawing" technique (Jue, J., Ha, J., 2019). Respondents are the representatives of those Ukrainians who managed to stay in Kyiv during the severe military operations in February-April 2022. Generally 50 people (12 women and 38 men) aged 20-60 took part in the study. Respondents were informed about the possibility of using empirical material in the course of scientific research.

Due to the use of the projective technique "The Person-in-the-Rain Drawing", it became possible to find out the strength of the Ego, the skills and abilities of resistance to adverse and dangerous situations and circumstances, protective mechanisms and stress resistance of the individual in situations related to experiencing crisis situations. The analysis of drawings and their interpretation made it possible to determine personal resources and peculiarities of response to adverse situations.

Each respondent was given the following instructions for performing this technique: "Draw a person on a blank sheet of A4, which is placed vertically. After that, on another sheet of A4, draw a person in the rain. You should draw arbitrarily, in any part of the sheet and for as long as you need. You can draw a detailed drawing, or you can draw a schematic one. To obtain more reliable information, you should answer a number of questions after completing the drawing.

In projective diagnostics, a drawing is a reflection of the inner world of the subject's personality, a reflection of one's thoughts, experiences, emotions and feelings, worldview and character of a person, therefore it is an effective tool for personality research.

While working with the projective material of the "The Person-in-the-Rain Drawing" technique, general approaches in the analysis of drawings were used, namely:

- general appearance-proportions-size;
- placement on the page;
- character of lines;
- composition construction;
- drawing style;
- image content;
- force of pressure;
- degree of comprehension of the drawing.

Results

In the process of analysis and interpretation of drawings, it is worth paying attention to the following features: emotions and experiences conveyed by the drawing; the center of the picture (as a rule, the central objects indicate the dominant problem or experience of the person); if there

are any strange elements in the picture; location of objects and elements in relation to the edges of the sheet (the edges of the sheet are a kind of border); the presence of objects being crossed out or erased (these places may indicate a hidden conflict or the desire to fix something); sizes and proportions of objects (sizes indicate exaggeration or depreciation of such objects, a change in proportions or distortion of forms is evidence of a problem area that is given excessive attention in the drawing); presence of repeating objects; the author's attitude to the drawing; captions on the picture and their meaning for the author of the picture.

The procedure for carrying out this technique involves evaluating the image of a person and a person in the rain. The comparison of these pictures makes it possible to determine the response to difficult and unfavorable situations.

When analyzing and interpreting the drawing of a person in the rain, in order to evaluate the above-mentioned qualities, the indicators which are presented in **Table 1** were taken into account:

Table 1. Image analysis using the "The Person-in-the-Rain Drawing" method

| | Characteristic | Peculiarities of the image in the drawing |
|----|----------------------------------|---|
| 1. | Placement | The placement of the image of a person in the rain at the bottom of the drawing indicates depressive tendencies, while at the top - on the contrary - an optimistic perception of the situation. A sharp shift in any direction can be an indicator of a tendency to go into the world of fantasies about the past or the future, respectively. |
| 2. | A person's age and gender | Indicates a tendency to react to stress in a certain way: stereotypically masculine or feminine / adult or resorting to childish infantilism. The male figure in the picture is evidence of the "male" type of response, which is manifested in activity and finding ways out of the situation. The female figure is an indicator of passivity, vulnerability and the need for support and care. An increase in a person's age compared to a person's drawing indicates to responsibility, personal maturity and the ability to show wisdom. Declining age is an indicator of infantility and immaturity. |
| 3. | Means of protection | The presence of such details as an umbrella, raincoat or hat directly indicate the ways to overcome stress. The presence of any items indicates the level of |

| | | |
|----|--|--|
| | | <p>adaptability and the ability to cope with difficulties; absence of any items is the characteristic feature of insecurity, the need for care.</p> <p>The image of a naked person can indicate helplessness, rejection of stereotypes of behavior or focus on the sexual aspect.</p> |
| 4. | Additional objects and elements | <p>The presence of additional protective elements in the picture (trees, stop, cave, etc.) indicate the need for protection and support.</p> <p>Shaggy and numerous clouds are a symbol of waiting for trouble.</p> <p>A rainbow symbolizes a dream about an impossible pursuit of perfection.</p> |
| 5. | Rain | <p>Rain is a symbol of life's troubles, therefore the client's attitude to stressful situations depends on the nature of the lines, the number of drops and its frequency. A continuous wall of rain indicates the impossibility, in the opinion of a person, to cope with difficulties, while a light rain indicates an optimistic approach.</p> <p>Balanced, identical strokes in one direction speak of balance.</p> <p>Messy strokes - the situation around a person is anxious and unstable.</p> <p>Vertical strokes speak of stubbornness, determination.</p> <p>Short, uneven strokes across the field and the absence of all protections indicate anxiety and perception of the environment as hostile.</p> <p>The presence of clouds and lightning indicates depressive tendencies, while puddles can tell about unresolved problems.</p> <p>Puddles, dirt symbolize the consequences of an alarming situation, those experiences that remain after "rain". Particular attention should be paid to the location of the puddles in relation to the person's figure (whether they are in front of or behind the figure, surround the person from all sides or the person stands in the puddle).</p> |
| 6. | Clothing | <p>The function of clothing is "formation of protection against the elements." A large amount of clothing usually indicates the need for additional protection.</p> <p>Lack of clothes is associated with ignoring certain stereotypes of behavior, impulsiveness of response.</p> |

| | | |
|-----|--|--|
| 7. | The direction of the human figure | <p>The figure turned to the left - attention is focused on oneself, one's thoughts, experiences in the past; turned to the right - the author of the drawing is directed to the future, active; depicted so that the back of the head is visible, depicted with the back - a manifestation of isolation, withdrawal from conflict resolution.</p> <p>If a person is depicted as running, the author of the picture wants to escape from problems. A walking person means good adaptation. If the person in the picture is standing unsteadily, it can mean tension, lack of a core, balance.</p> |
| 8. | The style of the person's image | <p>The stick figure indicates negativism, resistance to the method.</p> <p>Excessively childish, playful drawings indicate a need for approval.</p> <p>Cartoons mean a desire to avoid evaluative judgments about oneself, feelings of inferiority, hostility.</p> |
| 9. | Features of a drawing process | <p>Pressing, hatching and drawing lines indicate anxious, aggressive or depressive tendencies in a person's mental state.</p> <p>Strong pressure, erasure of details or sharp hatching indicate an area of concern. Unfinished lines often indicate conflict, while clumsy sharp figures indicate aggressiveness and lack of adaptation to stress. Too light lines indicate a lack of resource or asthenia.</p> |
| 10. | A person's mood, emotions and experiences | <p>The absence of emotions or the image of a person's depressed mood indicates depressive tendencies, fatigue and anxiety states, while a cheerful and satisfied face is an indicator of a person's optimistic and positive attitude in adverse situations.</p> |

Source: Jue and Ha (2019)

According to the results of the study of the "The Person-in-the-Rain Drawing" methodology, it can be stated that the majority of respondents demonstrate an average level of resistance and confrontation in adverse situations (Fig. 1).

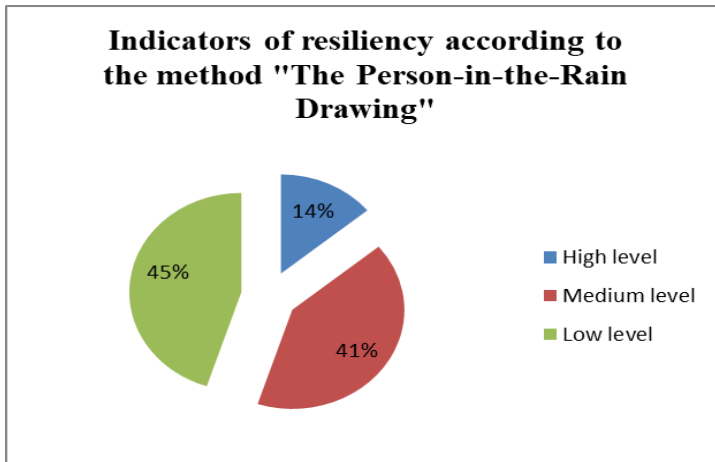


Fig. 1. Indicators of levels of resiliency in the sample
(Source: authors' own contribution)

Thus, Fig. 2 shows that in the drawings of people with a high level of resistance (15%), the placement of the drawing in the upper part of the sheet or evenly on the entire sheet is observed, which indicates an optimistic perception of the situation. Most of the depicted people are adult male figures, which indicates a "masculine" type of response, manifested in activity and finding ways out of the situation. In most drawings, there is such a detail as an umbrella, which indicates the level of adaptability and ability to cope with difficulties. In all the pictures, there are additional elements, namely: trees, rainbow, sun, child, which may indicate the need for additional protection and support and an impossible desire for perfection. The clouds in the pictures are isolated, and in some places they are completely absent, which indicates a real assessment of an unpleasant situation. Rain, depicted in the form of vertically directed strokes, indicates balance, stubbornness and determination. Individuals are able to adequately assess and experience the consequences of an alarming situation, as evidenced by the absence of puddles and dirt in the pictures. Depicted cheerful and satisfied faces are an indicator of an optimistic and positive attitude of a person in adverse situations.

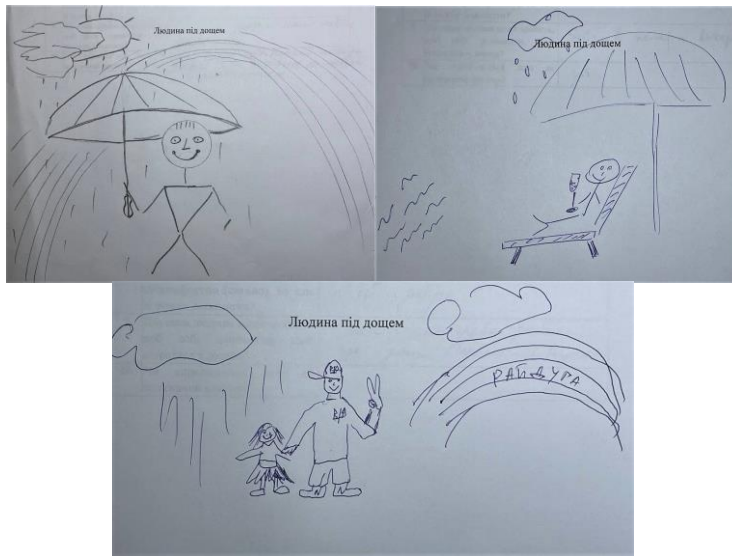


Fig. 2. Drawings of respondents using the "The Person-in-the-Rain Drawing" method (high level) (Source: authors' own contribution)

As it can be seen in the Fig. 3, for people with a medium level of resistancy (40%), it is typical to place pictures in the central part of the sheet, which indicates a real assessment of the situation. In some drawings, people are shifted to the left, which can be an indicator of a person's focus on himself/herself, his/her thoughts, on turning to the past.

Most of them depict adults, both male and female, less often children. The image of a male figure in the picture is evidence of a "male" type of response, which is manifested in activity and finding ways out of the situation, while the image of a female figure indicates passivity, vulnerability, the need for support and care.

The presence of a childlike figure can be an indicator of infantility and immaturity. The lack of clothing in some of the images is associated with individuals ignoring certain stereotypes of behavior, impulsiveness of response.

In most drawings, there is such a detail as an umbrella or a hat (cap), which indicates the level of adaptability and ability to cope with difficulties. The absence of any protection in some pictures indicates insecurity, the need for care.

As a rule, most drawings do not have any additional elements, which indicates that there is no need for additional protection and support. The

absence of clouds is observed, which makes it possible to assume that trouble will be avoided or not expected.

The rain in the pictures is depicted in the form of random strokes or tilted in different directions, which makes it possible to assume the presence of an alarming and unstable situation around a person. There is no rain in some of the drawings, which indicates displacement or reluctance to perceive the situation as negative. At the same time, individuals are able to adequately assess and experience the consequences of an alarming situation, as evidenced by the absence of puddles and dirt in the pictures. Depicted cheerful and satisfied faces are an indicator of an optimistic and positive attitude of a person in adverse situations.



Fig. 3. Drawings of respondents using the "The Person-in-the-Rain Drawing" method (medium level) (Source: authors' own contribution)

Individuals with a low level of resistance (45%) in drawings of a person in the rain usually show sideways, unstable male and female figures at the bottom of the picture, which are significantly smaller compared to the image of a person (Fig. 4). This peculiarity indicates the presence of a depressive mood, a tendency to plunge into the world of fantasies about the

past or future, a desire to escape from problems. The instability of the person in the picture can mean tension, lack of a core, balance.

The image of a male figure is evidence of a "male" type of response, which is manifested in activity and finding ways out of a situation, while the image of a female figure indicates passivity, vulnerability, the need for support and care. Some of the images do not contain any forms of protection, which stands for insecurity, the need for care.

Some of the drawings have such a detail as an umbrella or a hat, a hood, which indicates the level of adaptability and the ability to cope with difficulties. There are also images of the person wearing additional clothing, such as a cloak, which may indicate the need for additional protection. Numerous clouds in most drawings are a symbol of waiting for troubles and indicate depressive tendencies.

The rain is usually depicted as short, uneven and messy strokes across the field, and the absence of any protection indicates anxiety and a perception of the environment as hostile.

Balanced, identical strokes, in one direction, which can indicate balance, are rare. The images in most drawings of puddles placed either around a person or standing in them indicate the presence of unresolved problems, the difficulty of experiencing the consequences of an alarming situation. It should also be noted that the presence of pressure, sharp hatching and unfinished lines in the drawings indicate disturbing, aggressive tendencies in the mental state of a person, the presence of conflict situations. The lack of emotion in the images also indicates depressive tendencies, fatigue and anxiety states.



Fig. 4. Drawings of respondents using the "The Person-in-the-Rain Drawing" method (low level) (Source: authors' own contribution)

To assess the level and features of resiliency and response to adverse situations, after drawing a picture of a person in the rain, each respondent was asked a set of questions. The answers to the following questions were taken into account.

The main questions used for interpretation are as stated:

- How does the person feel?
- What is his/her mood?
- How can you help a person in the rain?
- What can a person do by himself/herself when he/she finds himself/herself in the rain?
- Is rain perceived as a negative factor?

Analyzing the answers to the question "How does a person feel?" in the group of people with a high level of resistancy, the most common answers are: "I feel confident and protected", "everything is beautiful, in the tropics on vacation", "comfortable", "well", "joyful", "feels great", and among the answers to the question "What's his/her mood?" most often we find the answers "joyful", "satisfied", "wonderful", "beautiful", "calm".

In a group of people with a medium level of resistance the question "How does the person feel?" gets the following answers: "comfortable", "normal", "feels like a person", "uncomfortable", "in harmony with the world", "well", "normal under an umbrella", and among the answers to the question "What is his/her mood?" most often we find the answers "nice", "well", "positive", "calm", "normal", "cheerful", "non-critical", "funny".

As for people with a low level of resistance, when being asked the question "How does the person feel?" they present the following answers: "naturally", "in love", "not bad", "normal", "not well enough", "bad", "both happy and sad", "uncomfortable", "in sadness and longing", which indicates experiencing more uncertain and negative emotional states.

Typical answers to the question "What's his/her mood?" in the group with a low level of resistance, were divided as follows: "thoughtful", "average", "bad", "sad", etc.

Thanks to the answer to the question "How can you help a person in the rain?" we were able to assess the willingness to ask for and receive help in crisis and difficult situations. Most often, in the answers of the respondents, we find the following options: "take under an umbrella", "give a towel", "give warm clothes". These responses indicate a willingness to help others in adverse situations.

Undoubtedly, the presence of internal personal resources is important for the formation and implementation of resistance, so the answers to the question "What can a person do by himself/herself when he/she finds himself/herself in the rain?" gave an opportunity to assess the presence of personal potential to overcome crisis situations. Therefore, most often we come across options indicating the search for protective strategies, namely: "open an umbrella", "find shelter", "enter the premises", "buy an umbrella", "stay at home", "do nothing", "be on the alert", "cover up", "hide", "enter the building", "connect with nature", "look at the weather forecast", "be glad to be alive".

Answers to the question "How can you help a person in the rain?" of respondents with a medium level of resiliency, can be considered as an evidence of a formed willingness to help and inclusion in a negative situation (Variants of answers: "Invite to the car", "give a raincoat", "invite under an umbrella", "give an umbrella", "wrap in a blanket", "take shelter", "do not go out", "take to a coffee shop", "close from the rain").

A low level of resistance to resiliency of the studied people is indicated by the following answers to the question "What can a person do by himself/herself when he/she finds himself/herself in the rain?" and the options "relax", "nothing", "smile", "don't complain", "calm down", "take it

for granted", "cheer up", "be patient", "no need to do anything", "everything to avoid it" is a demonstration of reaction due to detachment and passivity, lack of specific answers, which indicates insufficient resources and opportunities to overcome situations associated with a high degree of stress.

However, responses to the question "How can you help a person in the rain?" are characterized by greater specificity, but are not effective in helping in stressful and critical situations, which is symbolized by the rain in the picture.

Among the typical answers, the following should be noted: "breathing deeply", "coffee", "hug", "give an umbrella", "encourage", "stop the rain", "invite to a cafe and treat us to tea", "tell a joke", "nothing", "wait".

The answers to the question "Is rain perceived as a negative factor?" were distributed as follows (Fig. 5):

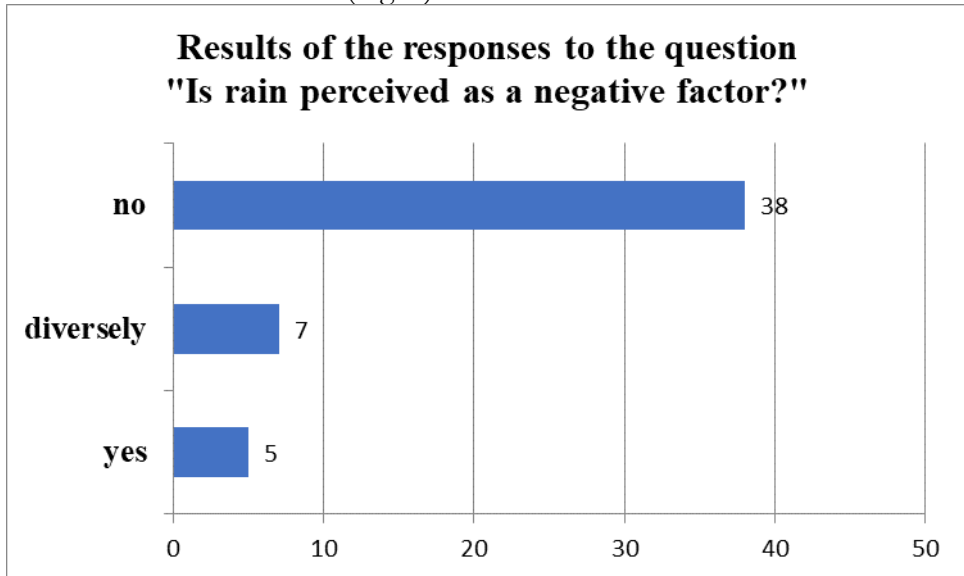


Fig. 5. Results of the responses to the question (Source: authors' own contribution)

This distribution of answers indicates the peculiarities of the respondents' assessment and attitude to adverse situations and characterizes their behavior from the position of not experiencing threat and danger in the current situation (metaphor of accepting rain as a non-threatening factor).

Limits and Discussions

It should be noted that the results of the current research can be usefully applied in the provision of psychological assistance in wartime conditions not only in Ukraine but in other regions subject to terrorist attacks. Psychological state and mental health during military operations is extremely important. Many Ukrainians experience exhaustion, devastation, fatigue, stress, anxiety and panic. On the basis of the obtained results, it is expedient for psychologists to develop and offer directions for psychological support of people who have a low and medium level of resiliency and, accordingly, low indicators of its components. Prospects for further research include the compilation of a profile of psycho-emotional states of persons who stay in the regions of hostilities.

Conclusions

The hostilities in Ukraine caused a number of challenges for the psycho-emotional and mental states of all Ukrainians. However, they, in turn, became the basis for the formation and development of resiliency of each person involved in experiencing these dreadful military events. It is worth noting that the instability of the mental and emotional state is an ordinary reaction to the abnormal circumstances in which the refugees found themselves. Therefore, the ability to recover in the most difficult life circumstances – resiliency – is one of the key personal qualities of every Ukrainian today.

With the help of the projective method, we managed to assess the main components of resiliency and distinguish the characteristics of the groups of respondents according to the level of resiliency. Among the main components of resiliency, it became possible to identify the basic ones: optimism (belief in victory), resilience (ability to show firm will and resistance in difficult situations), adaptability (ability to quickly adapt to changes in war conditions) and hope (confidence in the ability to overcome difficulties).

Thus, according to the results of the study, it was found that almost half of the people have a low level of resiliency, which is caused to a greater extent by the beginning of the war and the initial stage of the formation of adaptive mechanisms and a greater focus on the emotional component in experiencing an extremely difficult situation – war. However, a significant number of the respondents have developed successful protective and

adaptive mechanisms that help them adapt to the difficult life circumstances accompanying the military operations in Ukraine.

A high level of resiliency in the studied group characterizes individuals who quickly and successfully found internal resources and accepted the challenges of the war with dignity and, accordingly, in their behavior and activities show a high level of stress resistance, resistance and adaptation.

The results of the responses to the questions of the methodology indicate that almost all respondents have the appropriate level of readiness to find resources for adaptation and readiness to overcome adverse circumstances. The analysis of three groups of respondents according to the level of resiliency indicates the need to find and implement ways of psychological support and provision of people with a low and medium level of resiliency. By increasing its level through the formation and development of adaptive resources and resistance, individuals will be able to mobilize their internal reserves and effectively implement them in order to protect their countries and provide assistance at various levels.

References

- Adamenko, L. (2020). Aktualni pidkhody do problemy doslidzhennia psikhichnoi rezylentnosti [Current approaches to the problem of mental resiliency research]. *Visnyk Natsionalnogo universytetu oborony Ukrainy*, 5(58), 5 - 13. <https://doi.org/10.33099/2617-6858-2020-58-5-5-13>
- Assonov, D., & Khaustova, O. (2019). *Rozvytok kontseptsii rezyliensu v naukovi literaturi protyabom ostannikh rokiv* [Development of resilience concept in scientific literature of recent years]. <https://uk.e-medjournal.com/index.php/psp/article/view/219>
- Buhle, J., Silvers, J., Wager, T., Lopez, R., Onyemekwu, C., Kober, H., Weber, J., & Ochsner, K. N. (2014). Cognitive reappraisal of emotion: A meta-analysis of human neuroimaging studies. *Cerebral Cortex*, 24(11), 2981-2990. <https://doi.org/10.1093/cercor/bht154>
- Connor, K., & Davidson, J. (2003). Development of a new resilience scale: the Connor-Davidson Resilience Scale (CD-RISC). *National Library of Medicine*, 18(2), 76-82. <https://doi.org/10.1002/da.10113>
- Halian, A., Halian, I., Popovych, I., Zavatskyi, Y., Semenov, O., & Semenova, N. (2021). Stress resistance in the situation of uncertainty as a factor of development of adaptive ability of medical personnel. *BRAIN. Broad Research in Artificial Intelligence and Neuroscience*, 12(1), 251-264. <https://doi.org/10.18662/brain/12.1/181>

- Hellerstein, D. (2011). How I can become resilient. *Heal Your Brain*.
<http://www.psychologyto-day.com/blog/heal-your-brain>
- Husak, N., Chernobrovkina, V., Chernobrovkin, V., Maksymenko, A., Bohdanov, S., & Boiko, O. (2017). Psykhosotsialna pidtrymka v umovakh nadzvychainykh sytuatsii: pidkhid rezyliens: navch.-metod. posib. [Psychosocial support in emergency situations: the resilience approach]. *Nats. un-t "Kyievo-Mohylianska akademiia*, 92.
<http://ekmair.ukma.edu.ua/bitstream/handle/123456789/11902/Academic%20Guide%20on%20Resilience.pdf?sequence=1>
- Jue, J., & Ha, J. (2019). The person-in-the-rain drawing test as an assessment of soldiers' army life adjustment and resilience. *Psychology*, 10, 1418-1434.
<https://doi.org/10.4236/psych.2019.1011093>
- Khaminich, O. (2016). Rezilientnist: Zhyttestiikist, zhyttiezdatnist abo rezilientnist [Resilience: Viability, vitality or resiliency]? *Naukovyi visnyk Kbersonskoho derzhavnogo universytetu. Seriya "Psykhobichni nauky"*, 6(2), 160-165.
http://nbuv.gov.ua/UJRN/nvkhp_2016_6%282%29_30
- Liu, H., Zhang, C., Ji, Y., & Yang, L. (2018). Biological and psychological perspectives of resilience: is it possible to improve stress resistance? *Frontiers in Human Neuroscience*, 12, 326.
<https://doi.org/10.3389/fnhum.2018.00326>
- Liu, J. J. W., Reed, M., & Fung, K. P. (2020). Advancements to the multi-system model of resilience: updates from empirical evidence. *Heliyon*, 6, e04831.
<https://doi.org/10.1016/j.paid.2017.02.007>
- Mannapova, K. (2019). Rol zhyttestiikosti u podolanni skladnykh zhyttievyykh sytuatsii [The role of resilience in overcoming difficult life situations.]. *Teoriia i Praktyka Suchasnoi Psykholohii*, 1(1), 75-78. http://www.tpsp-journal.kpu.zp.ua/archive/1_2019/part_2/16.pdf
- Melnychuk, T. (2021). Generalization of theoretical and empirical results of the study in the form of means of overcoming the medical and psychological consequences of the COVID-19 pandemic in Ukraine. *American Journal of Fundamental, Applied & Experimental Research*, 23(4), 23-31.
<https://ajfaer.org/index.php/ajfaer/article/download/120/105>
- Newman, R. (2005). APA's resilience initiative. *Professional Psychology: Research and Practice*, 36(3), 227-229. <https://doi.org/10.1037/0735-7028.36.3.227>
- Predko, V. (2021). Skladna zhyttieva sytuatsiia yak providna umova formuvannia zhyttestiikosti osobystosti [A difficult life situation as a leading condition for the formation of a person's vitality]. *Teoretychni i prykladni problemy psykholohii*, 74 – 99. <https://doi.org/10.33216/2219-2654-2021-54-1-74-99>
- Rice, V., & Liu, B. (2016). Personal resilience and coping with implications for work. Part I: A review Work. *National Library of Medicine*, 54(2), 325-33.
<https://doi.org/10.3233/WOR-162300>

- Richardson, G. (2002). The metatheory of resilience and resiliency. *Journal of clinical Psychology, 58*(3), 307-321. <https://doi.org/10.1002/jclp.10020>
- Sigova, M., & Morozova, O. (2020). Vzaiemozviazok rivnia rezyliens z profesiinym uspikhom fakhivtsiv HR [Interconnection between the level of resilience and professional success of HR specialists]. *Psykholohiia ta psykbosotsialni intervensii, 3*, 50-58. <https://doi.org/10.18523/2617-2348.2020.3.50-58>
- Soroka, O., & Kalaur, S. (2019). Pidkhid rezyliens u reabilitatsii sotsialno-dezadaptovanykh pidlitkiv [The resilience approach in of socio-maladjusted supervisors rehabilitation]. *Social Work and Education, 6*(1), 61-69. <https://doi.org/10.25128/2520-6230.19.1.6>
- Tavakolizadeh, J., Yazdi, E., & Akbary, A. (2019). The impact of Adler lifestyle education on resiliency of parents of educable mentally retarded students. *BRAIN. Broad Research in Artificial Intelligence and Neuroscience, 10*(3), 5-11. <https://lumenpublishing.com/journals/index.php/brain/article/view/2177>
- Tytarenko, T. (2009). Zhyttestiikist osobystosti: Sotsialna neobkhdnist ta bezpeka [Vitality of the individual: social necessity and security] *navch. posib. Marych, 105*. https://lib.iitta.gov.ua/9065/1/Zhiznestoykost_lichnosti.pdf
- Ungar, M., Liebenberg, L., Boothroyd, R., Kwong, W. M, Lee, T. Y., Leblanc, J., Duque, L., & Makhnach, A. (2008). The study of youth resilience across cultures: Lessons from a pilot study of measurement development. *Research in Human Development, 5*(3), 166–180. <https://doi.org/10.1080/15427600802274019>
- Vdovichenko, O. (2019). Psykholohiia ryzyku osobystosti: monohrafiia [Psychology of personality risk: a monograph]. *Odesa*. 456. http://dspace.pdpu.edu.ua/bitstream/123456789/4154/1/Vdovychenko.a_ref.pdf
- Werner E., & Smith R. (1992). *Overcoming the odds: high risk children from birth to adulthood*. New York: McGraw Hill.