

**Секція 1. ПСИХОЛОГІЧНА І СОЦІАЛЬНА АДАПТАЦІЯ ТА РЕАБІЛІТАЦІЯ
ЖЕРТВ ВОЄННИХ КОНФЛІКТІВ І ТЕХНОГЕННИХ КАТАСТРОФ**

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**PSYCHOLOGICAL CONSEQUENCES OF PARTICIPATION IN MILITARY CONFLICTS
FOR CIVILIANS: WAYS AND METHODS OF ADAPTATION**

Abstract: Military conflicts have a profound and lasting impact on the mental health of civilians. Only in recent decades it has become increasingly evident that civilian who have experienced wars often face serious psychological problems such as post-traumatic stress disorder (PTSD), depression, anxiety disorders and social isolation. The psychological problems faced by civilians who have become victims of military conflicts and effective methods of their rehabilitation are investigated in this paper.

Keywords: military conflicts, civilians, psychological consequences, adaptation, rehabilitation, post-traumatic stress disorder, depression.

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**ПСИХОЛОГІЧНІ НАСЛІДКИ УЧАСТІ В ВОЄННИХ КОНФЛІКТАХ ДЛЯ ЦИВІЛЬНИХ
ОСІБ: ШЛЯХИ ТА МЕТОДИ АДАПТАЦІЇ**

Анотація: Воєнні конфлікти мають глибокий і тривалий вплив на психічне здоров'я цивільного населення. Лише в останні десятиліття стає все очевиднішим, що цивільні особи, які пережили війни, часто стикаються з серйозними психологічними проблемами, такими як посттравматичний стресовий розлад (ПТСР), депресія, тривожні розлади та соціальна ізоляція. Ця стаття присвячена вивченню психологічних наслідків, з якими зіштовхуються цивільні особи, що стали жертвами воєнних дій, а також ефективним методам їх адаптації і реабілітації.

Ключові слова: воєнні конфлікти, цивільні особи, психологічні наслідки, адаптація, реабілітація, посттравматичний стресовий розлад, депресія.

Military conflicts leave not only physical destruction, but also seriously affect the mental health of those who become their victims. While the main focus is usually on the military, the consequences for civilians, especially women, children and the elderly, are often underestimated. The prolonged experience of violence, the destruction of habitual social ties, and the loss of relatives and property can result in serious psychological disorders that require a comprehensive approach to rehabilitation. Civilians affected by military actions may suffer from various psychological disorders.

One of the most common is post-traumatic stress disorder (PTSD), which often occurs after experiencing traumatic events. PTSD is characterised by symptoms such as frequent memories of the experienced violence, nightmares, emotional numbness and difficulties in interacting with other people. Civilians affected by military actions may suffer from a variety of psychological disorders.

Another common problem is depression, which can develop against the background of constant anxiety, hopelessness and loss of life's guidelines. As noted by Brown L. and Green R., depression often develops in individuals who have experienced prolonged exposure to trauma and uncertainty during armed conflict [1]. Women and children who have been victims of sexual violence during armed conflict may experience specific mental health problems, such as depression, anxiety disorders, identity disorders and psychological trauma, which can last for many years.

Social isolation is another serious consequence, as people who have experienced military operations are often unable to return to normal life. Job loss, the destruction of family ties, and

relocation to new areas can result in the decrease in social support and increased risk for developing depression and other mental disorders.

Ways and methods of adapting civilians to peaceful life are as follows:

1. Psychotherapeutic methods

Psychotherapy is one of the most effective ways to help victims. Cognitive- behavioural therapy (CBT) has proven to be effective in treating PTSD, depression and anxiety disorders. CBT helps patients to identify and change negative thinking patterns that contribute to the development of mental disorders and teaches healthy strategies for dealing with stressful situations.

Art therapy is another popular method. It enables people who have experienced trauma to express their emotions by drawings, music or other creative forms. This method is particularly effective for children, who often cannot express their feelings in words. According to Ginsburg and Smith, art therapy helps trauma survivors process their emotions in a safe and non-verbal manner, making it an ideal tool in post-conflict rehabilitation, especially for those who may struggle to articulate their experiences verbally [2].

2. Group therapy and social support

Group therapy is particularly important as it makes it possible to the victims to meet others who have experienced similar events. This creates a sense of community, support and the opportunity to share one's experiences. Group therapy also contributes to the reduction of social isolation and to restore trust in others.

3. Social adaptation and integration

The process of social adaptation is critical for the rehabilitation of civilians after military conflicts. Assistance in finding accommodations, employment and restoring social ties is of great importance. Programmes aimed at integrating internally displaced persons into new communities can significantly reduce stress and facilitate the adaptation process. Sharma and Khanna emphasize that structured reintegration programs are essential in helping war survivors rebuild their lives and integrate successfully into new communities, thus reducing the long-term psychological impacts of displacement [3].

Another important aspect is life skills training and increased social competence, which makes it possible for victims to adapt more successfully to new living conditions.

4. Support programmes for children and adolescents

Special attention should be paid to children who have experienced military conflicts. They require specialised psychological support programmes that take into account their age level and their opportunities to express their feelings. Educational and play-based methods can help children to restore their emotional state, ease traumatic experiences and adapt to new social conditions. According to Melnyk, psychological assistance for children who have survived military conflicts should focus on both emotional recovery and cognitive development, utilizing methods tailored to the child's developmental stage. These approaches are essential for helping children navigate the trauma they have experienced and begin to heal [4].

5. Medication treatment

In some cases, when psychological symptoms become excessively severe, medication treatment is required. Antidepressants and tranquillisers can be helpful in reducing the symptoms of anxiety, depression and stress, especially in the early stages of treatment.

The psychological consequences of participation in military conflicts for civilians are a serious problem that requires a comprehensive approach to rehabilitation. Psychotherapeutic methods, social support, group therapy and social adaptation programmes are effective ways to assist the victims. However, the success of rehabilitation programmes depends on the individual approach to each patient and the integration of medical and social aspects into the recovery process.

Further research should focus on developing new methods of support for civilians who have experienced military conflicts and evaluating the effectiveness of existing rehabilitation programmes for different groups of victims.

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ASPECTS OF THE REHABILITATION OF INDIVIDUALS AFFECTED BY PSYCHOLOGICALLY TRAUMATIC EVENTS

Abstract. The article highlights the theoretical foundations of psychological rehabilitation for individuals who have experienced psychologically traumatic events. It summarizes contemporary approaches to interpreting the concepts of “rehabilitation” and “psychological rehabilitation” in the context of crisis psychology. The main goals, tasks, principles, and methods of professional activity of psychologists aimed at overcoming the consequences of psychological trauma are identified. It is noted that a psychologically traumatic event is typically sudden and destructive in nature and is accompanied by significant emotional stress, requiring professional intervention. The study outlines the key stages of rehabilitation work with affected individuals, taking into account their individual characteristics and level of disadaptation. The results obtained may be used in crisis intervention practices and in the training system for psychologists working with traumatized individuals.

Keywords: psychological rehabilitation, traumatic event, crisis intervention, traumatic experience, psychologist, professional assistance.

The issue of psychological rehabilitation for individuals affected by traumatic experiences has gained particular urgency in the context of the ongoing war in Ukraine. Hostilities, heavy shelling, territorial occupation, the loss of loved ones, injuries, forced displacement, and other traumatic incidents have left deep psychological scars on both military personnel and civilians. For many Ukrainians, the war has triggered the development of post-traumatic stress disorder (PTSD), anxiety disorders, depression, and other emotional and cognitive conditions that may persist for years [3].

The scientific challenge in this field lies in developing and adapting rehabilitation methodologies for people affected by war-related trauma, considering the unique nature of armed conflict and its psychological consequences for different population groups—servicemembers, volunteers, medical professionals, children, women, and the elderly. It is essential to explore mechanisms of trauma recovery and resilience building, as well as to design new approaches to mental health support that reflect the national and cultural context.

In the current circumstances, the scope of application for psychological rehabilitation knowledge and skills has significantly expanded. Traumatic events are typically sudden, intense, and destructive, often resulting in profound psychological harm. Only through structured psychological rehabilitation can affected individuals restore their social adaptation resources, improve life activity, and regain a sense of self-efficacy.

The practical goal of psychological rehabilitation is to ensure access to professional mental health support for everyone impacted by war. This includes building a national psychological rehabilitation system, implementing state-level mental health programs, empowering NGOs and