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## PSYCHOLOGICAL WELL-BEING OF UKRAINIANS AT THE BEGINNING OF THE FULL-SCALE RUSSIAN INVASION

Розглядається проблема психологічного благополуччя особистості під час воєнних дій на території України. При проведенні емпіричного дослідження вибірка включала 4 групи: група 1 – активні, група 2 – пасивні, група 3 – особи, які виїхали на захід України, група 4 – особи, які виїхали за кордон. Результати емпіричного дослідження свідчать про те, що у більшості досліджуваних виявлено середній рівень психологічного благополуччя. Визначено статеві відмінності щодо рівня психологічного благополуччя: чоловіки мають переважно високий і середній рівні психологічного благополуччя, жінки - переважно низький рівень. З'ясовано вікові особливості психологічного благополуччя досліджуваних: особи віком 18-24 та 25-30 років мають переважно середній рівень психологічного благополуччя; в осіб віком 31-40 років порівну представлено середній та високий рівень психологічного благополуччя; в осіб віком 41-50 роки дані розподілилися між середнім та низьким рівнями психологічного благополуччя; досліджувані віком 14-17 виявили переважно низький рівень психологічного благополуччя. Визначено відмінності у рівні психологічного благополуччя залеж-

но від місця перебування: досліджувані які залишилися вдома, мають переважно середній рівень психологічного благополуччя; у досліджуваних, які покинули свої домівки, переважає низький його рівень. Показано, що психологічного благополуччя має позитивні зв'язки з життєстійкістю, копінгом, орієнтованим на розв'язання завдання, відволіканням, безпорадністю та негативні – з копінгом, орієнтованим на емоції, пошуком соціальної підтримки. Встановлено шість факторів психологічного благополуччя загалом по вибірці: «Фіксація на активному розв'язанні проблеми», «Фіксація на власній безпорадності», «Фіксація на негативних ситуаціях», «Фіксація на захисних механізмах», «Уникнення негативних ситуацій», «Здатність контролювати ситуацію». Виявлено відмінності у факторній структурі психологічного благополуччя у різних групах досліджуваних залежно від місця перебування.

**Ключові слова:** психологічне благополуччя, повномасштабне вторгнення, механізми психологічного захисту, копінг, життєстійкість.

## Introduction

**Study importance.** The full-scale invasion of the Russian Federation troops to the territory of Ukraine on February 24, 2022 suddenly changed the lives of Ukrainians, creating a situation of threat and uncertainty. Ukrainians reacted differently to the sudden changes in Ukraine; some were waiting to see how the situation would change, others experienced a state of panic, left their homes and tried to escape. A part of the population took active actions: some immediately went to military commissariats to defence voluntarily their cities and the Motherland, some began to help the newly created units of territorial defence. In general, the Russian aggression provoked unemployment, separation of families, forced relocation and emigration. Regardless of responses, absolutely all Ukrainians experienced severe stress. In this regard, it is interesting to study psychological well-being and related indicators of Ukrainians depending on their decision about the place of stay and gender.

**Problem statement.** Psychological health during the war can be preserved only by those people whose main idea means searches for the meaning of what is happening today. The war challenges the Ukrainian psychological community, so the study on various psychological aspects is most actual now. Especially, the study on such social-psychological phenomenon as an individual's psychological well-being is necessary not only during the war, but also after victory, because we must understand how to work with consequences of war traumatization.

The period of transition from war to peace is no less important than the beginning of war. The polarization of opinions and increased brutality and violence are intensified during the transition to peace (Berdal, & Suhrke, 2011). Strengthened indifference, mistrust, pessimism and hostility, spreading culture of isolation, weakened capabilities of the state in providing basic services, continuing impunity for the violation of human rights are all consequences and examples of the transition from war to peace in developing countries (Upreti, 2012).

General understanding of psychological well-being of not only combatants (Kovalenko, Vyshnyagova, 2017), but also every citizen in such conditions should become an undeniable priority. Review of the latest scientific publications and researches helps us to determine an unsolved part of the general problem. The issue of structure and psychological well-being in general has been sufficiently developed both in national and foreign research. C. Ryff (1995) singles out the following components of psychological well-being: self-acceptance, life purpose, positive relationships with others, personal growth, environmental mastery, autonomy. We chose this classic model as the main one for our research.

## Theoretical analysis

**Review of recent research and publications.** Psychological well-being is a psychological problem that does not lose its importance, despite the wide range of studies on its various aspects performed by researchers of various sciences, schools, directions and theories. The variety of approaches gives rise to the existing complexity both in formulating a single definition for this concept and in describing a clear list of factors that can influence it (Diener, 2022, 2008; Ryff, 1995; Di Martino et al., 2018; Dodge et al., 2012).

Recently, many studies have been conducted to reveal Covid-19 pandemic impact and its psychological consequences for people's psychological well-being, when the pandemic has become an unusual stressful factor for humanity (Baranauskienė, Kovalenko, Hryshchuk, Rohal, 2022, Pfefferbaum & North, 2020; Esposito et al., 2021). Feelings of uncertainty and fear, isolation and forced social distancing has become the stress factors affecting negatively people's anxiety (Baranauskienė, Kovalenko, Hryshchuk, Rohal, 2022; Satici et al., 2020). For Ukrainians, stress due to pandemic turned into stress and shock caused by the full-scale invasion of the Russian Federation troops into Ukraine that captured almost 20% of the Ukrainian territory.

C. Ryff's concept is recognized by the scientific community as the most well-founded model of psychological well-being, which is why it is the basis of our research. The author understands well-being as fruitfulness and growth, human efficiency and productivity. The external environment has a strong influence on psychological well-being and motivates a person to strive for self-development.

C. Ryff singles out the following components of psychological well-being: autonomy of behaviour and thinking; environmental mastery as the ability to quickly adapt to various stressful situations, in accordance with one's own needs; the search for the meaning of life and one's purpose, existing life goals and desire to realize them; existing personal growth and the desire for self-development; the ability to establish and build positive relationships with people; self-acceptance.

The obtained empirical data show that psychological well-being correlated negatively with existing authoritative environment and depression and positively with the internal locus of control, self-esteem and life satisfaction (Ryff, Singer, 1996).

M. Dvornyk (2020) studied an individual's psychological well-being during the transition from war to peace. She singled out the following components of psychological well-being during such transition:

- *Positive personal relationships.* Broad social contacts are basic and important for society well-being (Helliwell, 2009). Strong identities increase overall psychological well-being by reducing the impact of distress and preventing disruptive behaviour (Burke, Cerven, 2019). This effect is achieved due to the following factors: the line of behaviour becomes clearer, there are more opportunities to obtain a resource for personal significance and social integration through connections with others.

- *Contribution to other people's well-being.* T. Tytarenko (2018) considers that the ability to provide and receive help is a very important factor influencing psychological well-being in the transitional period. She understands an individual's psychological well-being as the ability to take responsibility for his/her life and gain experience in adapting to unpredictable and unexpected situations. Studies suggest that giving help is more important for some individuals than receiving it. Therefore, one of the factors of psychological well-being during difficult life circumstances is volunteering, which has a strong influence on the individual's confidence in his/her abilities, increases the sense of cohesion, belonging and self-identification with a group (Gray, & Stevenson, 2019).

- *Feeling of competence and ability to carry out meaningful activities.* A person who finds him/herself in a crisis seeks to radically change him/herself, to leave his/her comfort zone in order to gain new ideas about his/her purpose and value. It is very important that an individual treats a crisis as a productive process. This is possible if he/she sees in a crisis not only passing through certain difficulties and suffering, but also unexpected prospects and opportunities (Tytarenko, 2008). The study made by S. Agu and B. Nwankwo (2019) show that positive coping strategies are closely related to an individual's emotional intelligence. Finding meaning and purpose in life make a significant positive contribution to human functioning (Ryff, 1995).

- *Availability of personal goals.* T. Tytarenko (2008) points out that an important component of achieving psychological well-being in stressful conditions is existing internal autonomy. That is, an individual should activate his/her responsibility for life and creativity, increase his/her productivity and self-efficacy. Existing personal goals helps an individual plan and continue his/her life, which accelerates adaptation to uncertain conditions.

- *Self-esteem and optimism.* To achieve a high level of psychological well-being, one needs to learn to respect oneself as a personality despite traumatic experience. Optimism is also a sufficiently strong factor affecting psychological well-being. This is confirmed by the longitudinal study (Peterson, Seligman, & Vaillant, 1988).

This model is somewhat different from the model proposed by C. Ryff. It seems to complement C. Ryff's concept by paying attention to those components of psychological well-being that are necessary for an individual under crisis.

**The study purpose:** to identify and analyse Ukrainians' psychological well-being at the beginning of the Russian full-scale invasion to the Ukrainian territory.

## Research methodology and results

**Main material.** The empirical study was conducted during the fourth week after the start of the war. The following examining tools were used in the empirical study:

- Coping and Stress Questionnaire, adapted by N. Vodopyanova (Janke, Erdmann, 1997);

- C. Riff Psychological Wellbeing Scale, adapted by T. Shevelenkova and T. Fesenko (Ryff, Keyes, 1995);

- Coping Inventory for Stressful Situations (N. Endler, J. Parker, adapted by T. Kryukov) (Kokun, Pishko, Lozinska, Kopanytsia, Malkhazov, 2011);

- S. Maddi's Hardiness Survey adapted by D. Leontiev (Maddi, 2004);

- Life Satisfaction Index A (LSIA) adapted by N. Panin (Gulyaeva, 2018).

Empirical data processing methods: descriptive statistics (mean, correlation tables, Phi and Kramer correlation coefficients), correlation analysis (Spearman correlation coefficient), Mann-Whitney non-parametric test, Kruskal-Wallis non-parametric test, factor analysis (principal component method).

**Sample:** 120 people with their age from 14 to 50 years. Group 1: active (30 people); group 2: excited (passive) (30 people); group 3: internally displaced people to the west of Ukraine (30 people); group 4: people fled abroad (30 people). 100 of them were women, 20 were men. The sample gender imbalance was due to the fact that men could only be included into three of the four groups, and in our case they were mostly included in the «active» group.

## Research results

According to the Psychological Wellbeing Scale, the tested people mostly had an average level of psychological well-being (50%), a slightly smaller number had poorer psychological well-being (43.3%), and a small number has very good psychological well-being (6.7%).

Men had an average level of psychological well-being (60%), women had equally average (48%) or low (48%) levels of psychological well-being. Every fifth man (20%) had very good psychological well-being.

According to the Mann-Whitney test, statistically significant differences were found between men and women for the indicators: self-approval, self-affirmation, psychomuscular relaxation, control over a situation, positive self-motivation, hardiness, life satisfaction index.

*Table 1*

### Average values of the examined indicators in men and women

Indicators	Men	Women	Significance level	U-test
Self-approval	15,4	12,1	0,004	588
Self-affirmation	11,6	13,5	0,012	646
Psychomuscular relaxation	14,8	11,8	0,002	570
Control over a situation	17,5	14	0,001	524
Positive self-motivation	17	13,8	0,000	464
Hardiness	94,1	75,2	0,001	516
Life satisfaction index	33,2	27	0,000	432

We revealed differences in psychological well-being depending on the age. People aged 14-17 years had poor psychological well-being. People aged 18-24 and 25-30 years had mainly an average level of psychological well-being. Average and high levels of psychological well-being were equally represented in people aged 31-40 years. In contrast to them, people aged 41-50 showed an equally average and low levels of psychological well-being.

*Table 2*

**Levels of psychological well-being depending on age**

Age	Psychological well-being		
	Low	Average	High
14-17	75	25	0
18-24	43,6	51,3	5,1
25-30	20	80	0
31-40	0	50	50
41-50	50	50	0
All	43,3	50,0	6,7

According to the Kruskel-Wallace test, statistically significant differences were found for the following indicators: self-approval, substitution, positive self-motivation, search for social support, anticipatory avoidance, «tired trope», helplessness, self-pity, psychological well-being, emotion-oriented coping, development-oriented coping task solving, hardiness, life satisfaction index. We determined differences for indicators of psychological well-being depending on the respondents' age.

*Table 3*

**Average values of the investigated indicators in the respondents of different ages**

Indicators	Age				
	14-17	18-24	25-30	31-40	41-50
Self-approval	14,8	14,8	11,8	20,3	11
Substitution	13,5	11,7	15	14,5	9,5
Positive self-motivation	11,9	14,2	19	11,3	17,8
Search for social support	16,1	14,7	14,8	11,5	12,8
Anticipatory avoidance	12,6	12,2	15	10,3	15,3
Tired trope	10,3	11,1	15,4	12,8	9,8
Helplessness	9,9	10,2	9	12,5	9,5
Self-pity	8,6	10,6	8,2	10,8	12

Psychological well-being	286,6	326,4	322	418,5	322,8
Emotion-oriented coping	60,5	49,5	46,8	46,8	43,3
Task-solving coping	45,1	59,4	60,8	68	70,5
Hardiness	69,1	77,3	77,4	103,8	82
Life satisfaction index	22	28,2	30,6	36	27,8

There were also differences in psychological well-being depending on places of residence. The respondents who stayed at home and had active or passive attitudes showed mostly average psychological well-being. The respondents who displaced to the west of Ukraine or abroad had mainly low psychological well-being.

*Table 4*

**Levels of psychological well-being depending on places of residence and attitudes**

Place of residence and attitude	Psychological well-being		
	Low	Average	High
Active attitude	33,3	67,7	0
Passive attitude	33,3	67,7	0
Western Ukraine	46,7	26,7	26,7
Abroad	60	40	0
All	43,3	50	6,7

According to the Kruskal-Wallis test, statistically significant differences were found for the following indicators: self-approval, distraction, control over a situation, positive self-motivation, search for social support, self-pity, psychological well-being, aggression, resilience, life satisfaction index. With the help of correlation tables and Phi and Kramer's measures of connection, we determined connections between indicators of psychological well-being and differences between them depending on place of residence and attitudes.

*Table 5*

**Average values of the investigated indicators in the respondents depending of their place of residence and attitude**

Indicators	Active attitude	Passive attitude	Western Ukraine	Abroad
Self-approval	14,5	13	13,9	17,4
Distraction	13,5	12,1	11,8	11,3
Control over a situation	15,3	17,2	12,3	13,7
Positive self-motivation	13,7	16	14,7	12,7
Search for social support	13,8	13,2	15	16,2
Self-pity	8,9	10,1	11,7	10,3
Psychological well-being	335,5	344,2	335,5	291,3
Aggression	7,8	9,8	8,9	12,6
Hardiness	80,5	79,3	88,1	65,3
Life satisfaction index	29,1	29,3	29,8	23,9

As for hardiness, half of the respondents had average hardiness. The respondents with active or passive attitudes had mainly average hardiness. High hardiness showed respondents displaced to the west of Ukraine. Those who went abroad had low hardiness.

*Table 6*

**Levels of hardiness depending on places of residence and attitudes**

Place of residence and attitude	Hardiness		
	Low	Average	High
Active attitude	20	66,7	13,3
Passive attitude	20	66,7	13,3
Western Ukraine	33,3	26,7	40
Abroad	60	40	0
All	33,3	50	16,7

The applies correlation analysis revealed that psychological well-being correlated positively with hardiness, task-solving coping, distraction,

helplessness and did negatively with emotion-oriented coping and search for social support (Table 7).

*Table 7*

**Correlation coefficients between psychological well-being and the studied indicators**

Indicators	Psychological well-being	Significance
Hardiness	0,649**	p=0,000
Task-solving coping	0,308**	p=0,001
Distraction	0,223*	p=0,014
Helplessness	0,248**	p=0,006
Emotion-oriented coping	-0,319**	p=0,000
Search for social support	-0,248**	p=0,006

In the group of people with an active attitude, psychological well-being correlated positively “tired trope”, which meant people was constantly thinking about the situation and cannot be distracted form these thoughts ( $r=0.753$ ,  $p=0.000$ ), social isolation ( $r=0.614$ ,  $p=0.000$ ) and helplessness ( $r=0.439$ ,  $p=0.015$ ) and negatively with search for social support ( $r=-0.382$ ,  $p=0.037$ ). People with an active attitude are mainly characterized by “illusory acceptance of reality”, which means a stressful situation under influence of protective mechanisms.

In the group of people with a passive attitude, psychological well-being correlated positively with decreased importance of a stress situation ( $r=0.476$ ,  $p=0.008$ ) and negatively with psychomuscular relaxation ( $r=-0.475$ ,  $p=0.008$ ) and anticipatory avoidance ( $r=-0.433$ ,  $p=0.017$ ).

In the group of people displaced to the west of Ukraine, psychological well-being correlated positively with escape from a stressful situation ( $r=0.745$ ,  $p=0.000$ ), self-pity ( $r=0.430$ ,  $p=0.018$ ), self-approval ( $r=0.375$ ,  $p=0.041$ ), helplessness ( $r=0.388$ ,  $p=0.034$ ) and negatively with search for social support ( $r=-0.441$ ,  $p=0.015$ ) and social isolation ( $r=-0.397$ ,  $p=0.030$ ).

In the group of people living abroad, psychological well-being correlated positively with self-affirmation ( $r=0.383$ ,  $p=0.037$ ) and negatively with self-control ( $r=-0.445$ ,  $p=0.014$ ) and “tired trope” ( $r=-0.377$ ,  $p=0.040$ ).

In order to generalize the factors of psychological well-being, we applied factor analysis; six resulting factors are shown in Table 8.

Table 8

**Factors of psychological well-being**

Factor 1 Fixation on active task solution	Factor 2 Fixation on own helplessness	Factor 3 Fixation on negative situations	Factor 4 Fixation on protective mechanisms	Factor 5 Avoiding negative situations	Factor 6 Ability to control a situation
Hardiness (0,801)	Self-blame (0,808)	Escape from a stressful situation (0,731)	Substitution (0,822)	Self-control (0,625)	Self-approval (-0,684)
Life satisfaction index (0,783)	Taking medication (0,794)	Anticipatory avoidance (0,636)	Distraction (0,751)	Avoidance-oriented coping (0,562)	Positive self-motivation (0,647)
Psychological well-being (0,723)	Self-pity (0,553)	Decreased importance of a stress situation (-0,575)	Self-affirmation (0,446)	Aggression (-0,516)	Helplessness (-0,565)
Emotion-focused coping (-0,714)	“Tired trope” (0,333)	Social isolation (0,498)		Self-justification (-0,483)	
Task-solving coping (0,634)		Psycho-muscular relaxation (0,367)		Control over a situation (-0,405)	
Search for social support (-0,444)					

In addition, we found differences in the factor structure of psychological well-being for those who left their living places and those who remained at home. People who remained at home and had an active attitudes showed higher values for the factors: «fixation on protective mechanisms» and «ability to control a situation». They adapted to traumatic events by using various protective mechanisms, such as: substitution, «tired trope», self-affirmation. Some respondents were also able to take control over a situation, which improved their adaptation to a stressful situation. This group had the lowest values for «fixation on own helplessness» factor.

People who remained at home, but have a passive attitude showed higher values for the factors: «fixation on the active task solution» and «fixation on own helplessness». They adapted to traumatic events by finding a solution in a stressful situation or fixated on feelings of frustration, hopelessness and

helplessness. This group had the lowest values for the «fixation on protective mechanisms» factor.

People who were displaced to the west of Ukraine had higher values for the factors: «fixation on own helplessness» and «ability to control the situation». They are characterized by the feeling of being a victim of circumstances, but they strive to control the situation. They had a sense of control over a situation because they changed place of residence. The factor of «fixation on negative situations» had the lowest values for the respondents in this group.

People who went abroad had high values for the factors: «fixation on own helplessness» and «avoidance of negative situations». The respondents from this group were characterized by a sacrificial position and efforts to do everything possible to avoid a stressful situation. Their decision to leave not only their homes, but also the country, was caused by their feeling of helplessness and an attempt to avoid danger for themselves and their loved. In this case, factors with the lowest values were: «fixation on active task solution», «ability to control the situation» and «fixation on defence mechanisms».

The factor of «fixation on one's own helplessness» was common to people who went abroad and to the west of Ukraine. These groups were mainly inclined to a victim position in order to somehow survive and adapt to new conditions.

At the same time, we can state that in terms of factor severity, the respondents those who went abroad showed the opposite values in comparison with the respondents who stayed at their homes and had an active attitude.

Thus, the conducted study revealed the peculiarities of psychological well-being and related indicators for different population groups at the beginning of the full-scale Russian invasion to the territory of Ukraine, and showed links of psychological well-being with personal characteristics, factors influencing psychological well-being in general and in different studied groups.

The most promising direction for further research is to organise a repeated study and reveal the dynamics of Ukrainians' psychological well-being a year after the start of a full-scale war.

## Discussion

The problem of an individual's psychological well-being during hostilities is far from its real solution. The studies performed by Ukrainian scientists after the start of the full-scale invasion have begun to be published recently. In particular, L. Karamushka (Karamushka, 2022) described studied subjective social well-being of the personnel in educational and scientific organizations during the war. Her results indicated moderate subjective well-being of the personnel, which confirms the results of our study about an average level of psychological well-being in the sample as a whole. In addition, the revealed statistically significant correlations showed the importance of a coping

strategy focused on task solving for psychological well-being of both the staff of scientific and educational organizations and Ukrainians in general. Additionally, coping strategies were an essential psychological factor in subjective and psychological well-being.

## Conclusions

The theoretical analysis of individual's psychological well-being showed that in recent years, this phenomenon has gone through a long path of transformations, from the point when psychological well-being was equated with experienced happiness to a complex multifaceted phenomenon. These changes have occurred due to the constant attention of researchers to psychological well-being, as well as the complexity of researched concepts, which contributed to appearing multidimensional models of psychological well-being and transition from a global understanding of psychological well-being to a context-dependent approach. The studies on psychological well-being were conducted mainly in more or less stable periods of people's lives and were related to its various aspects: professional, economic well-being, happiness at work, demand, etc. In addition, examined samples included some specific groups: internally displaced persons, soldiers with injuries, physically ill or disabled people, students during the Covid-19 pandemic, etc. Despite a fairly large number of works devoted to psychological well-being, aspects related to difficult life circumstances of not an individual, but whole population of a country are still poorly researched.

2. The performed empirical research revealed that the respondents had mainly an average level of psychological well-being; a slightly smaller part of the respondents had poor psychological well-being. Only a small part of the respondents showed very good psychological well-being.

3. We revealed gender differences in psychological well-being. Men had mainly high and medium levels of psychological well-being, which was related to their volunteering and participation in territorial defence. Women have mainly low psychological well-being.

4. We also clarified the age-depending peculiarities of psychological well-being. People aged 18-24 and 25-30 years had mainly an average level of psychological well-being, in contrast to other age categories. Average and high levels of psychological well-being were equally represented in people aged 31-40. As for people aged 41-50 years, they showed medium and low levels of psychological well-being. The youngest study participants, aged 14-17, showed mostly low psychological well-being.

The respondents who stayed at home mostly had an average level of psychological well-being. In contrast to them, the respondents who left their homes tend to have low psychological well-being.

5. The performed correlation analysis revealed positive correlations of psychological well-being with hardiness, task-solving coping, distraction, helplessness and negative ones with emotion-focused coping, search for social support.

6. Six factors of psychological well-being were determined for the sample in general: «fixation on actively solved problems», «fixation on own helplessness», «fixation on negative situations», «fixation on protective mechanisms», «avoiding negative situations», «ability control a situation».

We revealed differences in the factor structure of psychological well-being of those who left their living places and those who remained at home. The factors of psychological well-being of those who stayed at home were: «fixation on actively solved problems», «fixation on own helplessness», «fixation on interaction with others», «avoiding negative situations», «fixation on protective mechanisms», «ability to control a situation».

The factors of psychological well-being of those who left home were: «fixation on actively solved problems», «fixation on own helplessness», «fixation on protective mechanisms», «avoiding negative situations», «ability to control a situation».

**The most promising direction for further research** is to organise a repeated study and reveal the dynamics of Ukrainians' psychological well-being a year after the start of a full-scale war and after and after the return of forced migrants to their homes.

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## Abstract

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## PSYCHOLOGICAL WELL-BEING OF UKRAINIANS AT THE BEGINNING OF THE FULL-SCALE RUSSIAN INVASION

The article examines people's psychological well-being during hostilities at the territory of Ukraine. To perform an empirical study, the whole sample

was divided into four groups: active people, passive people, peoples who were displaced to the west of Ukraine, people who went abroad. The performed empirical research revealed that the respondents had mainly an average level of psychological well-being. Gender differences in psychological well-being were determined: men had mostly high or average psychological well-being, women had mostly low one. The age-depending peculiarities of psychological well-being were clarified. People aged 18-24 and 25-30 years had mainly an average level of psychological well-being, in contrast to other age categories. Average and high levels of psychological well-being were equally represented in people aged 31-40. As for people aged 41-50 years, they showed medium and low levels of psychological well-being. The youngest study participants, aged 14-17, showed mostly low psychological well-being. Differences in psychological well-being depending on places of stay were determined: the respondents who stayed at home mostly had an average level of psychological well-being. In contrast to them, the respondents who left their homes tend to have low psychological well-being. The performed correlation analysis revealed positive correlations of psychological well-being with hardiness, task-solving coping, distraction, helplessness and negative ones with emotion-focused coping, search for social support. Six factors of psychological well-being were determined for the sample in general: “fixation on actively solved problems”, “fixation on own helplessness”, “fixation on negative situations”, “fixation on protective mechanisms”, “avoiding negative situations”, “ability control a situation”. The differences in the factor structure of psychological well-being of those who left their living places and those who remained at home were revealed.

***Key words:** psychological well-being, full-scale invasion, hardiness, psychological defence mechanisms, coping, resilience.*

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