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**DYNAMICS OF CHANGES IN THE PSYCHOEMOTIONAL STATE OF
THE POPULATION OF UKRAINE DURING THE YEARS OF THE
RUSSIAN INVASION
(ON THE EXAMPLE OF ZAPORIZHZHIA)**

Abstract. The beginning of the full-scale Russian-Ukrainian war in 2022 and its duration of almost four years affects the general psycho-emotional state of the population of Ukraine, experiencing certain fluctuations and tendencies towards prolonged destructive mental and behavioral reactions. Therefore, the purpose of the study is to analyze the dynamics of changes in the psycho-emotional state of Ukrainians, which is the basis for developing an effective system of psychological and psychiatric care. Research methods – general scientific: systemic, critical, comparative, structural methods, analysis and synthesis, method of logical generalization, systematization, interpretation and method of document analysis; empirical: survey methods in the form of questionnaires and psychodiagnostic techniques, statistical methods. It has been proven that war and its consequences are strong factors in the emergence of high-intensity stress states, which actually determine the dominant psycho-emotional state of the population, and stress as a factor of psychological tension manifests itself in emotional states of anxiety, fear, hopelessness, aggression, anger, etc., therefore, in conditions of a long full-scale war, the psycho-emotional state of the population of Ukraine is predominantly negative and destructive in nature. Psychodiagnostic research into the dynamics of changes in the psycho-emotional state of the population of Ukraine (using the example of the city of Zaporizhzhia) during the Russian invasion allowed us to empirically confirm that war, its destructive and destructive impact, the uncertainty of its duration act as a stressor of an extraordinary and catastrophic nature and affect the growth of negative and destructive psycho-

emotional states, behavioral disorders, adaptation disorders and the spread of post-traumatic stress disorder (PTSD) among the population.

Keywords: war, stressful state, psycho-emotional state, emotions, anxiety.

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ДИНАМІКА ЗМІН ПСИХОЕМОЦІЙНОГО СТАНУ НАСЕЛЕННЯ УКРАЇНИ ЗА РОКИ РОСІЙСЬКОГО ВТОРГНЕННЯ (НА ПРИКЛАДІ ЗАПОРІЖЖЯ)

Анотація. Початок повномасштабної російсько-української війни у 2022 році та її тривалість майже чотири роки впливає на загальний психоемоційний стан населення України, зазнаючи певних коливань та тенденцій до тривалих деструктивних психічних та поведінкових реакцій. Тому метою дослідження є аналіз динаміки змін психоемоційного стану українців, що є основою для розробки ефективної системи психологічної та психіатричної допомоги. Методи дослідження – загальнонаукові: системний, критичний, порівняльний, структурний методи, аналіз та синтез, метод логічного узагальнення, систематизація, інтерпретація та метод аналізу документів; емпіричні: опитувальні методи у вигляді анкетування та психодіагностичних методик, статистичні методи. Доведено, що війна та її наслідки виступають сильними факторами виникнення стресових станів високої інтенсивності, які фактично визначають домінуючий психоемоційний стан населення, а стрес як фактор психологічної напруги проявляється в емоційних станах тривоги, страху, безнадії, агресії, гніву тощо, тому в умовах тривалої повномасштабної війни психоемоційний стан населення України має переважно негативний та деструктивний характер. Психодіагностичне дослідження динаміки змін психоемоційного стану населення України (на прикладі міста Запоріжжя), під час російського вторгнення, дозволило емпірично підтвердити, що війна, її руйнівний та деструктивний вплив, невизначеність її тривалості виступає стресором надзвичайного та катастрофічного характеру та впливає на зростання негативних та деструктивних психоемоційних станів, розладів поведінки, розладів адаптації та поширення посттравматичного стресового розладу (ПТСР) серед населення.

Ключові слова: війна, стресовий стан, психоемоційний стан, емоції, тривога.

Problem Statement. Armed conflicts in the modern world have a negative impact on psychosocial well-being and well-being both at the individual and collective (social) levels, the consequences of which are forced displacement from combat zones, socio-economic and humanitarian problems, poverty, stress and mental disorders. depression, post-traumatic stress disorder – PTSD, behavioural and adaptation disorders [8]). As studies of the consequences of war stress for the period 1985-2015 show, the quantitative indicator of PTSD is more than 20 % of the population that survived the armed conflict [11], and the psycho-emotional consequences themselves have a long-term negative impact [7, p.118]. The beginning of a full-scale Russian-Ukrainian war in 2022 and its duration of almost four years affects the general psycho-emotional state of the population of Ukraine, experiencing some fluctuations and tendencies towards prolonged destructive mental and behavioural reactions. Therefore, it is important to monitor the dynamics of changes in the psycho-emotional state of Ukrainians to develop an effective system of psychological and psychiatric care.

Analysis of the latest research and publications. Among the domestic researchers studying the problem of the influence of negative psycho-emotional states of the population as destructive consequences of a full-scale war in Ukraine, the following should be noted: A. Golotenko, A. Dovgan, A. Evdokimova, Ya. Korokhod, V. Lefterov, I. Nechytailo, M. G. Slyusarevsky, V. Tyurina, L. Solokhina, A. Umanets, S. Shostakovskaya, A. Chaban, A. Khaustova, V. Yushchenko and others.

The purpose of the study is to analyse the dynamics of changes in the psycho-emotional state of the population of Ukraine during the years of the Russian invasion (using the city of Zaporizhzhia as an example).

Presentation of the main research material. In the conditions of a full-scale Russian invasion of Ukraine in response to all the negative events causing martial law, the population of Ukraine exhibits emotional states of varying intensity and modality. War acts as a stress factor that forms various reactions of an individual to danger and determines psycho-emotional experiences.

The opinion of scientists who considered stress as a state of prolonged psychological tension arising from the emotional overload of the human nervous system is important. Any stress is an emotional tension that provokes not only psychological, but also psychosomatic problems. J. Bright [12] expressed the opinion that, unlike constructive stress, which helps a person mobilize internal reserves and successfully adapt to new conditions, destructive stress most often flows into a chronic form, which a person can no longer cope with on his own. Russia's full-scale invasion of Ukraine, which lasts almost four years, is an extremely powerful stress factor.

Despite the different methodological approaches to understanding stress (based on which researchers identify psychophysiological and socio-psychological factors as leading ones), stress is defined: as a reaction to external and internal stimuli associated with threat and danger; as a factor of psychological tension, manifested in emotional states of anxiety, fear, hopelessness, aggression, anger, etc.; the emergence of stress is

preceded by the influence of stress factors of an extreme, crisis, emergency and catastrophic nature. It is the war and its consequences that act as strong factors in the emergence of stressful conditions of high intensity, which, in fact, determine the dominant psycho-emotional population.

In modern psychological science, there is no single definition of the concept of “psychoemotional state”, but many researchers identify key features: emotional response of the individual according to the dominant type; arises as a result of the interaction of the individual with the environment (in war conditions, the environment is considered a threat at the biological, psychological and social levels); may not be recognized by a person due to the catastrophic stress load on the psyche; depends on the development of emotional intelligence [9; 10]. Consequently, the basic category of the concept of “psychoemotional state” is “emotion” or “emotional state”. As Gavrilkevich and A. Firstova note, “the emotional state of a person is an internal emotional situation caused by certain circumstances, conditions; reflects the formal characteristic of the emotional state, namely, that each emotional state is manifested in two aspects, such as: external (external manifestations that both the person himself and other people can evaluate in accordance with certain requirements) and internal (internal manifestations that only the person himself perceives with his consciousness through his feelings and describes his emotional state as his mood)” [1, p. 43]. T. Palko and K. Travina point out that “a psychoemotional state is a complex set of changes occurring in the body and psyche, including physiological arousal, feelings, cognitive processes, behavioural reactions to a situation that is perceived as important for a given person” [4, p. 836].

Emotional states and forms of their detection are determined mainly by social factors, but when determining the nature of their occurrence, one cannot ignore some innate human characteristics. The wealth of emotional states, according to I. Litvyakova and N. Khanetskaya, is manifested in different forms (table 1) [2, p. 807].

Table 1

Forms of experiencing an emotional state

Form	Definition
Mood	A general emotional state that gives a certain colour to a person's activity for a certain time, characterizes the vitality of the individual
Affect	A turbulent emotional state that arises as a result of a person experiencing a particularly strong emotion, positive or negative, characterized by the loss of the ability to control their actions and deeds
Stress	A reaction of a person's psychophysiological stress in dangerous situations that appear unexpectedly and require measures to overcome them
Distress	A negative emotional state of a person that has a pronounced disorganizing nature and is caused by a long-term experience of a stressful state, the preservation of tension even after the threat has been eliminated
Frustration	A peculiar negative emotional state, a characteristic feature of which is the disorganization of activity, when a person finds himself in a state of hopelessness, loss of perspective

Source: [6, p. 807]

In the conditions of a long-term full-scale Russian-Ukrainian war, the psycho-emotional state of the population of Ukraine is predominantly negative and destructive, caused by a long-term experience of stress. For example, M. Tkalich, studying the dynamics of emotional states during the war during 2022-2023, came to the conclusion about the imbalance of positive and negative emotions, and the experiences of negative emotions are more intense and prolonged [6], and I. Moskvina, L. Polischuk and O. Ustyanskaya also note the dominance of negative emotions over positive ones: fear and anxiety, panic, irritation and anger, sadness, pity or grief, relief, gratitude and hope [3, p. 32]. In general, to date, many studies have already been accumulated by domestic scientists regarding the emotional experience of the war by the population of Ukraine, therefore, our study focuses on the analysis of the dynamics of changes in the psycho-emotional state of the population during for almost four years of a full-scale war.

In order to study the psycho-emotional state of Ukrainians in the conditions of war, psychodiagnostic surveys were conducted among the population over a period for almost four years. Zaporizhzhia, both offline and via the social network Facebook (2022-2024). The sample of respondents: 1) September-November 2022 – 62 respondents (the average age of respondents is 32.4 years old, of which 62% are women and 38% are men); 2) August-October 2023 – 48 respondents (the average age of respondents is 37.5 years old, of which 65% are women and 35% are men); 3) September-November 2024 – 56 respondents (the average age of respondents is 32.4 years old, of which 62 % are women and 38 % are men). The sample is random, formed according to the accessibility criterion and the established level of trust. The main parameters and psychodiagnostic methods of the study were: 1) the tendency to experience stress and stressful states of the population: the method of J. Jenkinson “Propensity to Stress” (as modified by Friedman and Rosenman); 2) the psycho-emotional state of the civilian population: a) the results of the questionnaire; b) the method “Self-assessment of mental states” by G. Ayzenko; 3) the level of anxiety of the population: the scale of reactive (situational) and personal anxiety of C.D. Spielberger – Yu.L. Khanino. Fig. 1 shows the results of the survey using the method of J. Jenkinson “Propensity to Stress”.



Fig. 1. Levels of manifestation of susceptibility to stress according to the method of J. Jenkinson

As we have noted, war is a stress-generating factor of extraordinary strength, and experiencing a stressful state in the long term of the active phase of hostilities negatively affects the psycho-emotional state of the population, therefore the level of susceptibility to stress can vary depending on both the individual psychological characteristics of a person and situational factors associated with the situation at the front, information influences, changes in the social environment, etc. As follows from the diagram, at the beginning of the Russian invasion in 2022, the highest level of stress was observed (41.7 %) as a reaction to a change in normal living conditions, a threat to life and uncertainty about the development of further events. In 2023, this indicator slightly decreased (31.6 % of respondents revealed a high level of susceptibility to stress), which is associated with relative adaptation to the conditions of war, a more positive information environment, moderate development of military operations against the background of increased international support for Ukraine from Western partners. In 2024, Russian troops began active offensive operations, and the city of Zaporizhzhia found itself in a zone of constant missile attacks, which acted as a powerful trigger for distress among the population (38.6% of respondents found a high level of susceptibility to stress). Experiencing stress is always associated with the dominance of a certain emotional state, so in order to determine the emotions that are most prevalent in the mood of Ukrainians for almost four years, respondents were asked to identify the main emotional states that, in their opinion, prevail in Ukrainian society. The list of emotions from the questionnaire of the study “Mental health and

attitudes of Ukrainians to psychological assistance during the war”, conducted in September 2022 by Gradus Research Company [5] (Fig. 2) was taken as a basis.

Yes, for the population of Zaporizhzhia in 2022, the dominant emotions of experiencing war are tension (40.6 %), hope (39.2 %), fatigue (31.4 %), anger (27.3 %), pride (25.5 %), fear (23.8 %); in 2023, the configuration of dominant emotions has changed somewhat, although their hierarchical structure has remained unchanged – hope has come to the fore (42.1 %), the rate of experiencing anger has increased (29.8 % compared to 27.3 % in 2022), pride (27.2 %). At the same time, the experience of war fatigue has increased (34.7 % of respondents are intensely experiencing a state of fatigue due to the uncertainty of the duration of active hostilities and the prospects for the end of the war in the near future). The year 2024 turned out to be the most difficult for respondents in emotional terms: the rates of experiencing stress (42.4 %), fear (27.3 %), despair (18.2 %) and helplessness (11.1 %) increased. Thus, we can state fluctuations in the emotional state of residents of Zaporizhzhia depending on the development of events at the front, the increase in security threats on the one hand, and on the patterns of experiencing stress syndrome – from maladaptation to an adaptive response to a stressful situation, and its long-term effect to experiencing distress and its psychoemotional and psychophysiological consequences. To determine the characteristics of the psychoemotional state of the population under martial law, the method “Self-assessment of mental states” by G. Ayzenko was used. Fig. 3 shows the survey results for high scores on the scales of the method.

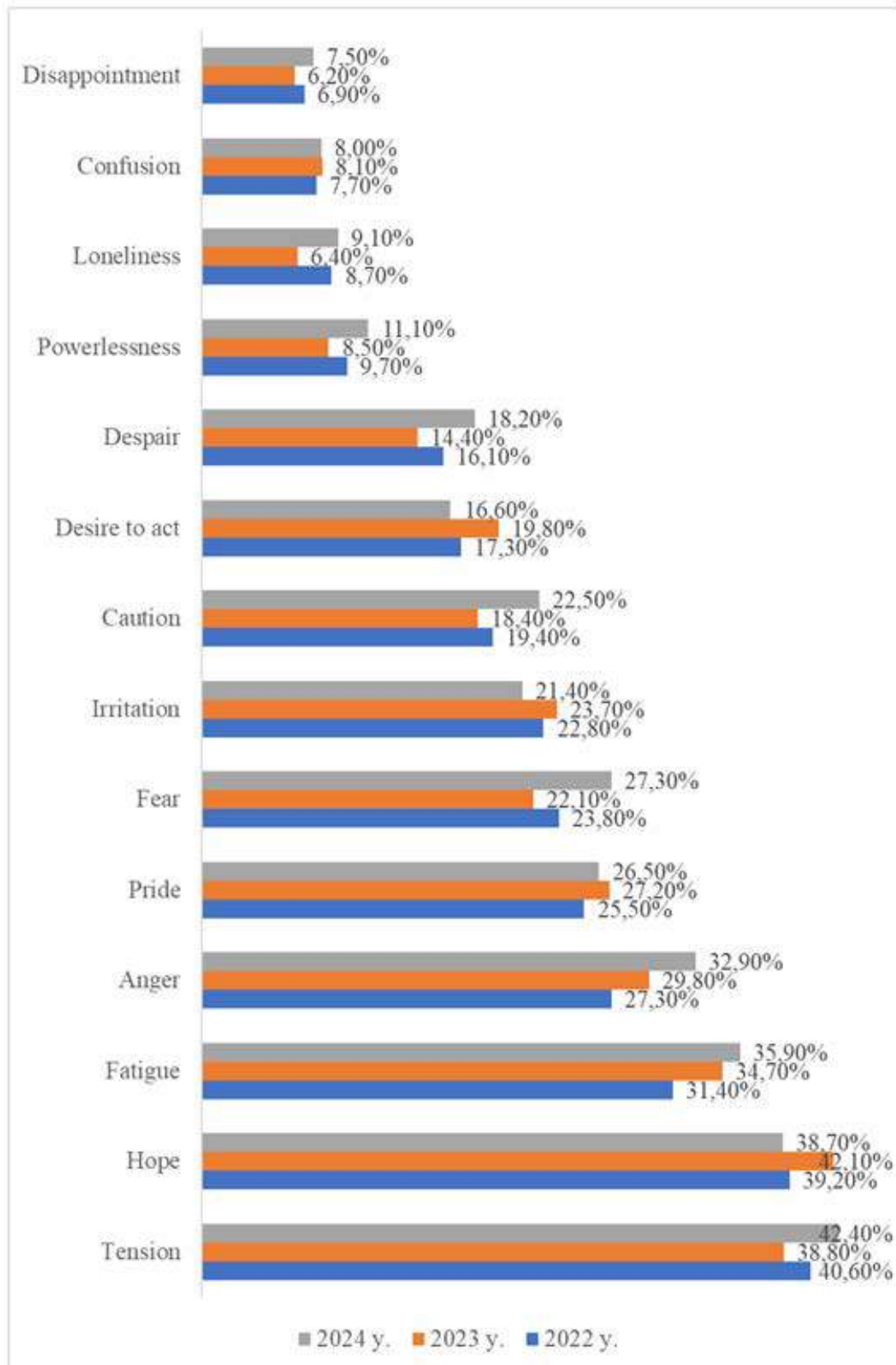


Fig. 2. Emotions that have recently dominated the mood of Ukrainians (multiple options could be selected)

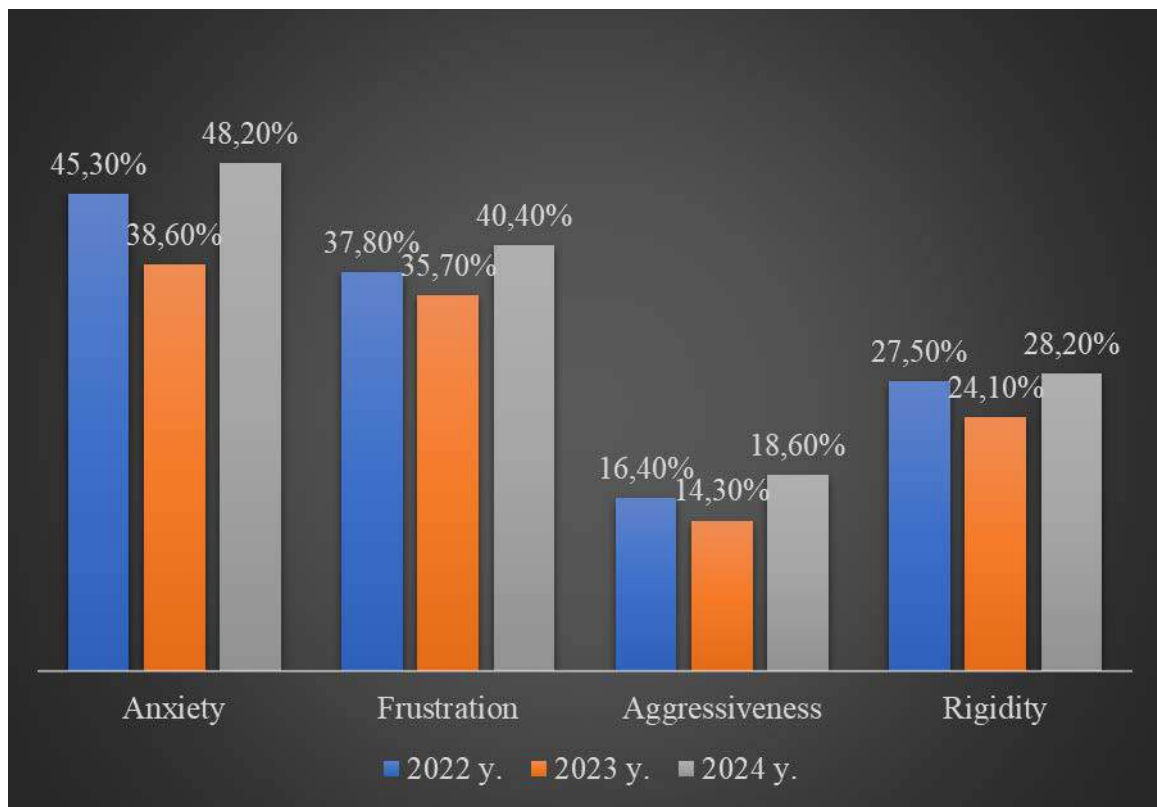


Fig. 3. Indicators of the psycho-emotional state of the population according to the results of the method “Self-assessment of mental states” by G. Eysenck

According to the results of the study, anxiety has the highest indicator of the psycho-emotional state, manifested in a feeling of anxiety, danger and uncertainty about the future, and in 2022 it was 45.3 %, in 2023 – 38.6 %, and in 2024 a high level of anxiety was found in almost half of the respondents – 48.2 %. A third of the respondents showed an average level of anxiety, which is mainly situational in nature.

The frustration indicator is also more pronounced, which indicates the impossibility or difficulty of satisfying needs. Aggression as an indicator of the psycho-emotional state has average values, although 14-18 % of respondents show a high level of aggression in the environment. Rigidity as an emotional rejection of war and changes in one's own situation is detected by an average of 26 % of respondents over the years of the Russian invasion, which indicates an inability to survive stress, fixation on the same emotional experiences, as well as the inability to independently find internal resources (individual resolution to oneself, other people and the world as a whole. In the general trend of the identified indicators, it is in 2024 that an aggravation of destructive psycho-emotional states is observed, especially in the aspects of experiencing anxiety and frustration as manifestations of the influence of long-term stress. Therefore, to clarify the dominance of personal and situational factors in the anxiety structure, the “Scale of reactive (situational) and personal anxiety by Ch.D. Spielberger – Yu. L. Khanin” technique was used (Fig. 4).

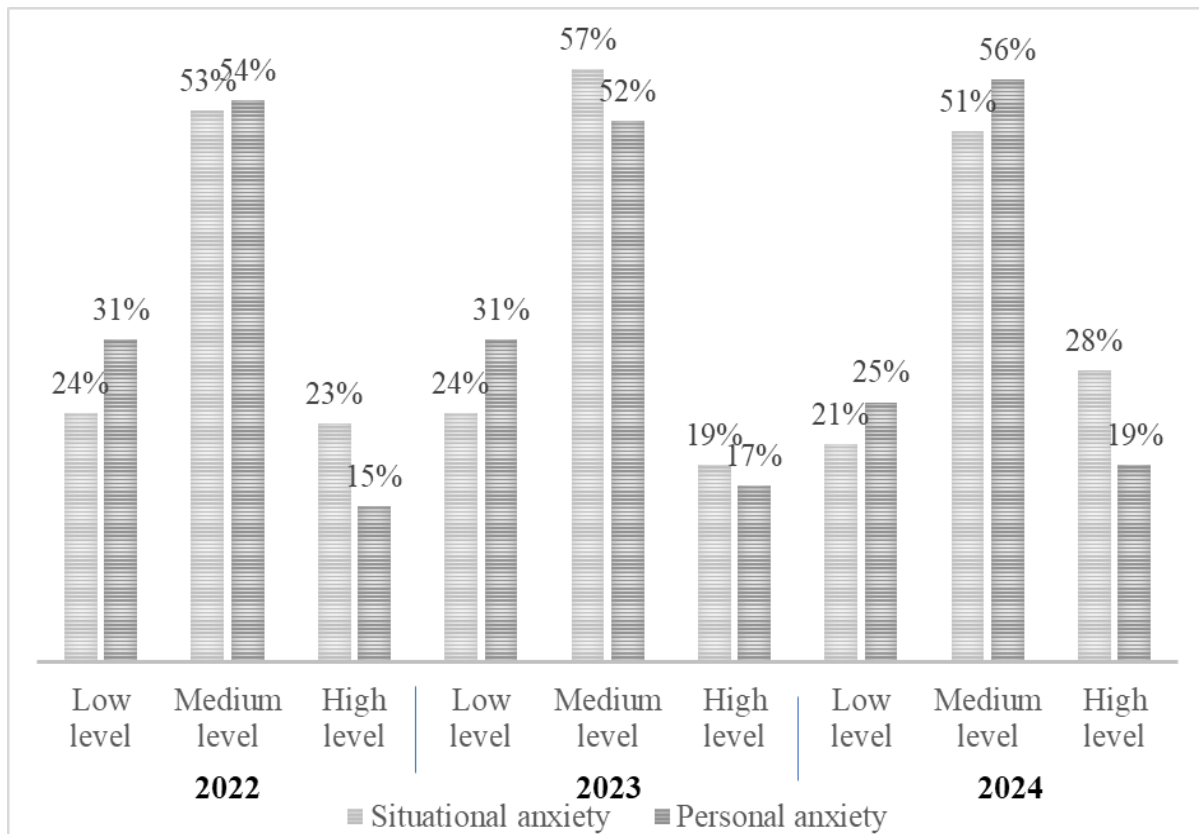


Fig. 4. Assessment of the level of situational and personal anxiety

The results of the study indicate that the level of anxiety is influenced by situational factors associated with the development of events at the front, the intensification of destructive missile strikes on m. Zaporizhzhia, an increase in information about the destruction and deaths in the city (the highest level of situational anxiety was found in 2024 – 28 %). Despite the fact that personal anxiety in psychological science is considered as a stable mental formation, it should be noted that the war has also affected this area – there is a tendency for this indicator to increase from 15 % in 2022 to 19 % in 2024, which is explained by the increase in people who have personally experienced traumatic experiences, and those in whose environment there are such people.

Consequently, war, its destructive and destructive impact, uncertainty of its duration acts as a stressor of an extreme and catastrophic nature and affects the increase in negative and destructive psycho-emotional states, behavioural disorders, adaptation disorders, and the spread of post-traumatic stress disorder (PTSD) among the population.

Conclusions and prospects for further research. Based on the results of a psychodiagnostic study of the characteristics of the psychoemotional state of the population of Ukraine (using the city of Zaporizhzhia as an example), the following conclusions were made:

Based on the results of a psychodiagnostic study of the dynamics of changes in the psychoemotional state of the population of Ukraine (using the city of Zaporizhzhia as an example), the following conclusions were made:

– firstly, it was determined that war is a stress factor of extreme strength and intensity, which causes not only an acute stress reaction, but also creates prolonged negative psychoemotional states, which are a complex set of emotions that affect psychological well-being, motivation and behaviour;

– secondly, the most noticeable years for the population to experience stress were 2022 as the beginning of a full-scale invasion and 2024 as a period of exacerbation and active offensive actions by Russia;

– thirdly, the main emotions that prevail in the mood of Ukrainian citizens are tension, hope, fatigue, anger, pride, fear; and the main mental states are anxiety and frustration, the indicators of which are also most pronounced in the period 2024.

A promising direction for further research may be the constant monitoring of the psycho-emotional state of the population of Ukraine depending on the socio-economic and socio-political situation in the country and in the combat zone.

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