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MAIN PSYCHOLOGICAL AND CHARACTEROLOGICAL FEATURES OF FORCED MIGRANTS: THE THEORETICAL AND PRACTICAL EXPERIENCE

У статті представлено актуальне дослідження психологічних характеристик українських вимушених мігрантів, які принципово відрізняються від попередніх хвиль міграції, оскільки з запровадженням директиви 2001 року про масову вимушену міграцію, природа адаптації значно змінилася. З однієї сторони, українці мали можливість швидше адаптуватися в силу швидкої легалізації перебування, що підтверджує високий рівень працевлаштування респондентів, з іншої – акцент на тимчасовості надання притулку викликає невизначеність, страх майбутнього, підвишений стан, а також знижує мотивацію на адаптацію. Встановлено, що природа вимушеності міграції має негативний пролонгований вплив на особистість мігранта, перешкоджаючи адаптації та благополуччю. Виділено основні аспекти вимушеної міграції, коли адаптація відбувається гірше ніж при інших видах міграції через наявність негативної установки на інтеграцію в новій країні та відчуття вигнання з власної. Виділено новий статус та ставку вимушених мігрантів на тимчасовість захисту, що викликає порушення їх власної ідентичності, почуття непевності та невизначеності. Акцентовано на вплив і характер взаємо-

дії з приймаючим суспільством, що є взаємозалежним при лояльному ставленні до мігранта, коли він адаптується і швидко стає незалежним. Вказано, що біженці проходять ряд складних життєвих ситуацій, що невідворотно відображається на психіці у якості культурного шоку, травматизації, кризи ідентичності та навіть маргіналізації особистості. Емоційне перенавантаження провокує ряд негативних проявів: замкненість, чутливість до суспільних думок, оборонна позиція, дратівливість, порушення когнітивної сфери, дезадаптивність.

Ключові слова: психологічні характеристики, вимушені мігранти, адаптація, ідентичність, травматизація, невизначеність, складна життєва ситуація.

Introduction

Problem statement. Moving a person to a new place of residence is always a stressful situation, as it is associated with a complete change of the environment, surrounding people, and demand many energy and resources. Potential migrants experience many specific situations - from re-traumatization when moving to an identity crisis when trying to integrate into a new society.

Scientific works repeatedly draw attention to migrants' adaptation, indicating that it is a quite difficult process. The situation with migration was aggravated for Ukrainian society, when a full-scale military invasion caused a huge flow of Ukrainian people to other countries. And although the situation was partially studied from the point of view of internally displaced persons (hereinafter IDPs) in Ukraine, the modern Ukrainian population has not yet passed such a challenge. Since adaptation in emigration is difficult, a big role has personal characteristics, as well as a life situation (existing relatives, the way of home leaving, a life before migration). This study determines and analyses positive and negative personal psychological factors of Ukrainian migrants.

Theoretical analysis

Review of recent research and publications. Because of large scale of the studied phenomenon, obviously, there is quite many works that highlight various aspects of migration. For example, the causes and consequences of the military conflict in Donbas, the scale of forced resettlement, the current state and problems of IDPs from Eastern Ukraine, the possible use IDPs' labour potential, the integration of internally displaced persons into territorial communities were studied by O. Amosha (2016), V. Antonyuk (2016), O. Novikova (2016). Other forms of migration, in particular – social, extended definition of migration

and attempts to describe it fully were researched by V. Sheliuka (2001). T. Alekseenko (2020), D. Bydyk (2020), L. Honchar (2020), T. Kunytsia (2020) described the problematic aspects of forced migrants: socio-pedagogical problems and experience of their support. O. Blynova (2016) emphasized the socio-psychological principles of forced migrants' adaptation, approaches and problems of the phenomenon of acculturation. According to the notes of such researchers as D. Lukanov (2021), Ya. Yurkiv (2021), O. Martsyniak-Dorosh (2022), the difficulties of social and psychological adaptation of forced migrants to new living conditions, as well as the migration process itself have a deep psychological subtext, because this is a forced step rather than a person's conscious movement towards a «better life». O. Kredencer (2023), A. Kollishamne (2022), V. Startseva (2022), L. Karamushka (2022), F. Valjdshmidt (2022), S. Klimov (2022), K. Levandovsky (2022), Yu. Maksimenko (2022), O. Morozova-Jokhannessen (2022) wrote that migration caused a feeling of exile, and forced resettlement significantly intensified it. If, for example, a labour migrant's move to another country means a movement towards something, a search for something new, then for refugees, their move is an attempt to escape from such objective conditions that do not satisfy basic human needs. L. Bakhmutova, (2022), A. Neska (2022), describing the psychological disorders among Ukrainian refugees, drew attention to the negative emotional background of people forced to migrate, their sense of guilt for what had happened to them and considered this the cause of disorientation and lack of self-identification. The vast majority of displaced people emphasized that they themselves did not want to «move» and said that the «exile» word was more fair for their identification.

Forced migration is always caused by some drastic changes in the country and has a wave-like character, while other types of population migration are more stable. From the point of view of social psychology, according to A. Ghurt (2022), Ya. Vasylykevich (2022), there are certain features of forced Ukrainian migrants' social and psychological adaptation the EU countries, when the «masses» concept reflects, on the one hand, depersonalization of an individual, and on the other one, blurring the boundaries between large social groups, which leads to simplification of the society structure. Personality is de-individualized, that is, the very phenomenon of «masses» already provides the basis for a developed crisis of individuality. Migrants emphasized a lost sense of personal security, an acute sense of uncertainty, unpredictability of one's future and existence in general. It can be said that each potential migrant receives not only his/her own trauma, but also a collective trauma.

The study done by V. Pedorenko (2023) empirically determined that the respondents had high anxiety, aggressiveness, rigidity, frustration, guilt, shame and fear, emotional tension, irritability, intemperance, difficulties in interacting

with others, low self-esteem, avoidance of difficulties, fears failure, inflexibility in behaviour, views of beliefs. Debunking migrants' false perception of a life situation and motivation, K. Papageorghiu described their situation as one where they had no intention of giving up their own identity and getting a new one in exchange for a higher standard of living. The scientist also noted that the unification of migrants (economic, labour, refugees) was simply unacceptable from the point of view of human rights, namely the right to choice and security. As a result of such unification of ideas and misunderstanding of a situation in which a person needed asylum found him/herself, the host country population expected cultural integration and an active attitude towards adaptation. The unification of migrants led to the fact that the host country population established the so-called «rule of gratitude» and began to demand «obedient» behaviour from refugees. In this way, a natural refusal to learn actively the host country culture and language could be perceived as a manifestation of ingratitude and impudence. The new society expected «newcomers» to renounce their own identity and actively learn new behavioural norms and rules in order to earn their own place under the sun.

Research methodology

Research procedure and methods. The review of the theoretical literature has revealed that forced migrants from Ukraine differ somewhat from other migrants as for the procedure granting them protection and emphasising on its temporality, which could have a significant impact on the peculiarities of personality. When analysing previous experience, we have found that the well-being of forced migrants is influenced by both external factors: host society, social care programs in different countries, events that caused migration and internal factors: locus of control, tendency to authoritarianism, collectivism-individualism, motivation to adaptation, perception of a host country, cognitive complexity, flexibility, openness to new experiences, etc. Therefore, at the moment, it is important to study the psychological features of refugees in view of the uniqueness and mass-scale of the phenomenon.

The sample consisted of forced Ukrainian migrants living in EU countries and Great Britain. The sample composition was: 63 people aged 22 to 48, of which: 48% lived in Poland, 20.8% were in Germany, 2.8% were in the Netherlands, 4.8% were in Great Britain, 4.8% were in Latvia, 3.2% were in Finland, 3.2% were in Czech Republic, 1.6% were in Sweden and 1.6% lived in Italy. Women made up 82.16%, men did 17.84%.

We used the following methods: theoretical: analysis, comparison, synthesis, generalization of the obtained data; empirical: non-standardized - questionnaires,

standardized psychometric methods – J. Rotter's Internal-External Locus of Control Scale, the method examining socio-psychological adaptation proposed by C. Rogers and R. Dymond, the questionnaire «Personal and social identity»; methods of mathematical and statistical analysis: descriptive percentage statistics, Pearson's linear correlation analysis.

The research took place in several stages. At the initial stage, we developed an online questionnaire revealing the peculiarities of migrants' life situation and their self-assessment of their own living in a host country; at the next stage we selected a set of examining material for a comprehensive study of refugees' psychological characteristics and its digitalization for online examination. All the material was formed into one block with provided instructions. At the beginning, respondents were offered a Google-form questionnaire with questions as for their general information: name, age, gender, country of current residence, length of stay on its territory; information about the aspects of their life situation that could potentially affect their psychological state: whether they had anyone close remaining in Ukraine, how they experienced the occupation (sirens, explosions, full occupation, fear of such a possibility), data on their financial situation (whether their financial state improved); whether they found a job, what problems they face (several choices were allowed and their own answers also could be entered); whether respondent planned to return to Ukraine, as well as self-assessment of their stay in a host country (from 1 to 10 points) or existing disappointments as for living in a host country.

At the next stage, *Rotter's Internal-External Locus of Control Scale* was filled to assess the respondents' locus of control as a personal trait and as a situational change. The method proposes to make 29 choices among paired statements. The respondents were asked to choose only one statement from each pair, which is more true and with which the respondent agrees more. According to this method, depending on an individual's focus on external or internal stimuli, external and internal people can be distinguished.

External people are convinced in their worldview that their failures are not under their personal control and are the result of random events, failures and negative influences of other people. Such people needs praise and external support. Internality means the diametrically opposite style of thinking, which is expressed in the belief that all their successes and failures are not accidental and depend solely on a person him/herself. Internal people, unlike external one, has a tendency to understand their behaviour and are less subjected to the pressure of other people. This style of thinking reflects complete personal responsibility for one's own life. Variables of behaviour predicted with a prevailing thinking type are: behaviour potential, expectations, value of reinforcement and psychological

evaluation of a situation by a person. An individual's orientation is determined by a higher resulting indicator.

At the next research stage of the, we offered respondents the method *examining socio-psychological adaptation proposed by C. Rogers and R. Dymond*, which is often used to study IDPs' adaptation.

This measuring tool shows a high differential ability in examining not only adaptation-maladaptation, but also the peculiarities of self-concepts, their restructuring in critical situations that make an individual to reassess him/herself and his/her capabilities as a result of adaptation to new life conditions. The questionnaire consists of 101 statements in the third person singular; respondents are asked to evaluate to what extent each statement is true for him/her. In addition to social-psychological adaptation, the method assesses psychological features with the following scales: integral indicator of adaptation; self-acceptance; acceptance of others; emotional comfort; internality; desire for dominance; escapism. The method is based on the following idea: an individual's psychological adaptability is understood as an optimal fulfilment of a person's internal capabilities, abilities and personal potential in a significant area. The state of psychological adaptability means such relationship between an individual and a group when the individual productively performs his leading activities without prolonged external and internal conflicts, satisfies his/her basic sociogenic needs, fully meets the role expectations presented to him/her by the reference group and experiences a state of self-affirmation.

The next proposed method was used for researching identity and identifying a respondents' self-image and an image of the world around. The questionnaire «Personal and social identity» consists of 96 statements about Self, respondents are asked to mark those that correspond to their current state. The questionnaire purpose is to reveal early personal discomfort under radical social transformations, an identity crisis can become the answer to such transformations. The questionnaire helps us analyse respondents' personal and social identity in the following areas: job (professional activities), financial situation, inner world, health, family, relationships with others, future, oneself and society. This allowed us to determine general identity and self-identity, to consider in which areas there is a disharmony.

Results and discussion

The respondents who lived in different countries, had different age, living conditions, family composition and length of stay in host countries took part in the study. All respondents gave an affirmative answer to the question: «Do you

have close people left in Ukraine? (family, friends etc.)». 11.1% of them survived the full occupation, 36.5% witnessed explosions and bombings, 34.9% heard air raid sirens and 17.5% left because of fear.

As for their income, 52.4% of the respondents declared that their income grew in their host country, 47.6% mentioned its decrease. Among the respondents, 74.6% reported that they had a job, 25.4% did not have it. As for the question whether a host country was disappointing, 74.6% answered negatively, 12.7% noted such a disappointing factor as bureaucracy, 9.5% noted prejudiced attitude, 3.2% said about unsafe environment and dissatisfaction with the health care system, 1.6% were dissatisfied with guardianship bodies and 1.6% mentioned «bad work». The question allowed several choices. 52.4% of the respondents planned to return home, 47.6% did not do. 68.8% noted a language barrier, 20.7% said about financial difficulties, 19% worked not according to their specialty, 7.9% had difficulties with placement children to schools, 3.17% mentioned poor mood or lack of a spouse, 1.6% had problems of medical character. The question also allowed several choices or writing own answer.

The respondents were asked to rate the quality of their life in another country on a scale from 1 to 10 points, where 1 was terrible and 10 was incredibly good, a pleasant surprise. This allowed us to see self-assessment of satisfaction with one's own life. The average value was quite high - 8.31. The highest score was given by 17.5% of the respondents, 27% of the respondents marked 9 points, 33.3% did 8 points, 14.2% did 7 points, 7.9% marked 6 points (Fig. 1).

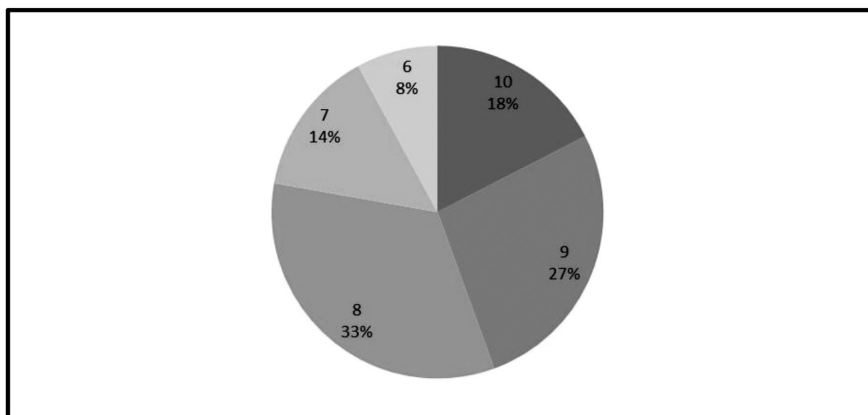


Fig. 1. Distribution by percent of self-assessed satisfaction with one's own life in a host country

According to the data collected with the developed questionnaire, the respondents mainly heard air raid sirens as signs of the war; more than half of them improved their income; the respondents were mainly working people, which confirmed the mass-media data that migrated Ukrainians were willing to find a job; the majority was not disappointed with their host country, which was a positive indicator for Ukrainian migrants. Half of the respondents did not plan to return home. As for the negative, the vast majority recognized language barriers as a problem. The overall self-assessment of live in host countries was high, potentially indicating good adaptation and effectiveness of the 2001 Directive.

According to the results of Rotter's Internal-External Locus of Control Scale, 65% of the respondents had an internal locus of control. Such persons are characterized by orientation to internal stimuli, personal responsibility for their lives. 35% of the respondents had an external locus of control. They are characterized by a focus on external stimuli and on the belief that their failures are not under their personal control and are the result of random events, failures and negative influence of other people. People with the external type needs praise and external support. The data distribution is presented in Figure 2.

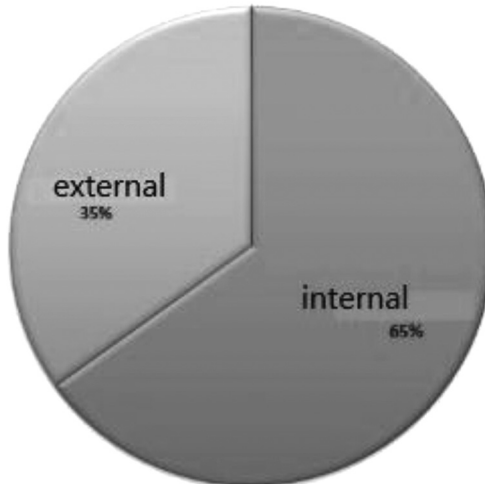


Fig. 2. Distribution of respondents by locus of control in %

At the next research stage, we examined respondents' adaptation in host countries with the method examining socio-psychological adaptation proposed

by C. Rogers and R. Dymond. This allowed us to create a general profile of the respondents' adaptation (see Fig. 3).

The performed analysis of the obtained data showed that the average integral indicator of socio-psychological adaptation exceeded the zone of uncertainty by only 3 points, but still this result was high. Among the differential indicators, the respondents showed the highest average indicator for self-acceptance, which meant realistic assessment of their qualities, abilities and opportunities, understanding and acceptance of values and existing needs, living in harmony with oneself, eradicated psychological complexes or coming to terms with them. The lowest indicator was found for emotional comfort, which appeared in the zone of uncertainty and showing an ambivalence of existing emotional states. The desire for dominance was also in the zone of uncertainty, which indicated that both dominance and submission existed. Escapism is not shown on the graph because it belongs to another range of indicators.



Fig. 3. General profile of social-psychological adaptation of respondents

We performed a comparative analysis of the average integral indicators of socio-psychological adaptation and its scales for people with external and internal locuses of control (see Fig. 4). People with external locus of control had a much lower integral adaptation level - 54, which laid in the zone of uncertainty and meant ambivalent adaptation-disadaptation tendencies. This means these respondents were maladapted in certain areas, possibly less dependent on locus of control.

Additionally, people with external locus of control had lower indicators for all scales, except for escapism, which negatively affects adaptation: acceptance of others (58) and emotional comfort (46) were in the zone of uncertainty. The desire of dominance was low, which indicated their submission. Such results mean that people with external locus of control were in a risk group for adaptation disorders and, due to their submissiveness, they could easily become victims of manipulations; they could also take a defensive position towards others, provoking conflicts. Lowered emotional comfort indicate increased anxiety, irritation, depression, worry, fear and gloomy thoughts.

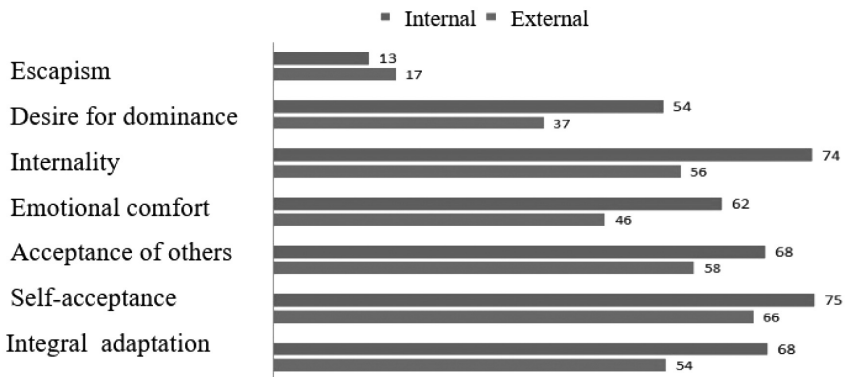


Fig. 4. Comparison between social-psychological adaptation of people with external and internal locuses of control, in %

Pearson's correlation analysis showed that self-assessed satisfaction with life in host countries had weak correlations with adaptation ($r = 0.245$), self-acceptance ($r = 0.2129$), acceptance of others ($r = 0.239$), emotional comfort ($r = 0.183$), desire for dominance ($r = 0.155$). Self-assessed satisfaction had an average negative correlation ($r = -0.346$) with escapism, which could indicate existing avoidance, as a non-constructive coping strategy, or escape into fantasy. We did not find a correlation between internal locus of control and self-assessed satisfaction, so the respondents did not evaluate their general condition but rather satisfaction with the external conditions of their life.

Conclusions

Summarizing, we have revealed the following during the performed empirical study:

- the respondents-refugees were mainly employed (74.6%), but the average job satisfaction was reduced, because they worked not in their specialty;
- the respondents were mainly not disappointed with their host countries (74.6%) and highly appreciated the living conditions proposed to them. Bureaucracy was the strongest frustrating factor, and a language barrier was the most important problem of life (68.8%);
- the respondents had an increased level of escapism, dominance and reduced emotional comfort. When analysing adaptation depending on the respondents' locus of control, we determined that people with external locus of control had worse adaptation and a tendency to submission, escapism and rejection of others, which could indicate their defensive position, unproductive coping strategies to overcome stress, and a tendency to be controlled. In this situation, the locus of control can be considered as situationally changed due to a sharp maladaptation and vice versa, as a cause. People with internal locus of control had a significantly higher desire of dominance, which, according to the previous studies, could mean strong discomfort in situations which such people normally were able to resolve;
- we also revealed emotional discomfort, its interdependence with social frustration, which was obvious because a disappointed person experienced negative feelings and emotions;
- the respondents' social and personal identity was examined and it was determined that the level of self-identity was higher in respondents with an internal locus of control. We identified risk zones for identity in the areas of health, society and professional activities, which, in combination with language barriers recognized as an obstacle, indicated culture shock among respondents and worsened health against the background of forced migration;
- the investigated well-being of the respondents showed that an average life satisfaction coincided with mild dissatisfaction. The applied linear correlation analysis revealed that self-acceptance, social-psychological adaptation, emotional comfort, internality, low social frustration and escapism correlated closely with life satisfaction;
- we did not determine correlations between acceptance of others and life satisfaction; by taking into account the high value of acceptance of others, we assume some conformity of Ukrainian refugees and asylum seekers, and this was confirmed by a significant number of people who were screened out our study due to low indicators of sincerity plus high evaluations of their living in host countries. Higher indicators on all scales (including negative ones) were also determined in the respondents whose income decreased in host countries.

Research perspective. Our further research will be aimed at finding optimal ways of psychological assistance to forced migrants to overcome communication difficulties and negative psychological manifestations in new social and cultural conditions.

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MAIN PSYCHOLOGICAL AND CHARACTEROLOGICAL FEATURES OF FORCED MIGRANTS: THE THEORETICAL AND PRACTICAL EXPERIENCE

The article presents an up-to-date study of the psychological characteristics of Ukrainian forced migrants, which are fundamentally different from previous waves of migration, since the nature of adaptation has changed significantly after introduction of the 2001 Directive on mass forced migration. On the one hand, Ukrainians had an opportunity to adapt faster due to the rapid legalization of their stay, which was confirmed by a high employment level of the respondents. On the other one, the emphasis on the temporary nature of asylum causes uncertainty, fear of the future, uncertain prospects and also reduces motivation for adaptation. We determined that the nature of forced migration had a negative prolonged influence on a migrant's personality, hindering adaptation and well-being. The main aspects of forced migration were highlighted; adaptation in this case went harder than that at other types of migration due to migrants' negative attitudes towards integration into a new country and a feeling of being expelled from one's own country. Forced migrants obtained a new status and believed in the temporary nature of their protection, which caused a breach in their own identity, a sense of uncertainty and indeterminacy. Emphasis is placed on the nature of interactions with the host society, which are interdependent so that an attitude towards a migrant is loyal if he/she adapts and quickly becomes

independent. Refugees go through a number of difficult life situations, which is inevitably reflected on their psyche in the forms of culture shock, traumatization, identity crisis and even personal marginalization. Emotional overload provokes many negative manifestations: closed-mindedness, sensitivity to public opinion, defensive position, irritability, cognitive impairment, maladjustment.

Key words: *psychological characteristics, forced migrants, adaptation, identity, traumatization, uncertainty, difficult life situation.*

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