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THE PROBLEM OF ADAPTATION OF INTERNALLY DISPLACED PERSONS IN WAR CONDITIONS: PSYCHOLOGICAL AND PHYSICAL SPECTS[22]

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Introduction

In today's world, marked by rapid changes and geopolitical conflicts, the problem of psycho-emotional and physical adaptation is becoming highly relevant, especially for internally displaced persons (IDPs) who face dramatic life changes due to war. The ongoing conflict in Ukraine has forced a significant number of families to leave their homes and familiar environment, which necessitates a detailed study of their adaptation processes to new living conditions.

Despite the considerable amount of existing research, studies of the adaptation of Ukrainian immigrants are of particular importance during the period of transformation of Ukrainian society and in times of war. This will allow us to study the current situation in more detail and identify possible difficulties that migrants may face, and to develop measures to overcome them in a timely manner. Thus, the topic of our thesis remains relevant in today's environment.

The subject of the study also remains relevant, where we can consider the peculiarities of adaptation of IDPs to new living conditions, stress resistance and the influence of the social environment. The importance of studying adaptation and psycho-emotional health cannot be overstated, as it is directly linked to the well-being, mental health, and future resilience of these individuals. The primary aim of this research is to examine the impact of war conditions on the psycho-emotional state and physical adaptation of IDPs, with a focus on how individual experiences, resources, and social support influence these processes.

Hypothesis

The research hypothesis posits that war conditions and forced displacement have a multidimensional impact on the social, psychological, and physical adaptation of individuals. It is assumed that military conflicts and displacement negatively affect these aspects of adaptation, with the degree of impact varying based on individual experience, available resources, and the level of social support.

Methodology

To investigate these issues, several research tools were used, including the social and psychological adaptation questionnaire (K. Rogers - R. Diamond method), Taylor's Anxiety Scale for measuring anxiety levels, and the Multilevel Personality Inventory 'Adaptability' (MLO-AM) developed by A.G. Maklakov and S.V. Chermyanin. Additionally, clinical interviews were conducted to gather more in-depth information on the psycho-emotional state of respondents, which cannot always be captured by standardized tests.

Psychological adaptation to new conditions involves the development of psychological mechanisms that allow a person to ensure their safety and adequate orientation in a new situation. In the case of successful adaptation, a person has the opportunity to achieve maximum self-realization without excessive effort. In a study of the adaptation of internally displaced persons, such criteria as age, place of residence, duration of stay in a new place, and degree of social adaptation can be established. Participants are selected based on these criteria in order to create a representative sample that reflects the target population. Criterion- referenced sampling allows researchers to focus on specific aspects of the population that are the object of their study. It allows for a more accurate analysis and conclusions that meet the specific research objectives. Purposive sampling by criteria is a method of selecting research participants based on specific criteria or characteristics determined by the researcher. In this method, participants are selected based on certain criteria that meet the purpose of the study.

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In my opinion, the best method of researching such a topic is a questionnaire of social and psychological adaptation or methods of stress diagnosis, and a clinical interview is extremely productive in my practice. A clinical interview provides an opportunity to collect information that is difficult to obtain through standardized questionnaires or other research methods. It allows you to reveal emotional reactions, internal conflicts, cognitive distortions, and adaptive mechanisms of the respondent. The interview allows you to take into account the respondent's life circumstances and the relationships between different aspects of his or her life, which is important for understanding the psycho-emotional state.

Theoretical Overview

The term 'adaptation' refers to the methods and processes used to cope with stressful situations and the outcomes of such processes. Various theories of adaptation and coping with stress have been developed, with three primary methods of adaptation being adaptation, coping, and denial. These methods are distinguished by the type of behavior individuals exhibit during the adaptation process.

Adaptation generally refers to evolutionary changes that a species undergoes to optimize its survival in a variety of environments. In order to better adapt to their environment, animals and humans may change over time to increase their probability of survival and thus accelerate their reproduction. The use of the term "human adaptation" echoes the work of anthropologist, cultural critic and ecologist Julian Stewart, who used "cultural adaptation" to describe the adaptation of "cultural cores", i.e. regional systems of society, to the natural environment in the form of livelihoods. V.J. Berger defines the process of adaptation as the process by which groups of people add new and improved methods of dealing with the environment to their cultural repertoire.

In evolutionary terms, adaptation refers to changes aimed at enhancing an organism's ability to survive and reproduce in a given environment. This concept, initially rooted in biology, has been extended to the study of human behavior, where adaptation involves psychological, social, and physiological adjustments to external conditions.

Conclusions

The study of adaptation characteristics among internally displaced persons revealed three interacting factors: 'Adaptability,' 'Maladjustment,' and 'Temperament.' To enhance their adaptive abilities, IDPs must actively engage with their environment, take responsibility for their lives, and accept their new social roles.

Maladjustment is often linked to a lack of interest in the new culture, norms, and rules, as well as self-exclusion, which amplifies social rejection and impulsive decisions. On the other hand, the 'Temperament' factor plays a key role in determining how well individuals can manage stress, with traits such as flexibility and resilience being crucial for adaptation.

The analysis of the adaptation of internally displaced persons showed that internally displaced persons are ready to establish new contacts, take the initiative in dialogue, and are not afraid of getting closer to the new environment.

Taking into account all of the above factors, the self-assessment methodology suggests that the participants in this study showed diversity in their beliefs and perceptions of the world, their capabilities and values. On the one hand, the average results in the group of respondents from the internally displaced group indicate moderate optimism and positive attitudes, and on the other hand, the high variability in responses indicates the presence of different life strategies, value orientations, and levels of self-esteem. However, in the group of internally displaced persons, the indicators indicate the presence of anxiety and apathy due to external influences and the war in the country, which increases their level of anxiety and emotional instability during life dysfunctions; at the same time, the group of internally displaced persons has a lower level of self-esteem in terms of self-esteem and self- confidence and low results of the scale "level of self-confidence".

In general, according to the results of the three methods, it can be noted that a higher level of adaptation was demonstrated by the group of IDP respondents, which is explained by the fact that the impact of direct participation in the war on everyday life is minimized, which contributes to a lower impact of this factor on the level of stress resistance and creates more favorable conditions for the development of their emotional well-being.For internal migrants, it is recommended to actively participate in group activities, expand cultural knowledge and improve tolerance. External migrants should make new friends, maintain regular communication in the language of the new environment, and focus on the positive aspects of their new life.

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