

PSYCHOLOGICAL FACTORS OF SUBJECTIVE ASSESSMENT OF THE IMPACT OF WAR

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ABSTRACT

The study presents the psychological factors of subjective assessment of the impact of war. The impact of socio-demographic factors, i.e., age, gender, family status, and current location of the respondent on the subjective assessment of the impact of the war, was also investigated. The following questionnaires were used to study personal traits: the Freiburg Personality Inventory, The Ways of Coping Questionnaire, and the Tolerance-intolerance of Ambiguity New Questionnaire. There is a relationship between personal traits and a subjective assessment of the impact of war. Respondents who communicate or communicated only in Russian were more affected by the war, while those who communicated in Russian and Ukrainian were less affected. Unmarried respondents were less affected by the war, and married ones the most. In general, the study showed that people with different psychological and socio-demographic characteristics have significant differences in their subjective assessment of the impact of war.

Key words: war, war in Ukraine, Russian aggression, impact of war, subjective assessment of war.

Problem Statement. People react differently to such situations as crises, including disasters, pandemics, and conflicts. Researchers have attempted to explain the root causes of these differences, and most have explored the psychological characteristics of individuals, especially personality traits. The consensus among recent studies is that personality traits and other psychological characteristics affect how individuals react and evaluate situations, which significantly dictates their coping strategies. This research is set within the context of recent disasters, including the ongoing Russia-Ukraine war and the coronavirus (COVID-19) pandemic. The focus is on

examining recent empirical evidence on how psychological characteristics affect how people evaluate and cope with situations.

Severe war-related trauma has long been the focus of many war studies keen on determining the relationship between psychological characteristics and crises. A case study by Munjiza et al. (2017) reveals that people exposed to war exhibit clinically significant personality-related problems several years after the war. While these studies offer insight into the subject matter, they fail to express the reverse relationship between the variables regarding how psychological characteristics influence how people per-

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ceive, evaluate, and cope with situations.

The purpose of this study is to determine the psychological factors that influence the subjective assessment of the impact of war. For this purpose, a questionnaire was created with questions related to this topic and provided to the respondents (Ukrainians) for answers. Special attention was paid to the differences between people who communicate only in Russian or Ukrainian or combine them when communicating.

Literature Review. Wars negatively affect individuals' mental, emotional, and psychological well-being. Many studies on the relationship between war and psychology often focus on this reverse relationship between the variables. According to Kurapov et al. (2022), the Russia-Ukraine war has had detrimental mental and emotional outcomes for civilians, including university students and other personnel. All individuals caught up in the war face an immediate risk of post-traumatic stress disorder (PTSD). Additionally, anxiety, depression, and other stress-related challenges are expected to emerge.

This literature review is set within the context of recent pandemics, including the ongoing Russia-Ukraine war and the coronavirus (COVID-19) pandemic. The focus is on examining recent empirical evidence on how psychological characteristics affect how people evaluate and cope with situations. Coping and resilience are the terms mainly used to express how individuals react to adverse situations based on their psychological characteristics. The two styles of coping established by Alonso-Tapia et al. (2019) are problem-focused and emotional-focused coping. Problem-focused coping (PFC) seeks to eliminate stressors and comprises such strategies as positive thinking, problem-solving, and thinking avoidance. These strategies denote such personality traits as openness to experience, conscientiousness, and extraversion, which are associated with higher abilities for problem-solving (Kipman et al., 2022). Therefore, PCF is associated with better psychological outcomes that include higher levels of resilience.

Emotion-focused coping (EFC) seeks to reduce the distress caused by adverse situations. The strategies deployed in EFC include emotional expression, rumination, and self-blame. It can be argued that individuals adopting EFC display such personality traits as neuroticism, which indicate poor problem-solving abilities. According to Kip-

man et al. (2022), neurotic individuals display avoidant or impulsive problem-solving styles and have a negative orientation toward the problem. Alonso-Tapia et al. (2019) establish that EFC is related to worse psychological outcomes, including lower levels of resilience. Therefore, the current literature confirms that personality traits dictate how people react to situations. In this case, resilience and coping refer to how individuals handle themselves during crises. They can either adapt or succumb to adversities depending on their psychological characteristics. Alonso-Tapia et al. (2019) find that personality factors may also depend on coping strategies. This observation highlights that the relationship between coping and personality traits can be reciprocal.

Coping can be defined as the efforts by an individual to either erase the emotional anxiety caused by a stressor or modify the source of the anxiety. In this case, personality traits dictate how an individual perceives external stressors, which explains the diverse responses to crises. Additionally, personality traits cause differences among people regarding emotional, cognitive, and behavioral performance. For example, impulsive individuals are characterized by negative behaviors since they are less likely to plan their actions (Prentice et al., 2020). Extraversion makes individuals resistant to adversity. However, it is important to emphasize that coping is usually an emotional-driven effort to manage the situation. Therefore, the emotional abilities of an individual can be assessed in terms of emotional intelligence (EI) and how it shapes coping outcomes. EI entails the ability to perceive, use, understand, and manage the emotions of others and oneself. Therefore, those who succumb emotionally to such events as war can be perceived as having lower EI.

The Big Five personality traits are the most studied psychological characteristics in how individuals react to situations. The body of literature on the Big Five traits has significantly grown after the COVID-19 outbreak as many scholars seek to examine the differences in coping. A case study on Israeli-Palestinian students presented by Agbaria and Mokh (2022) established that those students with higher scores of extraversion, openness, conscientiousness, and agreeableness used active problem-focused coping. On the contrary, the students who scored higher in neuroticism used maladaptive EFC. The reverse relationship between

the variables is also observed in this study, whereby the EFC maladaptive strategies cause negative psychological outcomes, including distress. The Big Five traits always display similar outcomes when tested across multiple areas as long as the dependent variable involves coping or resilience. A case study of coping and coping effectiveness in sports presented by Kaiser et al. (2019) reveals that agreeableness, extraversion, and openness are positively correlated with task-oriented coping. Extraversion and neuroticism predicted disengagement-oriented coping. Therefore, the Big Five personality traits remain the most significant psychological determinant of human responses to situations.

When focusing on the Big Five, there is a need to explore the possibility that negative traits could adversely affect responses to situations. This position can be illustrated using personality disorders and their effects on mitigation-related behaviors. According to Preti et al. (2020), such adversities as pandemics tend to have negative psychological effects on individuals with personality disorders. For example, paranoid traits and detachment in cluster A are associated with worse psychological outcomes in a pandemic. Cluster B individuals exhibit more intense stress-related responses and react strongly to social distancing. Cluster C patients are more prone to stress and anxiety and are less flexible in adaptation to new routines. Personality disorders entail severe mental disorders reflected by moderate to severe impairments in self and interpersonal functioning. Therefore, it can be expected that individuals with defective personalities will prevent others from effectively appraising the situation and adapting accordingly. In terms of pandemics, rules are often set to help individuals cope. Personality disorders hinder the ability of individuals to comply. Similarly, it can be argued that specific Big Five traits and other psychological characteristics also display the same implications for individuals facing adversities.

Beyond the Big Five, other psychological characteristics have been studied regarding how they affect reactions to situations, including illnesses, crises, and conflicts. Examples include optimism and mastery, two empirically and conceptually distinct terms that predict coping. Optimism can be described as the dispositional tendency of an individual to expect positive outcomes instead of negative ones. According to Gallagher et al. (2019), higher levels of optimism result in positive outcomes in such domains as

physical health. Mastery involves control over outcomes, meaning it is more aligned with hope and self-efficacy, which pay attention to the role of personal agency. Mastery is also associated with higher levels of adaptive behavior. The study by Gallagher et al. (2019) focuses on the survivors of cancer. However, the findings have been replicated in other contexts, including the COVID-19 pandemic and armed conflict. Self-efficacy (denoting mastery) and optimism were associated with positive coping behaviors during the COVID-19 pandemic, as established by Agbaria et al. (2022). Similarly, self-mastery and optimism helped moderate PTSD and distress symptoms among adolescents exposed to armed conflict through the media (Pe'er & Slone, 2022). The consistency of these findings indicates that the psychological characteristics of an individual determine their responses to situations.

The psychological health of individuals dictates how they respond to situations. Therefore, there is a need to examine the relationship between the various antecedents of psychological well-being and coping and resilience. One such antecedent is the sense of coherence (SOC), which has been associated with the ability of individuals to achieve higher levels of psychological well-being after exposure to adversity, trauma, and stress. Such situations often cause life-long psychological, mental, and emotional health problems, especially if the individuals face them at a young age. SOC can be described as how individuals view the world, facilitating successful coping with stressors. According to McGee et al. (2018), SOC comprises meaningfulness, comprehensibility, and manageability. A revised version of SOC is the SOC-R (R stands for 'revised'), which denotes the ability of an individual to balance and integrate positive and negative experiences to maintain and develop well-being and health. Such an ability predicts coping and resilience after exposure to adversity.

SOC has been studied in such contexts as war and early-life PTSD. A case study on the war in Syria presented by Braun-Lewensohn and Al-Sayed (2018) examined how SOC helped adolescent refugees cope with the war. The findings of this study revealed that adolescents with higher scores of SOC displayed fewer psychological problems. Therefore, SOC plays the most significant role in predicting psychological problems and mediating the relationship between socio-demographic factors and adverse experiences

on the one hand and the appraisal of situations on the other. The focus on SOC helps emphasize that the psychological characteristics of individuals are determined by other factors, some of which may be socio-demographic in nature. The level of exposure or prior adverse experiences may dictate the psychological preparedness of an individual for future events.

The current literature has provided overwhelming evidence regarding how the psychological characteristics of individuals affect how they react to situations, including crises and war. Studies within the last five years have been used in this literature review, which explains why most of them focus on the COVID-19 pandemic. An attempt to assess this relationship in the context of war has produced partial results, with the case of a study on Ukraine focusing on the reverse relationship. However, the focus on war, in general, has produced more positive results, as manifested by the case study of the Syrian war. Eliminating the confines of context has allowed the literature review to assess such aspects as personality traits and other psychological characteristics. In this case, the Big Five have been the most studied psychological aspect. Evidence from these studies indicates that some traits, including extraversion, agreeableness, conscientiousness, and openness, predict positive reactions to situations. Neuroticism has been associated with negative reactions since it predicts impulsive behaviors. Lastly, mastery and optimism are other psychological characteristics that facilitate coping among individuals.

Methodology. The purpose of this study is to test the following hypotheses:

Different psychological and socio-demographic features influence subjective perception of war's impact on one's life;

People of middle and old age evaluate war's impact on their lives as more drastic than younger generations.

The research methodology consists of two parts: socio-demographic questions and personality questionnaires. The first part includes questions like the gender of the respondents, age, marital status, the respondents' location, and the language spoken by them. The second part includes three personality questionnaires: The Ways of Coping Questionnaire (WCQ), Tolerance-intolerance of Ambiguity New Questionnaire, and the Freiburg Personali-

ty Inventory (FPI). The first one measures coping processes and identifies thoughts and actions that individuals use to cope with the stressful encounters of everyday life. The second one measures how people tolerate ambiguities. The questionnaire has three scales: tolerance to ambiguity, intolerance, and personal intolerance to ambiguity. FPI is a personality questionnaire that has twelve scales, ten standard scales (life satisfaction, social orientation, performance orientation, inhibition, irritability, aggression, solicitation, somatic complaints, health concerns, and sincerity), and two supplementary scales (extraversion and emotionality). The questionnaire includes a question about how much the war affected the person. The question has a closed form; the answer options represent a semantic differential: from "no impact" to "very strong impact".

Conceptual research model. The current paper is devoted to the study of the psychological factors influencing the subjective assessment of the war's impact in Ukraine. For this purpose, a questionnaire was created with questions related to this topic and provided to the respondents (Ukrainians) for answers. The questionnaire was divided into three parts: the first part concerned the collection of information on socio-demographic factors (such as age, gender, location, and family status), and the second and third parts examined the psychological characteristics of each respondent according to the scales of the following questionnaires: Ways of Coping Questionnaire (scales: confrontive coping, distancing, seeking social support, and others); Freiburg Personality Inventory (scales: neuroticism, social orientation, spontaneous aggression, and others); and Tolerance-intolerance of ambiguity new questionnaire (scales: tolerance to ambiguity, intolerance and personal intolerance to ambiguity). As a result, we explore the dependence of the assessment of the impact of war on personal characteristics and socio-demographic factors (Fig. 1).

Results. The obtained data were subjected to statistical processing using the methods of parametric and non-parametric analysis. Statistical analysis was performed using IBM SPSS Statistics v. 26 and Jamovi v. 2.3.18. In this study, 970 respondents participated, of which 587 were female, 380 were male, and three did not wish to indicate their gender. Among them, 162 respondents indicated that the war had a very strong effect on them, 269 indicated a strong effect, 360 – a significant effect, 175 respondents

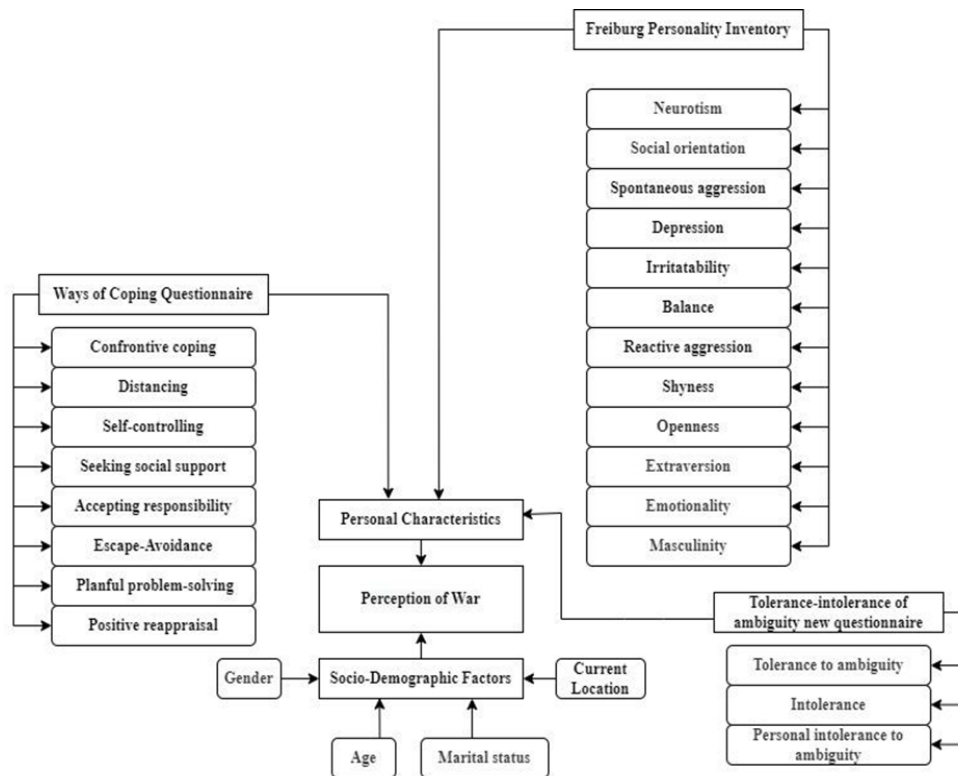


Fig. 1.

Conceptual Research Model

indicated a slight effect and only 4 respondents said that the war did not affect them. Quantitative indicators were assessed to be subject to a normal distribution according to the Kolmogorov-Smirnov test. It was established that according to the non-parametric Kolmogorov-Smirnov test, the distributions do not differ from the normal ($p > 0.05$), so further analysis was carried out using parametric methods.

Comparisons of nominal data were performed using Pearson's χ^2 test, which allows us to assess the significance of differences between the actual number of results or qualitative characteristics of the sample falling into each category and the theoretical number that can be expected in the groups studied under the validity of the null hypothesis. The analysis showed that the p-value is less than 0.05, which means the validity of the null hypothesis.

The study presents 6 age groups: 18-20 years (number of respondents – 114), 21-25 years (number of respondents – 179), 26-35 years (number of respondents – 403), 36-45 years (number of respondents – 168) and 61+ years (number of respondents – 17). In the age categories under 35, the impact of the war is on average lower compared to the categories of 36+ years, and for respondents

aged 46+, the fraction of those who were affected by the war sharply increases.

The impact of the war depending on the marital status of the respondents was also studied, the following groups were represented: married/married (number of respondents – 374), those who are in a civil marriage (number of respondents – 119), single/unmarried (number of respondents – 442), divorced (number of respondents – 42), widowers/widows (number of respondents – 5), 8 respondents classified themselves in the “Other” category. Single/unmarried respondents indicated that the war had a significant impact on them (161 respondents), a strong impact (110 respondents), and a very strong impact (58 respondents), while married/married respondents indicated that the war had a significant impact on them (137 respondents), strong impact (109 respondents) and a very strong impact (65 respondents). Therefore, unmarried/unmarried respondents were less affected by the war on average.

The impact of war on a person, depending on the current situation of the respondent, is also considered. The following categories were investigated: respondents who have remained in the same place under the control of the Ukrainian government since the beginning of the war

(number of respondents – 523); moved to another country and applied for asylum or assistance (number of respondents – 65); moved to another country and registered as refugees (number of respondents – 35); returned to the place where they lived before the start of the war after its deoccupation (number of respondents – 22); returned to the place where they lived before the start of the war, and it was not occupied (number of respondents – 151); moved to another place in Ukraine and officially registered as temporarily displaced persons (number of respondents – 52); moved to another place in Ukraine and did not officially registered (number of respondents – 36); moved to another country without official registration (number of respondents – 21); since the beginning of the war, remained in the same place and it was occupied (number of respondents – 14). The following trend can be traced: people who moved to another country and registered as refugees and those who moved to another place in Ukraine and officially registered as refugees were the most affected by the war. Those who returned to the place where they lived before the start of the war and found it was not occupied were least affected by the war.

The impact of the war on the respondents was studied depending on the language they use in everyday life. The following categories were indicated: Among the Ukrainian-speaking respondents (580 people), Russian-speaking respondents (227 people), those who communicate in Ukrainian-Russian mixed languages (141 people), and 22 people classified themselves in the “Other” category. Those who communicated in Russian were more affected by the war, while those who communicated in Ukrainian-Russian mixed languages were less affected by the war.

The statistical significance of differences in quantitative indicators having a normal distribution between groups was assessed using univariate analysis of variance by calculating Fisher’s F test. In the obtained results, it was found that the value of the Fisher F test has a significant impact as an independent factor on the spread of average values ($p < 0.05$) for the following scales of the FPI questionnaire: neuroticism, depression, irritability, balance, shyness, extraversion, emotional lability, and masculinity.

Arithmetic mean values (M) and standard deviations (SD) were calculated to describe quantitative indicators having a normal distribution. When group statistics

were calculated, the following data was obtained: people who experienced a strong (M = 6.04; SD = 2.066) or very strong (M = 6.05; SD = 2.067) impact of the war have high indicators on the neuroticism scale. Respondents who noted that the war did not affect them in any way have high scores on the scales of depression (M = 6.00; SD = 1.633), irritability (M = 6.50; SD = 1.732), extraversion (M = 7.75; SD = 0.957) and balance (M = 6.00; SD = 1.414). Subjects who noted a strong impact of the war (M = 6.16; SD = 2.110) had high scores on the shyness scale. Those who reported either no impact (M = 6.25; SD = 1.708) or strong impact (M = 6.06; SD = 2.024) had high scores on the emotional lability scale. Respondents who were not affected by the war at all (M = 6.25; SD = 2.062) or, on the contrary, very strongly (M = 4.14; SD = 2.101) had high indicators on the masculinity scale.

The obtained results show that the Freiburg Personality Questionnaire can be represented as a model with weak connections in the form of logistic multinomial regression. It can be seen from the graph (Fig.2, Fig.3) that when there was a significant impact of the war or a very strong impact of the war, the fraction of people with high scores on the neuroticism scale was greater than the fraction of people with low scores. In contrast, with insignificant war impact and strong war impact, the probability of low neuroticism scores were greater. In the presence of a strong impact of the war, the share of people with high scores on the scale of depression increases, and in the presence of an insignificant impact of the war, a significant impact and a very strong impact of the war, the share of respondents with low scores on the scale of depression increases ($\chi^2 = 27.2$; $df = 8$; $p = < 0.001$).

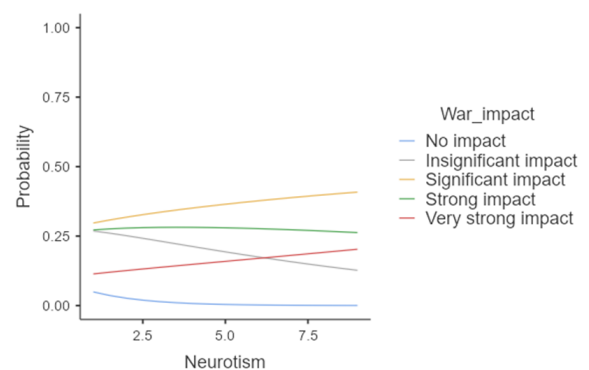


Fig. 2.

A predictive model of neuroticism as a personality trait and response to war

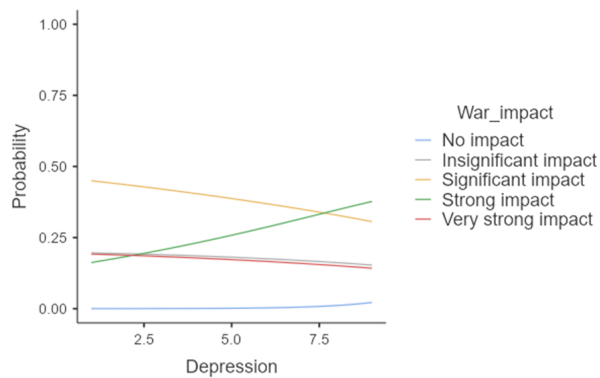


Fig. 3.
A predictive model of depression as a personality trait and response to war

The second set of results also showed that the relationship between the scales is complex, and therefore the possibilities for applying a multinomial logistic regression model are limited. In this context, it can be concluded that depression ($B = 0.73$; $p = 0.084$) as a personality trait together with neuroticism ($B = -0.71$; $p = 0.016$) cannot fully determine the strength of the impact of war on personality (for intercept model: $B = -4.30$ $p = 0.027$). Openness ($B = -0.279$; $p = 0.148$) and extraversion ($B = 0.28$; $p = 0.123$) are among the key factors of a person's perception of the impact of war (for intercept model: $B = 0.57$; $p = 0.087$).

In the presence of significant or insignificant impacts of war, the odds of high extraversion were higher, while in the presence of strong impact of war and very strong impact of war, the odds of low extraversion were higher (Fig.4, Fig.5). In the presence of a strong impact of the war and a very strong impact of the war, the share of respondents with high scores on the "Openness" scale increases, while in the presence of a significant impact of the war and significant impact of the war, the share of respondents with a high score on the "Openness" scale decreases ($\chi^2 = 11.2$; $df = 8$; $p = 0.188$).

The statistical significance of differences in quantitative indicators having a normal distribution between groups was assessed using univariate analysis of variance by calculating Fisher's F test. In the obtained results, it was found that the value of the Fisher F test has a significant impact of an independent factor on the spread of average values ($p < 0.05$) for the following scales of the WCQ: self-control, search for social support, planning for problem-

solving, and positive reappraisal.

Arithmetic mean values (M) and standard deviations (SD) were calculated (Table 1) to describe quantitative indicators having a normal distribution. Respondents who stated that the war did not affect them in any way ($M = 14.00$; $SD = 0.816$) had high indicators on the scale of social control. Subjects who felt a very strong impact of the war had high scores on the scale of seeking social support ($M = 9.73$; $SD = 2.744$) and on the scale of positive reappraisal ($M = 10.97$; $SD = 3.749$). Those who indicated that the war either did not affect them ($M = 10.50$; $SD = 1.732$) or, conversely, that the war had a very strong impact on them ($M = 10.46$; $SD = 2.776$) have high scores on the scale of problem-solving planning.

Analyzing Tolerance-intolerance of ambiguity new questionnaire it was found that in the presence of significant impact and insignificant impact, the share of re-

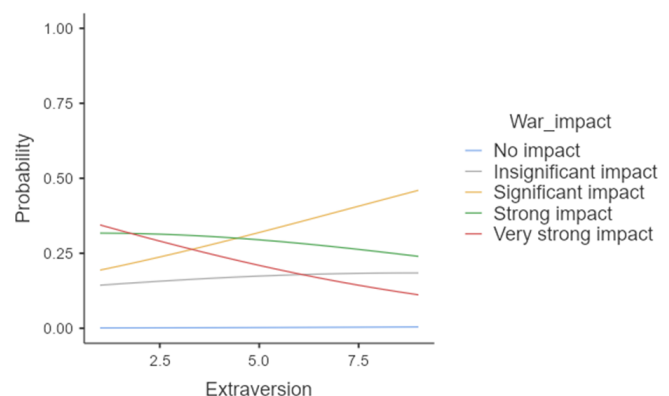


Fig. 4.
A predictive model of extraversion as a personality trait and response to war

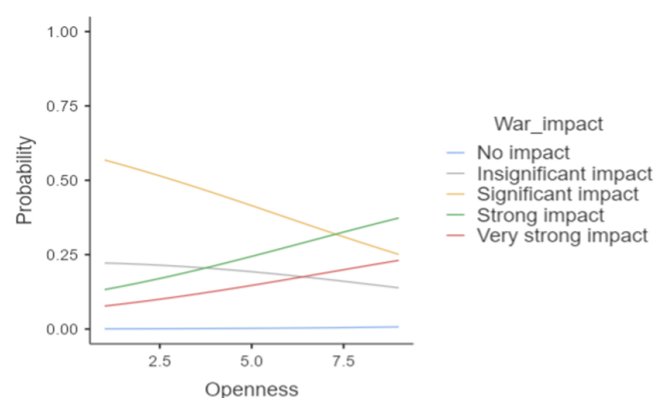


Fig. 5.
A predictive model of openness as a personality trait and response to war

Table 1.

Analysis results of Group Descriptives for WCQ

	War Impact	N	Mean	SD	SE
Self Control	No Impact	4	14.00	0.816	0.408
	Insignificant Impact	175	10.93	2.790	0.211
	Significant Impact	360	11.00	2.697	0.142
	Strong Impact	269	10.78	2.894	0.176
	Very Strong Impact	162	11.32	2.630	0.207
Search for Social Support	No Impact	4	7.00	3.367	1.683
	Insignificant Impact	175	8.55	2.701	0.204
	Significant Impact	360	8.94	2.867	0.151
	Strong Impact	269	9.22	2.648	0.161
	Very Strong Impact	162	9.73	2.744	0.216
Problem-Solving planning	No Impact	4	10.50	1.732	0.866
	Insignificant Impact	175	9.57	2.917	0.221
	Significant Impact	360	9.64	2.633	0.139
	Strong Impact	269	9.51	2.799	0.171
	Very Strong Impact	162	10.46	2.776	0.218
Position Reevaluation	No Impact	4	8.75	4.349	2.175
	Insignificant Impact	175	9.60	3.298	0.249
	Significant Impact	360	9.72	3.522	0.186
	Strong Impact	269	9.92	3.599	0.219
	Very Strong Impact	162	10.97	3.749	0.295

spondents with high indicators on the Intolerance scale decreases, while in the presence of strong impact and very strong impact, the share of respondents increases ($\chi^2 = 7.34$; $df = 4$; $p = 0.119$). The results of modeling are presented in Figure 6. Analyzing the relationship between Intolerance and the subjective assessment of the impact of war on personality, we can conclude that Intolerance ($B = -0.019$; $p = 0.037$) is not a key factor in the impact of war on personality (for intercept model: $B = 2.04$; $p < 0.001$), and together with other factors forms the overall picture.

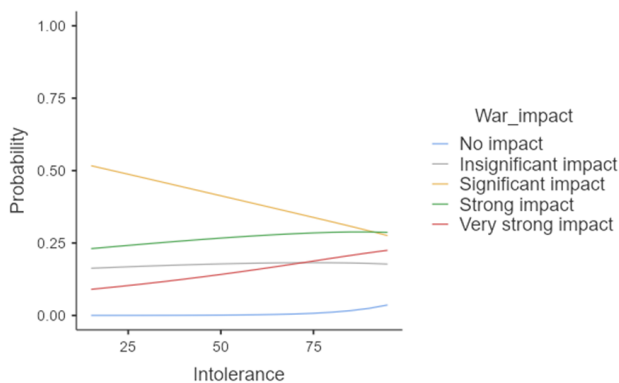


Fig. 6.
A predictive model of Intolerance as a personality trait and response to war.

Discussion. The presented research demonstrated

the connection between subjective evaluation of war's impact on one's life and demographical features. Among all age groups from 18 to 61+ years old respondents in the categories below 35 years old showed lower level of impact evaluation, while for those in the 46+ categories the fraction of those who were severely affected by the war sharply increases. It can be assumed that this distribution is connected to young people's overall better mobility and openness for different changes in their lives, while older people are less prepared for them. The evaluation also depends on the marital status of a respondent, since unmarried respondents were less affected by the war on average and the married ones were affected the most, which can be connected to the fear of separating with their partners. Another correlated feature is the current location of the respondent. The following tendency can be traced: people who moved to another country and registered as refugees and those who moved to another place in Ukraine and officially registered as refugees were the most affected by the war, and those who returned to the cities where they lived before the start of the war and which were not occupied, evaluated the impact of war as the least severe. This phenomenon can be explained either in terms of the fact that different respondents have experienced objectively different impacts of the war, as well as by the difference in individual subjective

assessment of such impacts. The study showed the connection between the evaluation and the language the respondents use in their everyday life: those who communicated in Russian were more affected by the war, while those who communicated in mixture of Russian and Ukrainian were less affected by the war. The reason behind this connection can be geographical location of the most affected Ukrainian territories: the most impacted areas are eastern and southern Ukraine, and most of Ukrainians who live there speak Russian. Therefore, such characteristics as age, marital status, current location, and the everyday-life language influence the subjective evaluation of the war's impact on one's life.

The study suggests the connection between personal traits and subjective evaluation of war's impact. One of those traits is neuroticism. People with higher scores on the scale of neuroticism show the evaluation of war impact as more severe, than those who have lower scores. The same can be said about depression: respondents with more intensely expressed depression feature evaluate the impact as a stronger one. However, the regression analysis demonstrates that as the scores rich extreme values, both depression and neuroticism scales significantly less affect the evaluation of war's impact. Respondents with high openness and extraversion levels evaluate the impact less severely than people with low points on those scales.

Respondents who stated that the war did not affect them in any way had high indicators on the scale of social control, which can be explained by assuming that such respondents feel that everything is under their control. Those who felt a very strong impact of the war had high scores on the scale of seeking social support and on the scale of positive reappraisal, which may be due to the fact that people during the war became afraid of losing social support. As for the positive reassessment, here we can assume that the usual coping strategies became less effective during the war and the respondents struggle to see their positive sides. Those who indicated that the war either did not affect them or that the war had a very strong impact on them have high scores on the scale of problem-solving planning. Probably, people who are good problem solvers are used to relying on themselves and their decisions and following those decisions to the end. Accordingly, if they, abstractly speaking, made the right decision, then the influence of the war on them was small, and if they made a mistake and stood by

their wrong decision, then the influence of the war on them was enormous.

It is important to establish not only the connection or correlation between the results of Freiburg Personality Inventory (Neuroticism, Depression, Openness, Extraversion, etc.), Ways of Coping Questionnaire (Confrontive coping, distancing, self-controlling, etc.), Tolerance-intolerance of ambiguity new questionnaire (Tolerance to ambiguity, Intolerance and Personal intolerance to ambiguity), socio-demographic factors (Gender, age, marital status and current location) and the perception of war impact, but also to analyze the possible schemas of inter-influence of these factors. We can infer that most likely the scales of Freiburg Personality Inventory and perception of war form two-way connection: the FPI scales influence the perception of war and the latter influences the FPI scales. In contrast, several traits form mostly one-way connections with the perception of war impact, namely WCQ scales, socio-demographic factors and Tolerance-intolerance of ambiguity new questionnaire.

Conclusions. This paper investigates the influence of the following factors on the subjective assessment of the war: the results of Freiburg Personality Inventory, Ways of Coping Questionnaire, Tolerance-intolerance of ambiguity new questionnaire, socio-demographic factors such as gender, age, marital status and current location. According to the results, it was found that respondents in the age categories under 35 showed a lower level of assessment of the impact of the war, and in the age categories of 46+ there was a sharp increase in the proportion of those who were greatly affected by the war. It is worth noting that unmarried respondents were less affected by the war, and married respondents were the most affected. This can be associated with the fear of separation from a partner and worrying about one's own children. Moreover, people who moved to another country and registered as refugees and those who moved to another place in Ukraine and officially registered as refugees suffered the most from the war. As for the refugees who returned to the cities where they lived before the start of the war and which were not occupied, they assessed the impact of the war as the least severe. Regarding language, respondents who communicate or have communicated only in Russian were more affected by the war, while those who communicated in Russian and Ukrainian were

less affected. Analyzing the results, a relationship between personal traits and the subjective assessment of the impact of the war was also revealed.

The presented research confirmed the general tendencies described in the world scientific literature. Authors believe that the acquired results will aid in understanding psychological factors of subjective assessment of the impact of war. The obtained results can be compared with modern theoretical and experimental views of the scientific community.

Summary. The paper presents a model of using the Freiburg Personality Questionnaire, the Lazarus Coping Strategy Questionnaire, and the New Uncertainty Tolerance Questionnaire in order to identify psychological factors in the subjective assessment of the impact of war. In addition, the impact of socio-demographic factors: age, gender, family status, and the respondent's current location on the subjective assessment of the impact of the war was investigated. According to the results of the conducted research, it can be stated that people with different psychological and socio-demographic characteristics have significant differences regarding the subjective assessment of the impact of war. Residents of Ukraine who communicate or have communicated only in Russian have suffered more from the war, while those who have communicated and continue to communicate in Russian and Ukrainian simultaneously have suffered less. After analyzing the results, it was found that married respondents were the most affected by the war, and unmarried respondents were the least affected.

The conducted research and this work are important for the world scientific literature on the impact of war on the country's population. The obtained results illustrate the psychological factors of the subjective assessment of the impact of war. In addition, the obtained results indicate that the war is difficult for the population to tolerate and has a negative impact on well-being and life in general.

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ПСИХОЛОГІЧНІ ЧИННИКИ СУБ'ЄКТИВНОЇ ОЦІНКИ ВПЛИВУ ВІЙНИ

АНОТАЦІЯ

У дослідження вивчаються психологічні чинники суб'єктивної оцінки впливу війни. Також було досліджено вплив соціо-демографічних факторів, тобто віку, статі, сімейного положення та поточного місця знаходження респондента на суб'єктивну оцінку впливу війни. Для дослідження особистісних рис були застосовані наступні опитувальники: Фрайбурський особистісний опитувальник, Копінг стратегії Лазаруса та Новий опитувальник толерантності до невизначеності. Існує зв'язок між особистісними рисами та суб'єктивною оцінкою впливу війни. Учасники дослідження, які спілкуються або спілкувалися лише російською мовою, більше постраждали від війни, тоді як ті, хто спілкувався російською та українською одночасно, постраждали менше. Неодружені респонденти менше постраждали від війни, а одружені – найбільше. Загалом дослідження показало, що люди з різними психологічними та соціо-демографічними характеристиками мають значні відмінності щодо суб'єктивної оцінки впливу війни.

Ключові слова: війна, війна в Україні, російська агресія, вплив війни, суб'єктивна оцінка війни.

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