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**THE INFLUENCE OF PSYCHOLOGICAL CHARACTERISTICS
OF INTERNALLY DISPLACED PERSONS AND CITIZENS
OF UKRAINE AT THE PROCESS OF THEIR SOCIAL ADAPTATION**

The article is devoted to the coverage of the social psychological aspects of migration processes in modern society. The causes of migratory movements that affect socialization migrant families and their children are examined. The status of internally displaced persons from Eastern Ukraine and their process of social adaptation to modern society and organization of psychological assistance to this category of people. Social support from the Government and the local population. Organization of a system assistance to internally displaced persons at the national level.

Keywords: migration, internally displaced person, social adaptation, social psychological assistance.

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**ВПЛИВ ПСИХОЛОГІЧНИХ ОСОБЛИВОСТЕЙ
ВНУТРІШНЬО ПЕРЕМІЩЕНИХ ОСІБ ТА ГРОМАДЯН УКРАЇНИ
НА ПРОЦЕС ЇХ СОЦІАЛЬНОЇ АДАПТАЦІЇ**

Стаття присвячена висвітленню соціально-психологічних аспектів міграційних процесів в сучасному суспільстві. Розглядаються причини міграційних рухів, які негативно впливають на соціалізацію сімей мігрантів та їхніх дітей. Стан внутрішньо переміщених осіб зі сходу України та їх процес соціальної адаптації до сучасного суспільства та організація психологічної допомоги цій категорії людей. Соціальна підтримка з боку держави та місцевого населення. Організація системи допомоги внутрішньо переміщених осіб на державному рівні.

Ключові слова: міграція, внутрішньо переміщена особа, соціальна адаптація, соціально-психологічна допомога.

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ВЛИЯНИЕ ПСИХОЛОГИЧЕСКИХ ОСОБЕННОСТЕЙ ВНУТРЕННЕ ПЕРЕМЕЩЕННЫХ ЛИЦ И ГРАЖДАН УКРАИНЫ НА ПРОЦЕСС ИХ СОЦИАЛЬНОЙ АДАПТАЦИИ

Статья посвящена освещению социально-психологических аспектов миграционных процессов в современном обществе. Рассматриваются причины миграционных движений, которые негативно влияют на социализацию семей мигрантов и их детей. Состояние внутренне перемещенных лиц с востока Украины и их процесс социальной адаптации к современному обществу, и организация психологической помощи этой категории людей. Социальная поддержка со стороны правительства и местного населения. Организация системы оказания помощи внутренне перемещенным лицам на государственном уровне.

Ключевые слова: миграция, внутренне перемещенное лицо, социальная адаптация, социально-психологическая помощь.

Predetermined events that occur in Eastern Ukraine demonstrated the importance and value of people, their role in the socio-historical change. Today we have undoubted necessity for socio-psychological aid for both categories such as individuals and the whole social groups. The war in the East of Ukraine is a challenge for the whole Ukrainian people. To overcome the military aggression, to support the army, help the wounded, to give shelter to displaced people, promote the resumption of life in towns and villages returned-became those jobs that united Ukrainians from all corners of our country and throughout the world.

Carrying out the anti-terrorist operation in the East of the Ukrainian the State has led to an extremely complex political and socio-economic situation not only in the temporarily occupied territory controlled by the Ukrainian power in the zone, but also in the whole country. This caused special socio-psychological condition that some part of the population had been forced to migrate to safer parts of the country. In this regard, the problem of conceptualizing and implementing complex socio-

psychological assistance, provision of social services to immigrants and their families properly put forward to the first and leading position in modern Ukrainian society.

Interest to the topic of socio-psychological adaptation of migrants have long existed. Varying aspects are explored as domestic and foreign anthropologists, ethnologists, recent, sociologists, demographers, political scientists, psychologists and pedagogues (Gritsenko V. V., Zajonhkovshka Z. A., Lebedeva N. M., Pavlenko V. M. Brewer E. I., Soldatova H. W., Stefanenko T. G., Susokolov A. A., Shaigerovava L. A., Shlyagina E. I., etc.)

K. Lewin, whose research was based on an understanding of the behavior as a function of personality and situation, analysed of individual peculiarities of adaptation strategies to change the situation, acknowledged the importance of social context as a powerful stimulant or a means to limit behavior. The researches that was held by V. Mishel in 60s showed the relationships between particular personality traits behavioral indicators revealed the lack of statistically significant correlations and cross-some situational inconsistencies [12, p. 429]. To understand and predict the specific characteristics of reactions, consider in Mishel, you must consider the behavior not through the prism of personality traits, and through the analysis of cognitive competence, elaboration of strategies of information purposes, subjective expectations and behavioral strategies that are formed in the process of social learning. The principle of subjective interpretation (Zh. Piazhe, E. Aronson, K. Levin, L. Ross, R. Nisbett, R. Lazarus, S. Gobfall) asserts the importance of individual experience, cognitive strategies for interpreting the significance of the situation and the necessary efforts and ways to adapt.

In General, the topic is insufficiently developed, especially in its application context. As foreign and domestic scientists took into account insufficient attention to socio-psychological environment as a factor of successful cultural adaptation of migrants.

The purpose of this article is development of psychological integration programme of adaptation for migrants, to reduce social risks in the life of internally displaced persons.

The main tasks of this article are:

1. to review the concepts and the basic characteristics of the socio-psychosocial support for internally displaced persons;
2. to study of the effectiveness of socio-psychological support internally displaced persons;
3. to develop the effective social psychological services for the purpose of improving the quality of life of internally displaced persons.

Specificity of social work with a population depends on the type of migration. Concerning persons from the East of Ukraine, they belong to the internally displaced

because their movement is within one country through fear of becoming victims, of armed conflict, unlike refugees, who are forced to leave their own country for fear of being persecuted for racial religious, national reasons for belonging to a particular social group or political opinion. In article 1 of the Law of Ukraine "On ensuring the rights and freedoms of internally displaced persons" is noted that internally displaced person is a citizen of Ukraine who permanently resides in the territory of Ukraine, which forced or that alone left his residence, as a result of or in order to avoid the negative effects of armed conflict, a temporary occupation general violence, massive violations of human rights and emergency situations of natural or man-made disasters [5]. The Law provides for the maintenance of appropriate conditions for social adaptation, transitional housing, employment assistance, continuing education, promoting the possibility of entrusting humanitarian, charitable donations, including from international agencies, organizations, and countries. According to the Office of the UN High Commissioner for refugees in Ukraine on February 9, 2015 year recorded 1,007,900 displaced persons [14].

The adaptation, by definition, F.B. Berezina, is the organism in the field of the environmental conditions. Human adaptation is divided into biological and socio-psychological. Biological includes adaptation to persistent and volatile conditions of the field. Socio-psychological adaptation of a man's social beings to standards, criteria, principles, etiquette in society [1, p, 270]. Also, social adaptation is defined as an integrated indicator of the condition of a person who displays his ability to execute defined bio-social or eco-functions, namely:

- adequate perception of the surrounding reality and his own body;
- adequate system of relations and communication with others; the ability to work, study, leisure and recreation to the Organization;
- changeable (adaptability) conduct in accordance with role expectations other [8].

Human life from the beginning and to the end is an adaptation to condition. Social adaptation is human integration into society, which is the formation of consciousness and role behavior, ability to self-control and adequate relations. Psychological adaptation is carried out by means of human adaptation to the requirements of society in the process of harmonizing individual values and beliefs and social norms. Social adaptation is an active process of adaptation to social condition, aimed at the preservation and formation of an optimum balance between its internal state and the environment here and now and with the prospect of the future. Successful adaptation depends not so much on the characteristics and objective properties the situation, how many of the features and availability of individual resources, the adequacy and effectiveness of strategies for their

applications: the ability to adapt is at the same time, the instinct of a private life and acquired skills [3, p, 433].

Not all of them can solve its problems regarding placement, job search and resume social endorsement ways of life. Besides, a lot of them need not only material, but also legal, socio-psychological assistance and create favourable conditions for the successful social adaptation. The problem in our country led to the formation of numerous disturbances, which increases the need for socio-psychological work with this category of the population.

Forced migration is among the most sensitive situations. It can be rightfully classified as the extreme situation when the person put the problem with having the life circumstances, equals as a problem of survival. The situation of forced migration requires individual effort, which are on the border of its adaptive capacity or even exceed available reserves. Nevertheless, on the other hand, high intensity of feeling of danger and threat to the person as well as the most meaningful to him people-members of his family, determines the expressed desire to cope with emerging challenges. These are two parts defined important, relevant, possible high efficiency professional psychological assistance [2, p., 308]. Properly organized psychological aid to migrants can alleviate the emerging complexity of socio-cultural adaptation and implement seamless integration of migrants to the host society for this psychological assistance should be directed at enhancing internal resources of forced migrants, mastering effective ways of overcoming the crisis of self-help, life situation, symptoms of post-traumatic stress and the life circumstances of social trends infantilism [4, p., 148]. The main psychological problems of forced migrants are associated with the identity crisis , decrease in tolerance, as a consequence of declining self-esteem, self-confidence, distorted perception of surrounding people.

Psychologist as a «mediator» between cultures has to find a strategy for psychological assistance, which would be loosened or even completely disappeared, "their barrier-strangers". To do this, a psychologist is forced to grow a particular intermediary culture of tolerance that allows displaced persons and people who took the migrants to understand and accept each other, rather than perceive the emergence of internally displaced persons as the barbarian invasions [13].

Psychological assistance should be equally accessible, single and multi-facility. Forms such as work should help to neutralize the adverse factors that reduce the level of low social adaptation of internally displaced persons. It should focus on the timely and expeditious socio-psychological adaptation [11]. It should combined individual, family and group psychological work. In individual work, the entire arsenal of specialist can be implemented: methods of psychological, psychotherapeutic, psychoanalytic, stoichiometry, age-old psychology, medico-social, advisory. In group work productive technique of "independent group", "self-help groups", group

psychotherapy, support neighboring communities (in a place compact displaced persons) communities countrymen for representation of the interests of displaced persons [11]. A psychologist who works in the organization is faced with a system of remedial educational activities, with the fact that his contingent is formed by adults, the people who have the life and professional experience, with all its advantages and limitations.

It should be noted that in modern society there was a dual attitude towards this category of the population. Most indigenous people sympathize with as migrant families and try to help solve their problems, and the smaller part of the population indifferent and not interested in these issues. The society supported the idea and trend that troubles and difficulties displaced by the authority fault, unreasoned actions and policies that led to ethnic conflicts, and therefore authorities, government agencies must solve the migrants' problems. Ultimately, the migrants and their children are left alone on one of their problems and difficulties.

Social support from the local population is one of the main factors that positively influence on psychological well-being, improve physical, emotional, informational and material resources of migrants. Social support contributes to maintain an adequate self-esteem and self-respect, successful adaptation to the new condition. Communication with compatriots has some emotional benefits, giving the opportunity to share my thoughts about life in the new environment. In addition, of course, those who are in a similar situation can be a source of useful information on how to overcome the problems that arise in a new environment.

In a rather difficult situation are children who have lost parents because of hostilities. Missing the opportunity for a pension for loss of the breadwinner, since no documents that would testify this fact [10, p., 5]. But, financial assistance will not save the child from severe psychological experiences associated with losing the closest person. Residence in the war zone, loss of parents, the foreign environment is psycho-traumatic factors in situations of high risk of reaction of disadaptation. D.N. Isaev considered disadaptation as relatively short psychogenic disorders that occur when a clash of personality with complex or intractable circumstances that violate normal adaptation to the conditions of existence. In difficult cases, they represented states with predominantly mental painful, psychomotor and psychosomatic disorders, or their combination in the structure of neuroses, abnormal development of the personality or psychopathy [6, p., 56]. Therefore, a psychologist, in collaboration with the physician should provide these children with urgent social psychological and medical support. The establishment of the child's sense of security, psychological comfort, revealing its potential physical and mental resources, enhancing adaptive capacity claims, which relate to its capabilities, is the most important part of the work.

The problem of displaced persons from Eastern Ukraine is complex, which is associated with the presence of both objective, such subjective factors, and socio-psychological assistance, social work with this category of the population should be integrative nature, include the totality of the necessary measures to ensure the effective implementation of the main functions in their harmonious combination.

Therefore, defining role in the case, in our view, the psychologist, social services worker, who act as a link between legal and administrative system of social protection to those for whom it is intended, the settlers and their families. It should ensure the availability of services of existing social services for clients. The work of the psychologist provides assistance to displaced persons in acquiring skills adequate social behavior in the new conditions, part of which is the immediate environment-family, workers, neighbours; provision of effective humanitarian services for the purpose of improving the quality of life of immigrants.

At the State level, there is a system of assistance to this category of the population. But, on practice, the Ukrainian State has been unwilling to address this issue, because she suddenly intensified, and experience in overcoming crisis situations and establishing a level of our country does not have. But, it can be noted that various international organizations actively involved in providing assistance to Ukraine: UN Office, employees of different programs of the International Committee of the Red Cross. The world community does not leave our country and its citizens, in particular displaced persons from East, alone with heavy issues, provide financial assistance to support the inhabitants of Donetsk and Lugansk regions. In addition, displaced persons support and numerous volunteer organizations. So it is worth to coordinate and try to find the solution of the problem at all levels using acquire experience [7, p. 5], [10, p. 5].

Conclusions. The Ukrainian State and government were not ready to address the economic, political and social problems, which happened in our country. This concerns internally displaced persons from Eastern Ukraine who have fled parental home for the sake of their own lives and those of their families. Government assistance to this category of the population, owing to the lack of experience of collision for this problem, not configured quite effectively. Most justify human hopes and relies on volunteer organizations and international foundations. Regarding to the socio-psychological support for immigrants and their families, social pedagogy and social therapeutic, rehabilitative work, it is rather the exception, not the rule. Although the most vulnerable categories of displaced persons are children-orphans, invalids, elderly people need, first of all, it is precisely professional assistance. In order to support internally displaced persons system worked effectively, had an integrative in nature and cover a wide range of issues, it is worthwhile to implement it, to attract professionals from the fields of social work, who next to social and socio

medical, will perform and social pedagogical and social psychological functions. Now the problem socially psychological assistance to displaced people in the East of Ukraine is relevant and needed further studying.

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