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PSYCHOLOGICAL PECULIARITIES OF SOCIAL ADAPTATION OF MILITARY FAMILY MEMBERS IN WARTIME

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The wartime period is accompanied not only by physical and psychological challenges for the serviceman, but also affects his family. Family members of military personnel face significant changes in their lives that can cause difficulties in social adaptation. This article will examine the psychological peculiarities of social adaptation of military family members in wartime, as well as provide a review of the literature on the topic.

Social adaptation is the process by which a person adjusts to new social conditions and roles. It includes changes in the way of communication, behavior, values and other aspects of life.

Social adaptation is an important part of our lives, as people are constantly in situations where they must adapt to new social environments.

An overview of recent research and publications. Despite a certain dominance of works that focus on the psychological aspects of adaptation, there are also publications devoted to the social components of the process. Among Ukrainian researchers, the predominant understanding of the adaptation process is primarily that of adapting to labor market conditions through professional retraining. Various aspects of employment of former military personnel are covered in the studies of A.L. Krasylshchikov [1], E.V. Abramov [2], O.O. Buriak and M.I. Ginevskyi [3]. The issues of financial support for social adaptation are paid attention to in the work of T. Vdovychenko [4].

The ability to adapt to social change is key to successful functioning in society. It allows us to establish and maintain interaction with other people, form relationships and develop social skills. For example, when we change jobs or move to another city, we need to adapt to a new team, rules and norms of behavior.

One of the key aspects of social adaptation is the ability to perceive and understand social cues. This includes understanding non-verbal cues, gestures, facial expressions and tone of voice. Effective communication skills are essential for building sustainable relationships and successful integration into society.

Social adaptation also involves changes in behavior and expression of values. Different social environments may have different acceptance and practice of social norms. Therefore, for effective social adaptation, a person may feel the need to change his or her actions and beliefs in accordance with social expectations.

Social adaptation can be easy or require significant effort, depending on the level of novelty of the social environment and individual characteristics. Some people have a natural ability to adapt quickly and feel comfortable in new social situations. Others may experience more anxiety and need time to adjust.

It is important to note that social adaptation is a process that takes place throughout a person's life. Society is constantly changing, and we are constantly in

new social situations. The ability to adapt to these changes is key to our personal development and achieving our goals in society.

Thus, social adaptation is an integral part of human life. It helps us to adapt to new social conditions, change our communication and behavior, develop social skills and build sustainable relationships. Successful social adaptation allows us to function effectively in society and achieve personal development.

The impact of wartime on a military family

Wartime can have a serious impact on a military family. Frequent separations, fear for the safety of loved ones, uncertainty and stressful situations can lead to psychological stress and inconvenience in family relationships.

The article describes some of the usual impacts that wartime can have on a family:

Separation: Wartime often leads to separation between military personnel and their families. Military personnel may be deployed to a conflict zone or sent on long-term missions, which leads to physical distance between them and their loved ones. This can create emotional strain and stress for both military personnel and their families.

Emotional stress: Wartime is often accompanied by the threat of danger, stress and anxiety. This can affect the emotional state of servicemen and women and create tension in the family. Loved ones may experience fear for their loved one's safety, which can lead to anxiety, depression, and other psychological problems.

Financial difficulties: In many cases, military personnel receive payments or additional types of compensation for being in a conflict zone, but wartime can still lead to financial hardship. If the serviceman is the main breadwinner of the family, his absence or reduction in income can lead to financial hardship for the family.

Psychological consequences: Participation in hostilities can have long-term psychological consequences for servicemen and women. After returning from a war zone, they may suffer from post-traumatic stress disorder (PTSD), anxiety, depression and other mental health issues. This can affect their relationships with their families and the overall functioning of the family.

Changes in roles and responsibilities: In the absence of the service member, other family members may take on additional roles and responsibilities. For example, families may have to manage financial matters, raise children, and make decisions without the presence of the service member. This can be a challenge and put additional strain on the family.

The impact of wartime on a military family can be complex and individualized in each case. It is important to provide support, understanding and access to the necessary resources for servicemen and their families to help them overcome these challenges.

Emotional reactions of military family members

Family members of military personnel may experience a variety of emotions during wartime, including fear, anxiety, sadness, and feelings of isolation and insecurity. These emotions can affect their social adaptation and overall well-being.

Reactions of military family members, however, the article provides several possible emotional reactions that military family members may experience:

Pride: Many military family members feel proud of their relative who chose to serve in the military. They may be proud and honor him or her for his or her dedication and sacrifice.

Concerns: Military service can be dangerous and pose a risk to the life of a service member. Family members may feel anxious and concerned about the safety of their loved one on the front lines or during dangerous missions.

Stress: Separations and long periods of absence can cause stress for family members. They may feel homesick, insecure, and even lonely in the absence of their relative.

Support: Many military family members show strong support and cohesion. They support their relative by sending letters, calling, texting, and trying to stay in touch to support them in difficult times.

Feelings: Military family members may feel sympathy and compassion for their relative because of the physical, emotional and psychological difficulties they face.

Pride: A service member's successes and accomplishments can fill family members with a sense of pride and magnificence. They may rejoice in their accomplishments and be proud of their service.

In general, the emotional reactions of military family members can be very complex and varied, as they reflect their personal feelings, experiences and perceptions of military service.

Social support is an important factor in the social adaptation of military family members during wartime. This can include support from relatives, friends, psychologists and support groups that provide an opportunity to express emotions, find practical help and hear understanding.

Social support is an essential component of ensuring the well-being and psychological well-being of people. It includes various types of assistance, resources and services aimed at supporting a person in various areas of his or her life. In recent years, a growing number of studies have pointed to the importance of social support in improving people's physical and mental health. Therefore, the development and implementation of effective social support strategies is a critical task for society.

One of the key strategies of social support is to provide information assistance. This means providing access to useful and reliable information about various aspects of life, such as health, education, employment, social services, etc. Providing access to information helps people to make informed decisions, ensures their autonomy and reduces the impact of stereotypes and discrimination.

Another important strategy is emotional support. This includes providing support, understanding, listening and empathy to people in difficult situations. Often, emotional support can be provided through family, friends, co-workers or specialized organizations. It can take the form of psychological counseling, group sessions, supportive communities or volunteer groups.

Material assistance is also a significant social support strategy. This can include financial assistance, scholarships, social benefits, or access to housing and food. Providing material support is important for people in difficult economic situations, as well as for people with special needs and vulnerable groups.

In addition, there are social support strategies aimed at increasing people's self-esteem and self-activity. For example, this may include skill development, providing opportunities for self-realization and self-improvement, support in creating social connections and networks, and developing individual strengths.

The benefits of social support strategies are manifested on different levels. They help to strengthen social solidarity and cooperation, which contributes to the overall well-being of society. In addition, social support helps prevent social exclusion, loneliness, and psychological problems. It has a positive impact on health, reduces the risk of developing mental disorders, and facilitates early detection and treatment of problems.

Thus, social support strategies are important for creating favorable conditions for people's development and self-realization. Ensuring access to information,

providing emotional and material support, increasing self-esteem and self-activity are just a few examples of strategies that can help people in difficult times. The development and implementation of effective social support strategies is an important task for society to ensure the general well-being and improve the quality of life of people.

Conclusions. Families of military personnel are greatly affected by the wartime period, which requires adaptation to new conditions and stressful situations. The psychological features of social adaptation of military family members include emotional reaction, social support strategies and the role of professional psychologists. To achieve successful adaptation, military families need support and resources that can be provided through a social network, psychological support and effective communication.

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