СОЦІАЛЬНА ПСИХОЛОГІЯ; ПСИХОЛОГІЯ СОЦІАЛЬНОЇ РОБОТИ

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RESOURCE-ORIENTED MODEL OF PSYCHOLOGICAL SUPPORT FOR WOMEN WITH CHILDREN IN THE CONTEXT OF WAR-INDUCED FORCED MIGRATION

This article presents the findings of an empirical study on the psychological resources of women with children experiencing war-induced forced migration and substantiates a resource-oriented model of psychological support designed to enhance their psychological well-being and adaptation. The relevance of the study is due by the urgent need to support Ukrainian women who, following the outbreak of the full-scale war, have been compelled to adapt to new sociocultural environments while simultaneously managing maternal, social, and professional roles under conditions of prolonged stress and uncertainty.

The aim of this study is to develop and provide a theoretical rationale for a resource-oriented model of psychological support based on the findings of an empirical investigation into the psychological characteristics of women with children experiencing forced migration.

The study involved 160 women with children who left Ukraine after 24 February 2022 and are currently residing in European countries. The research employed T. Tytarenko's Life Perspective of Personality technique, the Multidimensional Scale of Perceived Social Support (MSPSS), the Social-Psychological Adaptation Inventory developed by C. Rogers and R. Dymond, and the Sentence Completion Test. The data were analyzed using descriptive statistics, Pearson's correlation analysis, and qualitative content analysis.

The findings indicate a moderate level of social-psychological adaptation among the participants. Emotional comfort emerged as the most vulnerable component of adaptation, whereas internality was identified as the primary psychological resource, reflecting the preservation of an internal locus of control. Strong positive correlations were found among social-psychological adaptation, self-acceptance, emotional comfort, acceptance of others, and internality. Family was identified as the primary source of perceived social support, while support from friends was reported to be comparatively less pronounced. The analysis of participants' life perspectives revealed a predominance of short-term planning, with major priorities centered on ensuring children's safety, achieving stability in living conditions, and facilitating professional integration. Motherhood was identified as a key meaning-making psychological resource that supports resilience and future-oriented coping.

Based on the empirical findings, a resource-oriented model of psychological support was developed. The model encompasses five interrelated components: psycho-emotional stabilization, activation of internal psychological resources, the development of a positive life perspective, strengthening of social support, and the enhancement of maternal competence and social integration.

The practical significance of the study lies in the potential application of the proposed model by psychologists, psychotherapists, social workers, support centers for forcibly displaced persons, non-governmental organizations, and international humanitarian programs. The findings contribute

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to a deeper understanding of the psychological resources that facilitate the adaptation of Ukrainian women with children experiencing war-induced forced migration and may serve as a foundation for the development of comprehensive psychosocial support interventions.

Keywords: *war-induced forced migration, women with children, psychological support, resource-oriented approach, psychological resources, psychological adaptation, life perspective, social support, emotional support, hope, motherhood, interpersonal interaction.*

Formulation of the problem. Russia's full-scale invasion of Ukraine has triggered one of the largest humanitarian crises in twenty-first-century Europe, resulting in the mass forced migration of millions of Ukrainians (United Nations High Commissioner for Refugees [22]). Women with children constitute the largest group among those forcibly displaced. Alongside the challenges of adapting to unfamiliar sociocultural environments, they must simultaneously fulfill parental, social, and economic responsibilities while coping with the loss of home, disrupted social networks, professional displacement, and prolonged war-related stress.

The psychological adaptation of women with children depends not only on the severity of traumatic experiences but also on the availability of internal and external psychological resources, including hope, a positive life perspective, perceived social support, and adaptive coping capacities. These resources promote psychological well-being and facilitate successful adaptation to the host society.

Current psychological support for forcibly displaced populations primarily emphasizes crisis intervention and trauma-related care, whereas comparatively less attention is devoted to strengthening personal resources, fostering hope, and enhancing long-term social-psychological adaptation. Contemporary research identifies the resource-oriented approach as one of the most effective frameworks for promoting resilience and personal growth following traumatic experiences. However, comprehensive resource-oriented models specifically designed for women with children experiencing war-induced forced migration remain insufficiently developed.

Accordingly, there is a need for an empirically grounded resource-oriented model of psychological support that integrates the development of internal psychological resources, a positive life perspective, and social support. Such a model can contribute not only to mitigating the consequences of forced migration but also to strengthening resilience, psychological well-being, and successful social integration among women with children.

Analysis of recent research and publications. Psychological support for women with children experiencing war-induced forced migration has become an important area of research in psychology, social work, psychiatry, and migration studies. Existing research has focused on the psychological consequences of forced displacement, adaptation mechanisms, personal resources, social support, and psychosocial interventions.

The theoretical foundations of forced migration and psychological adaptation were established by R. F. Mollica [13], S. E. Hobfoll [8, p. 345], M. Ungar [21], A. S. Masten [12], and G. A. Bonanno [4, p. 20], who highlighted the role of psychological resources, resilience, perceived social support, and adaptive coping in overcoming traumatic experiences. Trauma-informed care for women experiencing forced migration has recently been further developed by L. Jolof, P. Rocca, and T. Carlsson [9, p. 594].

The resource-oriented approach is grounded in the works of A. Antonovsky [2], C. R. Snyder [17, p. 249; 18, p. 256], and M. E. P. Seligman [16], whose theories of salutogenesis, hope, and positive psychology emphasize the importance of strengthening individuals' internal psychological resources.

Among Ukrainian researchers, important contributions have been made by T. Tytarenko [20], L. Karamushka [10, p. 7], O. Vasylchenko [23], and I. Synhaivska [19, p. 473]. In particular, T. Tytarenko conceptualizes life perspective as a dynamic process of constructing the future, which becomes especially important under crisis conditions.

The psychological consequences of Russia's full-scale invasion for Ukrainian women and refugees have been examined by A. Adedeji [1], while O. Lytovchenko [11, p. 224] emphasized the implementation of trauma-informed support systems in Ukraine based on safety, trust, empowerment, and interdisciplinary collaboration.

Despite extensive research on forced migration and psychosocial adaptation [3, p. 5; 7, p. 1309; 5, p. 107; 6], existing interventions remain predominantly trauma-focused. Comprehensive resource-oriented models integrating hope, life perspective, social support, and social-psychological adaptation for women with children experiencing war-induced forced migration remain insufficiently developed. This gap provided the rationale for the present study.

Task statement. The aim of this study is to develop and provide a theoretical justification for a resource-oriented model of psychological support for women with children experiencing war-induced forced migration, based on empirical findings regarding their life perspective, perceived social support, social-psychological adaptation, and subjective experiences.

Outline of the main material of the study. The study included 160 women with children who left Ukraine after the Russian Federation's full-scale invasion on 24 February 2022 and were residing in European countries under temporary protection or other forms of forced migration status at the time of data collection.

Most participants were in early or middle adulthood, with the largest age groups being 31–35 years (40.0%, n = 64) and 36–40 years (33.8%, n = 54). Divorced women constituted the largest marital-status group (38.8%, n = 62), followed by married (28.8%, n = 46) and single women (17.5%, n = 28), indicating that many participants were raising children independently. Most respondents had one (30.0%, n = 48) or two children (40.0%, n = 64), primarily of school age or adolescence.

Seventy percent of participants (n = 112) held a higher education degree, and the same proportion had been employed in positions matching their qualifications before the war. After forced migration, however, only 30.0% (n = 48) remained employed in their professional fields, highlighting substantial barriers to labour market integration and the disruption of established professional roles.

The largest proportion of respondents originated from Kyiv and the Kyiv region (40.0%, n = 64), while many others came from eastern and southern regions of Ukraine severely affected by military hostilities. All participants had lived in European host countries for two to four years, allowing the assessment of longer-term adaptation following forced migration.

Regarding living arrangements, 40.0% (n = 64) resided with both children and relatives, whereas 35.0% (n = 56) lived exclusively with their children. Many participants simultaneously fulfilled the roles of mother, primary caregiver, breadwinner, and newcomer adapting to an unfamiliar sociocultural environment.

Overall, the sample comprised highly educated women of working age who had lost their familiar social and professional environments because of the war. The combined challenges of childcare, employment, language barriers, social integration, and war-related stress created a substantial psychological burden, underscoring the need for a resource-oriented model of psychological support.

Life Perspective. Life perspective represents one of the core components of the proposed resource-oriented model of psychological support, as it reflects an individual's capacity to plan for the future, set meaningful goals, and maintain an active life orientation under conditions of uncertainty. To examine this construct, T. Tytarenko's *Life Perspective of Personality* technique [20] was employed. Qualitative content analysis of the participants' responses made it possible to identify the characteristics of life planning, temporal orientation, and the psychological resources and barriers associated with the adaptation of women with children experiencing war-induced forced migration.

The findings indicate that the war profoundly transformed the participants' life plans and future orientations. Whereas prior to the full-scale invasion their aspirations had primarily centered on professional self-realization and personal development, following forced displacement their priorities shifted toward ensuring safety, stability, and the well-being of their children. The most frequently reported life goals included providing a safe living environment for their children (73.8%), securing employment and achieving financial independence (66.9%), attaining stable housing conditions (48.1%), and learning the host country's language while facilitating integration into the new sociocultural environment (43.8%).

Participants' life perspectives were found to be heterogeneous. While some women reported clearly defined plans regarding employment, education, or returning to Ukraine, 61.9% indicated substantial difficulties with long-term planning due to uncertainty about the future. At the same time, 61.9% of the respondents expressed an optimistic outlook, associating their future with the end of the war, successful professional reintegration, and improved living conditions for their children. In contrast, 27.5% of the responses reflected fear, anxiety, and a predominant focus on day-to-day survival.

Most future plans were short-term in nature and centered on obtaining legal residence status, securing employment, finding stable housing, acquiring proficiency in the host country's language, and facilitating their children's adaptation. Motherhood emerged as the central meaning-making psychological resource, with 88.8% of participants identifying their children as the primary source of motivation and psychological resilience.

The principal resources supporting the realization of future goals included professional experience and educational attainment (66.9%), support from children

and family members (56.2%), hope for the end of the war (43.8%), personal agency, and support from the host community. The most frequently reported barriers were language barriers and cultural differences (61.9%), difficulties in obtaining employment and achieving financial stability (39.4%), uncertainty about the future (32.5%), emotional exhaustion (24.4%), and social isolation (21.2%).

These findings indicate that the participants' life perspectives are characterized by a combination of a strong motivation to ensure their children's well-being and persistent experiences of uncertainty, accompanied by difficulties in long-term planning. These characteristics provided the empirical rationale for incorporating into the proposed resource-oriented model of psychological support a dedicated component aimed at restoring a positive life perspective, strengthening future-oriented planning skills, and enhancing personal agency.

Social-Psychological Adaptation. The social-psychological adaptation of women with children experiencing war-induced forced migration was assessed using the *Social-Psychological Adaptation Inventory* developed by C. Rogers and R. Dymond [14]. This instrument measures overall social-psychological adaptation as well as its key dimensions, including self-acceptance, acceptance of others, emotional comfort, internality, and dominance orientation.

The findings (Table 1) indicate that the participants demonstrated a moderate overall level of social-psychological adaptation (M = 58.6%, SD = 18.9), suggesting partial adjustment to the new sociocultural environment while reflecting substantial individual variability. Similarly, self-acceptance (M = 60.0%, SD = 20.6) and acceptance of others (M = 55.9%, SD = 18.3) were within the moderate range, indicating generally positive self-perceptions and a willingness to establish new social relationships in the host environment.

Emotional comfort emerged as the most vulnerable dimension of social-psychological adaptation (M = 54.6%, SD = 23.3), indicating elevated levels of anxiety, emotional exhaustion, and persistent uncertainty despite prolonged residence in the host countries. In contrast, the highest scores were observed for internality (M = 64.4%, SD = 15.0), suggesting the preservation of an internal locus of control, personal responsibility, and an active life orientation. Dominance orientation remained at a moderate level (M = 50.5%, SD = 17.3), indicating that most participants tended to favor cooperation and compromise rather than assertive or controlling interpersonal behavior.

Correlation analysis (Table 2) revealed statistically significant positive associations among all dimensions of social-psychological adaptation ($p < .001$). The strongest correlations were observed between overall adaptation and self-acceptance (r = .97), emotional comfort (r = .95), acceptance of others (r = .91), and internality (r = .91). Self-acceptance was also strongly associated with emotional comfort (r = .93), highlighting the systemic and interconnected nature of the adaptation process.

Table 1

Descriptive Statistics for the Social-Psychological Adaptation Indicators

No.	Indicator	*M (%)*	*SD*	Level
1	Social-psychological adaptation	58.6	18.9	Moderate
2	Self-acceptance	60.0	20.6	Moderate
3	Acceptance of others	55.9	18.3	Moderate
4	Emotional comfort	54.6	23.3	Low
5	Internality	64.4	15.0	Moderately high
6	Dominance orientation	50.5	17.3	Moderate

Table 2

Pearson Correlation Matrix for the Social-Psychological Adaptation Indicators

Variables	1	2	3	4	5	6
1. Social-psychological adaptation	1	.97***	.91***	.95***	.91***	.81***
2. Self-acceptance		1	.81***	.93***	.83***	.81***
3. Acceptance of others			1	.82***	.85***	.63***
4. Emotional comfort				1	.81***	.74***
5. Internality					1	.81***
6. Dominance orientation						1

*** $p < .001$.

The correlation analysis indicates that the social-psychological adaptation of women with children is shaped by the dynamic interaction of personal and social factors. Internality emerged as the principal internal psychological resource, whereas emotional comfort represented the most vulnerable dimension of the adaptation process. These findings provided the empirical basis for the development of the proposed resource-oriented model of psychological support, which incorporates psycho-emotional stabilization, the strengthening of an internal locus of control, the promotion of positive self-attitudes, and the enhancement of supportive social relationships.

Perceived Social Support. Perceived social support represents a key psychological resource that facilitates individuals' adaptation to crisis situations. In the context of war-induced forced migration, social support helps compensate for the loss of established social networks, alleviates psychological distress, and promotes successful integration into the host society. Perceived social support was assessed using the *Multidimensional Scale of Perceived Social Support* [24, p. 30].

The findings (Table 3) indicate that the participants reported a moderate overall level of perceived social support (M = 4.91, SD = 1.97). The highest mean score was observed for the **Family** subscale (M = 5.02, SD = 2.05), confirming the central role of family as the primary source of emotional support even under conditions of forced separation. Slightly lower scores were obtained for the **Significant Others** subscale (M = 4.98, SD = 2.20), suggesting that meaningful interpersonal relationships remained an important source of support, although the strength of these relationships varied considerably across participants.

The lowest mean score was observed for the **Friends** subscale (M = 4.72, SD = 2.15), reflecting the disruption of established social networks and the challenges associated with developing new friendships in the host country due to language barriers, cultural differences, and the experience of forced displacement. The relatively high standard deviations across all MSPSS subscales (SD = 1.97–2.20) indicate substantial heterogeneity within the sample: whereas some participants reported well-developed support networks, others experienced pronounced social isolation and loneliness.

These findings confirm that perceived social support constitutes a critical psychological resource for adaptation following forced migration. However, the moderate overall level of perceived support, together with the comparatively limited support received from friends, underscores the need to strengthen participants' social capital. Accordingly, the proposed resource-oriented model of psychological support incorporates a dedicated component focused on reinforcing family relationships, expanding social support networks, promoting peer support groups, and facilitating greater engagement with the social resources available within host communities.

Subjective Experiences of War-Induced Forced Migration. To obtain a deeper understanding of the subjective experiences of women with children, an author-modified version of the *Sentence Completion Test*, based on the projective approach developed by J. Sacks [15], was employed. The instrument was designed to explore participants' emotional experiences of war-induced forced migration, attitudes toward themselves, their future, motherhood, their social environment, and their internal psychological resources. The responses were analyzed using qualitative content analysis, enabling their systematic classification into the principal thematic categories.

The findings indicate that, for most participants, forced migration represented not merely a change of residence but a profound life crisis characterized by the loss of safety, social relationships, professional identity, and a familiar way of life. In 73.8% of the responses, the war, occupation, and forced displacement were described as a major turning point that fundamentally transformed participants' life plans and value systems (Table 4).

A substantial proportion of participants (60.6%) expressed a profound sense of longing for Ukraine, their homes, familiar places, and their pre-war lives.

Table 3

Descriptive Statistics for Perceived Social Support Among Women with Children Experiencing War-Induced Forced Migration

Indicator	*M*	*SD*	Level
1.Significant Others	4.98	2.20	Moderate
2.Family	5.02	2.05	Moderate
3.Friends	4.72	2.15	Moderate
4.Overall perceived social support	4.91	1.97	Moderate

Responses frequently included statements such as *"I miss my home"*, *"I want to return home"*, *"What I miss most is my family"*, and *"The war divided our lives into a 'before' and an 'after'"*. These narratives suggest that many participants continue to experience unresolved grief while maintaining a strong emotional attachment to their homeland.

At the same time, 56.9% of the respondents described their lives prior to the outbreak of the war in positive terms, characterizing them as stable, fulfilling, predictable, and satisfying. The pronounced contrast between their pre-war and current circumstances appears to intensify experiences of loss and uncertainty.

Despite the considerable challenges associated with forced migration, more than half of the participants (55.0%) perceived the experience as an opportunity for personal growth. Many respondents reported that the adversity they had faced had strengthened their resilience, increased their independence and sense of responsibility, enhanced their decision-making abilities, and improved their capacity to adapt to new life circumstances. These findings point to a substantial potential for psychological resilience and positive cognitive reappraisal of traumatic experiences.

Motherhood occupied a central position in the participants' subjective experiences. For 53.8% of the respondents, the birth of their children was identified as the most significant event in their lives, while in 88.8% of the responses children were described as the primary source of motivation, psychological resilience, and meaning in life. Participants emphasized that their responsibility toward their children enabled them to cope with adversity, sustain hope, and continue planning for the future despite prolonged uncertainty.

At the same time, motherhood under conditions of forced migration was associated with a substantial psychological burden. A total of 71.9% of participants described motherhood as a major challenge requiring them to simultaneously ensure their children's safety, support their emotional well-being, address financial difficulties, and adapt to an unfamiliar sociocultural environment. Nearly half of the respondents (46.2%) expressed concern about their children's psychological well-being, adaptation to new educational settings, loss of friendships, and the long-term consequences of war-related experiences.

The analysis of participants' responses concerning the principal challenges of adaptation revealed that the most frequently reported difficulties were language barriers and cultural differences (61.9%), barriers to employment and financial stability (39.4%), uncertainty about the future (32.5%), emotional exhaustion (24.4%), and social isolation (21.2%). Many responses also reflected a persistent sense of temporariness, difficulties in planning for the future, and the ongoing expectation of further changes and instability.

Table 4

Major Psychological Experiences of Women with Children Experiencing War-Induced Forced Migration (Based on the Content Analysis of the Sentence Completion Test)

Thematic category	*n*	%
1. War and forced migration as a major life turning point	118	73.8
2. Feelings of losing one's home and former way of life	104	65.0
3. Sadness and longing for Ukraine	97	60.6
4. High levels of uncertainty about the future	99	61.9
5. Emotional exhaustion and anxiety	39	24.4
6. Social isolation	34	21.2

Table 5

Primary Psychological Resources Reported by Women with Children

Resource	*n*	%
1. Children	142	88.8
2. Family	90	56.2
3. Education and professional experience	107	66.9
4. Personal agency	77	48.1
5. Hope for the end of the war	70	43.8
6. Friends' support	53	33.1
7. God and prayer	52	32.5
8. Nature and recreation	37	23.1

At the same time, the study identified the principal psychological resources that support women in coping with forced migration. The most frequently reported sources of inner strength were children and family (56.2%), faith and prayer (32.5%), nature, rest, and opportunities for solitude and self-reflection (23.1%), support from friends (33.1%), and hope for the end of the war and a return to peaceful life (43.8%). Many respondents also emphasized that professional activity, continuing education, volunteering, and confidence in their own ability to overcome adversity helped them maintain psychological balance (Table 5).

Particularly noteworthy was the ambivalent nature of the participants' emotional experiences. Alongside feelings of fear, loss, anxiety, and uncertainty, their narratives also reflected hope, confidence in their own abilities, aspirations for personal growth, and a strong

commitment to securing a better future for their children. This coexistence of profound loss and preserved internal psychological resources may be considered a distinctive psychological characteristic of women with children experiencing war-induced forced migration.

Overall, the content analysis indicates that the experience of forced migration is multidimensional, encompassing cognitive, emotional, motivational, and meaning-related aspects of psychological functioning. Despite the substantial psychological burden associated with displacement, most participants demonstrated the preservation of essential internal resources, including responsibility for their children, faith, hope, adaptive capacity, and a willingness to rebuild their lives (Table 6).

The findings of the content analysis indicate that the psychological experiences of women with children undergoing war-induced forced migration are inherently dual in nature. On the one hand, participants' narratives were dominated by experiences of loss, uncertainty, emotional exhaustion, and adaptation difficulties associated with war, forced displacement, language barriers, and professional disruption. On the other hand, the majority of respondents demonstrated the preservation of substantial psychological resources. The most prominent resources identified were children (88.8%), family (56.2%), professional experience (66.9%), hope for the end of the war (43.8%), and personal agency (48.1%).

These findings suggest that psychological support for women with children experiencing war-induced forced migration should extend beyond addressing the consequences of traumatic experiences. Instead, effective interventions should adopt a resource-oriented perspective that promotes the identification, strengthening, and activation of both internal and external psychological resources, thereby enhancing resilience, facilitating adaptation, and supporting long-term psychological well-being.

Table 6

Primary Life Goals and Future Orientation

Response category	*n*	%
1. Providing a safe future for children	118	73.8
2. Employment and professional self-realization	107	66.9
3. Uncertainty about the future	99	61.9
4. Learning the host-country language and social integration	84	52.5
5. Financial stability	77	48.1
6. Returning to Ukraine after the war	70	43.8
7. Purchasing a home	41	25.6
8. Continuing education	39	24.4

Summary of the Empirical Findings. A comprehensive analysis of the data obtained using T. Tytarenko's *Life Perspective of Personality* technique, the *Social-Psychological Adaptation Inventory* developed by C. Rogers and R. Dymond, the *Multidimensional Scale of Perceived Social Support* (MSPSS), and the *Sentence Completion Test* made it possible to identify the principal psychological characteristics of women with children experiencing war-induced forced migration.

The findings demonstrate that even after two to four years of residence abroad, the majority of participants continue to experience the psychological consequences of war, the loss of their familiar social environment, and persistent adaptation challenges. The most prominent difficulties include uncertainty about the future, emotional exhaustion, language barriers, professional disruption, and reduced social connectedness. Specifically, 73.8% of respondents perceived the war as a major turning point in their lives, 65.0% reported experiencing the loss of home, 61.9% described significant uncertainty regarding the future, and 60.6% expressed a profound longing for Ukraine.

At the same time, the findings reveal the preservation of considerable psychological resource potential. The overall level of social-psychological adaptation was moderate (M = 58.6%, SD = 18.9), while internality emerged as the most prominent internal psychological resource (M = 64.4%, SD = 15.0). Emotional comfort remained the most vulnerable dimension of adaptation (M = 54.6%, SD = 23.3), highlighting the need for interventions specifically targeting psycho-emotional stabilization.

The majority of participants were oriented toward short-term life goals, primarily focused on ensuring their children's safety, obtaining employment, achieving financial stability, and facilitating integration into the host society. The overall level of perceived social support was moderate (M = 4.91, SD = 1.97), with family serving as the primary source of support, whereas support from friends was comparatively limited.

Motherhood emerged as the central meaning-making dimension of the participants' lives. For 88.8% of respondents, their children constituted the primary source of motivation and psychological resilience. At the same time, the maternal role was accompanied by a substantial emotional burden, reflecting the multiple responsibilities associated with ensuring children's safety, well-being, and adaptation under conditions of forced migration.

The integration of the empirical findings enabled the identification of the principal risk

factors–including uncertainty about the future, reduced emotional comfort, language barriers, professional disruption, and limited social connectedness–as well as the key protective resources, namely an internal locus of control, positive self-acceptance, family support, professional competence, personal agency, motherhood, and hope for the end of the war. Collectively, these findings provided the empirical foundation for the development of a resource-oriented model of psychological support aimed at mobilizing and strengthening the internal and external psychological resources of women with children experiencing war-induced forced migration.

The proposed model integrates five interrelated domains of psychological support: psycho-emotional stabilization, the development of internal psychological resources, the enhancement of maternal competence, the strengthening of social support, and the cultivation of a positive life perspective. Its implementation is intended to promote social-psychological adaptation, strengthen psychological resilience, enhance personal agency, and restore women's capacity for effective functioning within new sociocultural environments. The integration of empirical evidence with a practice-oriented intervention model constitutes the principal scientific contribution of the study and underscores its practical significance for the development of comprehensive psychosocial support programs for women with children experiencing war-induced forced migration.

Conclusions. The study identified the key psychological characteristics of women with children experiencing war-induced forced migration and provided an empirical basis for developing a resource-oriented model of psychological support.

Participants demonstrated a moderate level of social-psychological adaptation (M = 58.6%, SD = 18.9). Emotional comfort was the most vulnerable dimension (M = 54.6%, SD = 23.3), whereas internality showed the highest scores (M = 64.4%, SD = 15.0), indicating the preservation of an internal locus of control and personal agency. Significant positive correlations were found between adaptation, self-acceptance, emotional comfort, acceptance of others, and internality.

Perceived social support was moderate overall (M = 4.91, SD = 1.97), with family identified as the primary source of support and friends as the least prominent. Participants' life perspectives were predominantly short-term, focusing on children's safety, employment, housing, and financial stability. Motherhood emerged as both a major psychological challenge and the principal source of resilience, motivation, and future orientation.

The main protective resources included an internal locus of control, family support, professional competence, personal agency, hope, and a future orientation centered on children's well-being, whereas reduced emotional comfort, uncertainty, professional disruption, and limited social support represented the primary vulnerability factors.

Based on these findings, a resource-oriented model of psychological support was developed, integrating psycho-emotional stabilization, activation of internal resources, the development of a positive life perspective, the strengthening of social support, and the enhancement of maternal competence and social integration. The model may be applied in psychosocial support services for forcibly displaced women with children. Future research should evaluate its effectiveness through intervention studies.

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Васильченко О.М., Моржевська Т.С. РЕСУРСНО-ОРІЄНТОВАНА МОДЕЛЬ ПСИХОЛОГІЧНОЇ ПІДТРИМКИ ЖІНОК З ДІТЬМИ В УМОВАХ ВИМУШЕНОЇ МІГРАЦІЇ, СПРИЧИНЕНОЇ ВІЙНОЮ

У статті представлено результати емпіричного дослідження психологічних ресурсів жінок із дітьми, які переживають вимушену міграцію, спричинену війною, та обґрунтовано ресурсно-орієнтовану модель психологічної підтримки, спрямовану на підвищення їхнього психологічного благополуччя й адаптації. Актуальність дослідження зумовлена нагальною потребою у підтримці українських жінок, які після початку повномасштабної війни були змушені адаптуватися до нового соціокультурного середовища, одночасно виконуючи материнські, соціальні та професійні ролі в умовах тривалого стресу й невизначеності.

Метою дослідження є розроблення та теоретичне обґрунтування ресурсно-орієнтованої моделі психологічної підтримки на основі результатів емпіричного вивчення психологічних особливостей жінок із дітьми, які перебувають в умовах вимушеної міграції.

У дослідженні взяли участь 160 жінок із дітьми, які виїхали з України після 24 лютого 2022 року та нині проживають у країнах Європи. У дослідженні було використано методику Т. Титаренко «Життєва перспектива особистості», Багатовимірну шкалу сприйманої соціальної підтримки (MSPSS),

методику діагностики соціально-психологічної адаптації К. Роджерса та Р. Даймонда, а також тест незакінчених речень. Для аналізу даних застосовано методи описової статистики, кореляційний аналіз Пірсона та якісний контент-аналіз.

Результати дослідження свідчать про помірний рівень соціально-психологічної адаптації учасниць. Найбільш вразливим компонентом адаптації виявився емоційний комфорт, тоді як інтернальність була визначена як провідний психологічний ресурс, що відображає збереження внутрішнього локусу контролю. Встановлено сильні позитивні кореляційні зв'язки між соціально-психологічною адаптацією, самоприйняттям, емоційним комфортом, прийняттям інших та інтернальністю. Основним джерелом сприйманої соціальної підтримки визначено сім'ю, тоді як підтримка з боку друзів виявилася порівняно менш вираженою. Аналіз життєвих перспектив учасниць засвідчив переважання короткострокового планування, а основними пріоритетами були забезпечення безпеки дітей, досягнення стабільності умов проживання та професійна інтеграція. Материнство визначено як ключовий смислотворчий психологічний ресурс, що підтримує життєстійкість і спрямовані на майбутнє стратегії подолання труднощів.

На основі отриманих емпіричних результатів розроблено ресурсно-орієнтовану модель психологічної підтримки. Модель охоплює п'ять взаємопов'язаних компонентів: психоемоційну стабілізацію, активізацію внутрішніх психологічних ресурсів, розвиток позитивної життєвої перспективи, зміцнення соціальної підтримки, а також підвищення материнської компетентності та сприяння соціальній інтеграції.

Практичне значення дослідження полягає у можливості застосування запропонованої моделі психологами, психотерапевтами, соціальними працівниками, центрами підтримки вимушено переміщених осіб, неурядовими організаціями та міжнародними гуманітарними програмами. Отримані результати поглиблюють розуміння психологічних ресурсів, які сприяють адаптації українських жінок із дітьми в умовах вимушеної міграції, спричиненої війною, та можуть слугувати основою для розроблення комплексних програм психосоціальної підтримки.

Ключові слова: *вимушена міграція, спричинена війною, жінки з дітьми, психологічна підтримка, ресурсно-орієнтований підхід, психологічні ресурси, психологічна адаптація, життєва перспектива, соціальна підтримка, емоційна підтримка, надія, материнство, міжособистісна взаємодія.*

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