LIFE RESILIENCE AS A RESPONSE TO THE CHALLENGES OF FORCED MIGRATION OF WOMEN WITH CHILDREN

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During periods of armed conflicts, research on the ability to survive in conditions of extraordinary difficulties and threats becomes relevant. Survival entails preserving life despite risks. In such situations, there is a necessity to preserve life and stabilize psychological state in order to ensure the possibility of developing new strategies for maintaining the integrity and well-being of families and children.

Uncertain circumstances compel women to abandon their usual behavioral strategies, including changing their way of life and leaving Ukraine. In these conditions of forced migration, women with children try to adapt to the new environment, ensuring the well-being of their family and preserving the mental state of their children.

The term „resilience" was first used by D.O. Leontiev as a translation of „hardiness", defined by S. Maddi, representing a particular structure of attitudes and skills that allow transforming changes into opportunities. This concept reflects the psychological resilience and enhanced effectiveness of a person, associated with their motivation to overcome difficult life situations.

Within the framework of stress psychology research, S. Maddi defined the concept of resilience, based on three resilient attitudes representing a system of beliefs: commitment, control, and challenge [1, p.160].

Commitment is the self-dedication of an individual to themselves and the surrounding world. It is also a characteristic of internal motivation that drives a person to active engagement, significantly influencing self-worth and significance regardless of life circumstances.

Control is the ability of an individual to maintain inner confidence in their ability to overcome difficulties and solve complex situations given their own desire and perseverance in choosing the necessary course of action. Otherwise, it may feel like helplessness and loss of control over one's life.

Challenge is the ability to maintain a creative approach to solving difficulties and the belief that everything happening in an individual's life can and will contribute to development and enrichment of experience, despite probable, including negative consequences.

Using S. Maddi's approach to understanding resilience, discussions were conducted with mothers who have children and are outside of Ukraine. Relevant questions to identify women's issues included: what specifically helped them settle and what was most challenging about emigration. The majority spoke about the desire to save their children and provide them with a safe space. Among the difficult challenges they faced were: language barrier and the need to quickly learn the language of the country they are in; lack of desire to adapt, search for social support and medical services, lost connec-

tions with relatives who remained at home, constant fatigue and anxiety for loved ones, loss of meaning in life and an overwhelming desire to return during the first year of emigration, helplessness in the face of the inability to influence events in Ukraine, feelings of alienation and loss of their Ukrainian identity, lack of further strategy and living in conditions of constant uncertainty. During the discussions, it was clarified that what helped them adapt was the desire to survive and protect their children, the impossibility of returning due to a destroyed home, seeking Ukrainian communities and actively participating in volunteer activities, learning the language and culture of the new country, meeting with friends and relatives, and partial reunification of families.

In summary, preserving partial control (saving myself and my children), restoring engagement (finding what I can do specifically here), and accepting some risk (identifying new opportunities currently available) contribute to the personal development of women with children and their adjustment to life under such conditions.

The extraordinary changes wrought by the perilous impact of war have shattered past meanings of life. Previous strategies are no longer relevant. Loss of control leads to confusion and despair, an inability to see new horizons and prospects, which causes feelings of isolation and incapacity to act.

The analysis of conducted discussions reflects the theoretical aspect of resilience, which was identified as the ability of an individual to adapt to stress and survive in conditions of uncertainty. It was revealed that women find ways to maintain some control (saving themselves and their children), regain a sense of engagement (seeking opportunities in the new country), and take certain risks (finding new opportunities in emigration). Hence, personal development and adaptation to new conditions become possible for them.

War has become a factor that has posed a significant challenge to every Ukrainian. The preceding analysis of the problem in the context of the conducted discussions underscores the importance of understanding and developing resilience in the conditions of war and emigration. It also emphasizes the significance of developing programs for psychological support and social adaptation for mothers with children.

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