



SECTION: PSYCHOLOGY.

SEKCJA: PSYCHOLOGIA.

How to cite: Lytvynova, L., & Yehorova, V. (2024). Integrative Indicators of Student youth Adaptation in War Conditions. *Horizons of Innovation: Conference on Multidisciplinary Trends in Science 2024*. (pp. 143-147). Futurity Research Publishing. <https://futuraity-publishing.com/horizons-of-innovation-conference-on-multidisciplinary-trends-in-science-2024-2/>

INTEGRATIVE INDICATORS OF STUDENT YOUTH ADAPTATION IN WAR CONDITIONS

Larysa Lytvynova¹, Veronika Yehorova²

¹*Ph.D. Doctor of Philosophy (psychological sciences), associate professor of the Department General and Medical psychology, Bogomolets National Medical University (Kyiv, Ukraine)*

²*2nd year student of the Faculty of Medicine and Psychology Bogomolets National Medical University (Kyiv, Ukraine)*

Accepted: January 27, 2024 | **Published:** February 10, 2024 | **Language:** English

Abstract:

The article defines integral indicators of student youth adaptation in war conditions, focusing on the mental and physical aspects of health and the impact of education on resilience. A survey of 75 respondents was thoroughly analysed on youth mental health and resilience levels. The main hypothesis is that education enhances the level of adaptation to war and provides self-realisation motivation.

The findings of the study are important for war-affected youth and can help them understand and cope with emotional and psychosocial problems during this time. They can also be useful for psychologists and sociologists supporting them in war areas.

Keywords: mental health, war, resilience, self-realisation, values, motivation, occupation.

Introduction

The prolonged and destructive nature of the Russian-Ukrainian war has caused significant risks to human psychological and mental health. As a result, society has completely different indicators of resilience compared to before the war, including physical condition and cognitive abilities. Students seeking education are forced to adapt to this challenging situation, which may require resources to maintain their mental and physical health. This leads to a decrease in resilience, psychosocial problems, isolation, etc. At the same time, it is necessary to emphasise the importance of value orientations in the process of adaptation. Students' values can influence their decisions and actions in wartime, determining their development priorities and views on the future. (Lytvynova, L. V., 2019) (Lytvynova, L., & Yehorova, V., 2023)

An important aspect of youth adaptation is the opportunity to receive education during war. Learning as a key activity is a factor that contributes to building resilience, namely by providing an opportunity to develop skills that allow them to effectively overcome difficulties and stressful situations. Education helps young people maintain hope for the future and create plans to improve their situation.

Through the analysis of scientific research on this topic, we found that youth adaptation in war is a complex and important process that deserves the attention of researchers and practitioners. Such adaptation can be seen as a set of psychological, social and physiological efforts aimed at ensuring functionality and survival during military conflicts or other forms of mass violence. Sleep disruption during war can have serious health consequences. It can lead to an increased risk of developing cardiovascular disease, diabetes, obesity and mental disorders. In terms of cognitive skills, there is a negative impact on young people's cognitive skills, including concentration and attention. This impact may be related to psychological stress and anxiety, which are common consequences of war. In addition, disruptions in sleep, concentration and attention can negatively affect performance, learning and interpersonal relationships. (Llabre & Hadi ,2009), (Yeter, Ö., Rabagliati, H., & Özge, D., 2022)

Young people in war conditions can demonstrate various compensatory mechanisms, such as physical activity, hobbies, communication with close ones, etc. Also, as an aspect of adaptation, it can include avoiding conflict, adapting to new conditions, using social support and developing internal reserves. However, the effectiveness of these strategies can vary considerably depending on individual characteristics and the conditions of war.

An important aspect of youth resilience is access to education. Education can act as a contributing factor to resilience, as it not only provides intellectual development, but also provides opportunities to develop skills that contribute to the ability to cope with difficulties and stressful situations. Education can also help young people maintain hope for the future and create plans to improve their situation. (Rozanov, V., et al., 2019)

Based on the results of the theoretical analysis of the problem of adaptation of student youth in the context of a full-scale war in Ukraine, we have developed questionnaires to determine the level of psychological health of young people according to the following criteria: values, level of family and interpersonal relationships, motivation and academic performance, personal fulfilment, physical activity and sleep quality.

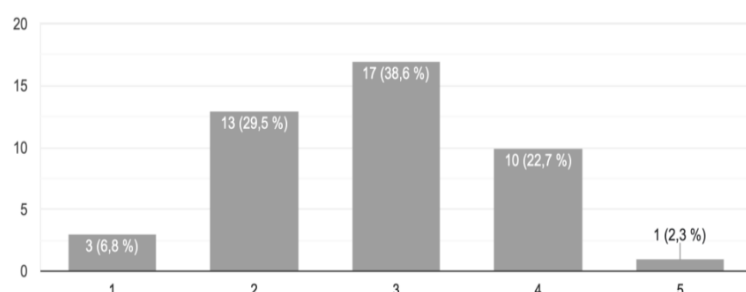
Research Results

The empirical study was conducted in October 2023, with 75 respondents, with an average age of 17-22 years. In our previous work, we found that family and patriotic values are currently of utmost importance, which significantly affects the worldview of young people. It is important to note that 34.1% of respondents turn to family members for support, and 29.5% to close friends. We would like to emphasise that the emotional sphere, their feelings and psychological state have a significant impact on student performance, as noted by 72.8% of respondents. The survey results suggest that a large number of respondents have difficulty concentrating during their studies. As shown in Figure 1, 63.6% have the above symptoms, and the vast majority (81.8%) report a lack of sleep, namely 6 hours or less, which affects the quality of sleep, performance, and learning of new material.

Figure 1

The level of cognitive skills of youth

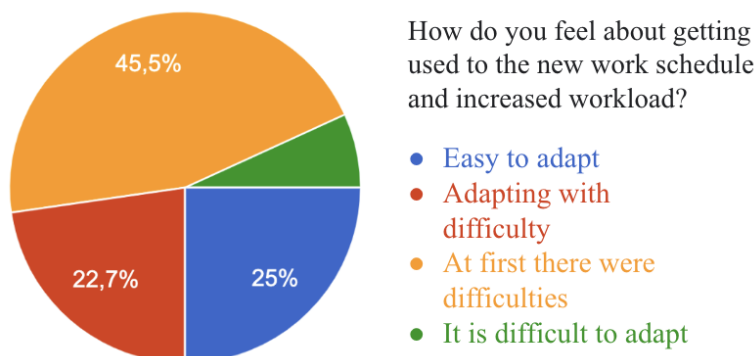
On a scale of 1 to 5, how often do you experience difficulties with concentration and attention during your studies? (1 - never; 5 - always)



Therefore, 45.5% of the total number of respondents indicated that it was initially difficult for them to adapt to the resumption of the educational process in the context of war, only 25% have a very high level of resilience in this regard. (Fig.2)

Figure 2

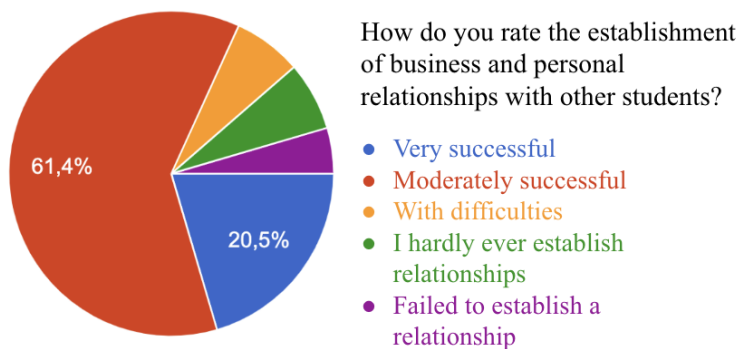
Level of youth resilience to the educational process



At the same time, in the course of studying, the majority (81.9%) successfully assessed the establishment of relationships with other students and recognised the importance of supporting other people in times of war (Fig. 3). The results presented in Fig. 3 show that studying as a leading activity contributes to the formation of additional motivation to cooperate and supportive coping strategies for adaptation in a long-term stressful situation.

Figure 3

The level of socialisation of young people and the ability to build relationships



The indicators of "activity" (65.9%) and "implementation" (75%) are high. Therefore, it can be argued that young people are modelling their future, and the motivational component is increasing due to the awareness of its importance. It is positive that, despite the obstacles, students not only adapt to the circumstances, but also maintain faith in their future, preserve family values, and gradually achieve their goals.

Conclusions

The war has become a terrible reality of life nowadays, where our modern youth is successfully adapting. According to our research, it was found that in the context of war, modern Ukrainian students show a high level of resilience. Despite the stressful conditions, they are trying to maintain both their mental health, as exemplified by the emotional sphere, and their physical

health, as exemplified by the cognitive sphere and physical activity. In addition, studies have shown that students find ways to compensate for stress through physical activity, hobbies and active communication with loved ones. Such coping strategies help them to maintain mental health and emotional balance.

Summarising the above research findings, we have to state that the leading factors of preserving the psychological health of students in war conditions are the success of educational activities, modelling the future, building personal relationships and family support. Over time, altruistic and deep relationships with family and friends are built, not forgetting about personal goals. It was found out how much studying gives students a motivational impetus to plan their future and achieve their goals. Modern Ukrainian youth is an example of courage and resilience in times of war.

References

1. Liabre, M. M., & Hadi, F. (2009). War-related exposure and psychological distress as predictors of health and sleep: A longitudinal study of Kuwaiti children. *Psychosomatic Medicine*, 71(7), 776-783.
2. Lytvynova, L. V., & Yaroslavskaja, S. M. (2007). *Posttraumatic stress: Theory and practice of psychological rehabilitation and treatment*. Publishing House "Molodyi vchenyi".
3. Lytvynova, L., & Yehorova, V. (2023). Value orientations of Ukrainian students in the conditions of war in 2022-2023. Publishing House "Baltija Publishing".
4. Rozanov, V., Frančišković, T., Marinić, I., Macarenco, M. M., Letica-Crepulja, M., Mužinić, L., ... & Pagkalos, G. (2019). Mental health consequences of war conflicts. *Advances in psychiatry*, 281-304.
5. Yeter, O., Rabagliati, H., & Ozge, D. (2022). Threat of war on cognitive development of refugee children.