



## EXPERIENCE OF OVERCOMING POST-TRAUMATIC CONDITIONS OF COMBAT PARTICIPANTS

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### **Abstract**

Relevance. The study of mental changes in combat participants makes it possible to improve existing rehabilitation programs, taking into account the individual needs of veterans, which helps to achieve a more sustainable effect in their recovery and reintegration. Understanding the nature and mechanisms of the latter will help to develop more effective methods of psychological support and rehabilitation of veterans, reducing the risk of their long-term impact on the quality of life

The purpose of the study: to identify the features of post-traumatic reactions in veterans and develop the content of an effective rehabilitation program focused on overcoming them.

Methodology. The study used theoretical methods (analysis, generalization and systematization); empirical methods 1) "Scale of the impact of a traumatic event" by M. Horowitz; 2) questionnaire "Post-traumatic growth" by R. Tadashi, L. Calhoun. 3) "Mississippi scale of post-traumatic stress disorders" by T.M. Keap). 4) Narrative analysis. 5) Methodology "Unfinished sentences" by M. Sachs. Author's program for developing skills of self-knowledge and self-improvement, responsibility and self-regulation, motivation for success,.

Results. At the beginning of the study, most servicemen demonstrated stress disorders. Many of them were characterized by isolation, which complicated work in a group during rehabilitation. Simultaneously with stress disorders, they had a slight tendency to post-traumatic growth. After conducting the author's program, the experimental group of military personnel showed a significant increase in positive effects, in particular, post-traumatic stress disorder was not recorded in 80%, while the indicators of post-traumatic growth of the participants increased significantly.

Conclusions. The prepared program for the rehabilitation of military personnel can be recommended to psychological care institutions as effective in combating the consequences of hostilities in their participants.

**Keywords:** combatants, negative states, traumatic events. post-traumatic disorder, post-traumatic growth.

### **Relevance**

Relevance of the study. The study of the features of negative states of combatants is highly relevant, since a person's participation in hostilities leads to severe stress and increases the risk of mental disorders, such as PTSD, depression, anxiety disorders.

Understanding their nature and mechanisms can help develop more effective methods of supporting and rehabilitating veterans, reducing the risk of long-term impact of such states on the quality of life of this population and their immediate environment.

The problem of the features of negative states of combatants was studied by the following domestic scientists: M.M. Baumer (Baumer, M.M. 2020), O.M. Kokun (Kokun O.M., Pishko I.O., Lozinska N.S., 2016), I.O. Laba (Radetska L.V., Laba I.O., Smachylo A.I., Nechaeva O.O., Lopatenko K.O., Baumer M.M., 2020), N.S. Lozinska (Kokun O.M., Pishko I.O., Lozinska N.S., 2016), K.O. Lopatenko [4], O.O. Nechaeva (Radetska L.V., Laba I.O., Smachylo A.I., Nechaeva O.O., Lopatenko K.O., Baumer M.M., 2020), L.V. Radetska (Radetska L.V., Laba I.O., Smachylo A.I., Nechaeva O.O., Lopatenko K.O., Baumer M.M., 2020), I.O. Pishko (Kokun O.M., Pishko I.O., Lozinska N.S., 2016), A.I. Smachylo (Radetska L.V., Laba I.O., Smachylo A.I., Nechaeva O.O., Lopatenko K.O., Baumer M.M., 2020); post-traumatic stress disorders in military conditions were studied by: P. Kazimi, A. Mustafaev, G. Yusifova (Mustafaev A., Yusifova G., Kazimi P., 2023), V.M. Synyshyna (Synyshyna V.M., 2021). Post-traumatic growth of the personality of combatants is presented in the work of: D.S. Zubovsky, I.I. Osyodlo (Osyodlo V.I., Zubovsky D.S., 2017) and others.

The fact of participation in military operations has an unconditional impact on the human psyche, subjecting it to serious tests. Among the large number of consequences of war (economic, political, social), there are no less important psychological consequences. The stay of a military person in extreme conditions is characterized by the impact of stress factors of increased intensity on the psyche of such a person. The duration of their impact, as well as the psychotraumatic nature of such interventions, can contribute to the emergence of changes in mental activity, which significantly reduces the effectiveness of life and the quality of life of a person already in peaceful conditions. At the same time, the circle of victims is expanding, which includes not only direct participants in military events, but also their relatives. After everything experienced in the war, such striking changes in the psyche are noted in combatants that even parents sometimes have difficulty recognizing their children in them. Returning to ordinary life after the impact of extreme conditions, servicemen cannot adapt to peaceful conditions for a long time. Fear, aggressiveness, suspicion become constant companions of peaceful life for many (Mustafaev A., Yusifova G., Kazimi P., 2023).

The adaptation of combatants to the conditions of civilian life is characterized by tense relations between such people and society. The overwhelming majority of veterans have a negative attitude towards government officials, believe that the state has deceived and betrayed them, and therefore feel a desire to vent their accumulated anger for the disrespect for the Armed Forces of Ukraine by a part of the population, imperfect management and senseless bloodshed, and the death of their comrades. The life experience of these people is unique; it differs sharply from the experience of non-military people, which often gives rise to misunderstanding on the part of the military



and a significant part of the population. The civilian population sometimes treats former fighters with misunderstanding and fear, which only intensifies the painful reaction of veterans to the unusual situation, which they perceive and evaluate with their inherent front-line maximalism (Radetska L.V., Laba I.O., Smachylo A.I., Nechaeva O.O., Lopatenko K.O., Baumer M.M., 2020).

The return of a military person home is accompanied by difficulties in social adaptation. Participants in hostilities may experience alienation, difficulties in communicating with loved ones and civil society, which leads to their social isolation and deterioration of their mental state. The study of these aspects will allow a deeper understanding of the process of adaptation of military personnel to peaceful life and offer tools for its improvement. Also, the scientific study of mental changes in participants in hostilities makes it possible to optimize existing rehabilitation programs and adapt them, taking into account the individual needs of participants, which will help to achieve a more sustainable effect in their recovery and more complete integration into society.

The purpose of the article is to identify the features of post-traumatic manifestations of military personnel who have returned from the war zone, and to develop the content of an effective rehabilitation program on this basis.

Research tasks solved in the article:

1. Empirically identify the features of post-traumatic reactions and personal characteristics of participants in hostilities.
2. Develop and test a program to improve the psychological state of military personnel who have experienced extreme experiences of military events.

At the beginning of the study, a hypothesis was put forward: military personnel who have undergone psychological rehabilitation tolerate traumatic experiences more easily than those who have not received such rehabilitation assistance.

### **Methodology**

Sample characteristics. The research base is the “Center for Assistance to Soldiers and Family Members of ATO Participants” in the city of Kyiv. It is a stationary institution of the social protection system of the city of Kyiv. The center is intended for the socio-psychological rehabilitation and improvement of war veterans. The following categories of veterans - residents of the city of Kyiv are sent to the center: veterans of the Great Patriotic War, veterans of combat operations in Ukraine and the territories of other states, veterans of military service. The initial selection of candidates for rest at the Center is carried out through the network of the Kyiv City Organization of Veterans (administrative districts, districts). The period of stay on vacation is 27 days.

In order to implement the research tasks, 30 military officers with extreme experience of participation in combat operations were selected from the number of

vacationers at the center during a simple random selection by drawing lots from a general population of 100 men, who agreed to participate in the study.

Research methods. To confirm or refute the hypothesis of the study, it was organized according to the model of a formative experiment and included two stages. First, all subjects were tested using the methods selected for the study. Then, the participants were divided into two groups (experimental and control) of 15 people each. After that, the experimental group (which included participants with lower psychodiagnostic indicators) underwent a course of psychological rehabilitation, and the second remained the control. The choice was made in this way because in the second group there were fewer people with a low index of post-traumatic growth and more participants whose growth does not require additional stimulation.

Upon completion of the program, control testing was conducted using the same methods in the two groups. Comparison of the results makes it possible to confirm the truth of the hypothesis or refute it as unproven. To determine statistical differences between the indicators of the EG and CG, the non-parametric Mann-Whitney U-criterion was used in the work.

The following empirical methods were used in the work: 1) "Scale of the Impact of a Traumatic Event" (M. Horowitz); 2) the questionnaire "Post-Traumatic Growth" (PTG) (R. Tadashi, L. Calhoun); 3) "Mississippi Scale of Post-Traumatic Stress Disorder" (T.M. Keape); 4) Narrative analysis; 5) the technique "Unfinished Sentences" (M. Sax). Let us describe their role in the study in more detail.

1. "Scale of the Impact of a Traumatic Event" (M. Horowitz). The purpose of using the scale in the study is to study the impact of a traumatic event on the condition of combatants (CVD).

2. Questionnaire "Post-Traumatic Growth" (PTG) (R. Tadashi, L. Calhoun). The purpose of using the questionnaire is to determine the indicators of post-traumatic growth of CVD according to the following criteria:

- "Attitude towards others". Has a person become more reliant on other people in difficult times, feel closer to those around them, are more willing to express their emotions, show more compassion for people, spend more effort on establishing relationships with people, more often admit that they need other people, value them more highly.

- "New opportunities". Has a person developed new interests, has he or she directed his or her life along a new path, has he or she gained confidence that he or she can make his or her life better; has he or she gained opportunities that were not available before? Is he or she more likely to try to change what needs to be changed.

- "Personal strength". Has a person become more confident in himself or herself, better understands that he or she can cope with difficulties. Has he or she become more accepting of things as they are, and realizes that he or she is stronger than he or she thought.

- "Spiritual changes". Has a person become better at understanding spiritual issues, or has he or she become more religious.



- "Increasing the value of life". Has a person changed their life priorities, or has he or she become better at understanding the value of his or her own life, more appreciating every day of his or her life.

In general, the studied individuals with a high total OPtZ score are characterized by the following features: after a disaster, their attitude towards other people changes towards greater openness, positivity, and compassion. A sense of new opportunities, new interests, and a desire for change appear. They begin to feel more confident in themselves, feel the strength to cope with difficulties. They begin to better understand the spiritual problems of other people. In general, their value of life in general and every moment of life in particular increases.

3. "Mississippi Posttraumatic Stress Disorder Scale" (T.M. Keape). The purpose of using the scale is to assess the severity of posttraumatic stress reactions in combat veterans.

4. Narrative analysis is an analysis of life stories. The purpose of creating a narrative story is to transform the narrator's personality.

When processing the results in narrative materials, we distinguish three types of essential forms:

1) narrative of suffering, martyrdom, sacrifice. In the passive form, we have the narrative of the victim, and in the active form - the narrative of persecution, torturer;

2) narrative of resilience, trial, heroism, courage, salvation. In the passive form – the narrative of adaptation, preservation, endurance, resilience, and in the active form – the narrative of heroism, courage, savior;

3) the narrative of growth, transgression, etc. In the passive form – this is a sage, a connoisseur, in the active form – growth, transgression, determination to be, master, etc.).

Distinguishing between life history and life story (narrative), during the semantic analysis the user of the method seeks to transform the client's narrative into a life story based on the transformation of the forms of his self-identity. Thus, for the transition from a traumatic narrative to the transformation of trauma, a three-term transition is used from the self-identity of the victim to the self-identity of the survivor and the self-identity of the personally growing author of the narrative.

5. The "Unfinished Sentences" Method (M. Sachs). The purpose of using the methodology in the study is to identify conscious and unconscious attitudes of a person, showing his attitude towards parents, family, representatives of his own and the opposite sex, to higher-ranking officers and subordinates, to his fears and apprehensions, to feelings of guilt, to the past and future, to life goals.

For our study, 12 sentences were selected that characterize the veteran's attitude towards the past, future and present. On this basis, the researcher creates a characteristic that defines this system of relations as positive, negative or indifferent.

The general plan for working with empirical materials was chosen as follows:

1. First of all, scores are calculated on the scales "The Scale of Impact of a Traumatic Event" (M. Horowitz) and "The Mississippi Scale of Posttraumatic Stress Disorders" (T.M. Keape).

2. The table is filled out separately according to the questionnaire "Post-traumatic growth" (PTG) (R. Tadashi, L. Calhoun) for each of its criteria: OD - attitude towards others, NV - new opportunities, SL - personal strength, DI - spiritual changes, PC - increased value of life. They have their own normative values, which indicate a low, medium or high degree of severity of a particular indicator in a person. The total score expresses the degree of post-traumatic growth of a person. Accordingly, the higher the score for a certain criterion, the higher the overall level of post-traumatic growth.

3. All obtained data are entered into a summary table.

The second stage of the study involved the development and testing of a rehabilitation program for Ukrainian military personnel who participated in hostilities.

The purpose of developing such a program: using specially targeted tasks and exercises to increase stress resistance and reduce anxiety in military personnel who have experienced extreme military experience..

Sequence of program implementation:

1. Analysis of the psychological state of military personnel (testing).

2. Determination of program goals and objectives.

3. Conducting training sessions to improve the psycho-emotional state of military personnel.

3. Conducting group and individual sessions with military personnel to reduce their stress and anxiety levels.

4. Analysis of the results of the experimental and control groups after the program.

Description of the intervention program. The rehabilitation program to improve the psychological state of military personnel who have experienced extreme military experience is designed for a group of up to 15 people. The program is short-term, provides for 7-8 astronomical hours. At the control stages of the formative experiment to test the developed program in both diagnostic sections, one package of psychodiagnostic techniques was used.

The main task of psychologists on the first day of the program is to establish contact with clients - military personnel during individual work (questionnaire and conversation). From the second to the fourth day, group classes are held with subsequent individual counseling of clients. The objectives of the program are aimed at promoting the establishment of adequate self-esteem, the development of self-knowledge and self-improvement skills, responsibility and self-regulation of veterans of the Armed Forces of Ukraine, increasing motivation, and increasing the desire for success of training participants.

## Results

Let us begin with the characteristics of the results of the ascertaining stage of the study and consider the results of the diagnostics of the military control and



experimental groups using the "Scale of the Impact of a Traumatic Event" (M. Horowitz) method, which are presented in Table 1.

Table 1. Results of the diagnostics of military personnel (assertive study in the control and experimental groups)

Level	Control group	Experimental group
High	10	13
Average	3	2
Low	2	-

According to the results of testing the control group of military personnel, a high degree of impact of the traumatic event (67%). In (20%) the average degree and only in two, (13%) low. The tendency to intrusion was noted in 8 servicemen, the tendency to avoid - in 7. According to the results of the diagnostics of the experimental group, we can conclude that almost the entire group (87%), or (13%) of military personnel, is under the influence of severe traumatic stress. The average degree was recorded in the rest, that is, in two servicemen. The tendency to intrusion was noted in 10 employees, the tendency to avoid - in 5.

As can be seen, the majority of the surveyed military personnel (77%) have a pronounced strong degree of influence of the traumatic event, which confirms the presence of disorders in them. In order to verify the objectivity of the results of testing according to the "Scale of the Impact of a Traumatic Event" (M. Horowitz), we will further analyze the indicators of the "Mississippi Scale of Post-Traumatic Stress Disorders" (T.M. Keape), taking into account that according to the Mississippi Scale, an assessment of the degree of severity of post-traumatic stress reactions of more than 100 points is considered the basis for conclusions about stress disorders in the individual and the higher the score, the deeper the disorders in the individual.

No statistically significant differences were found between the CG and the EG, which indicates the absence of differences in the degree of influence of the traumatic event in these groups at the assessment stage of the study. Next, in Table 2, we present the results of the diagnosis of military personnel (confirmatory study in the control group).

Table 2. Results of the diagnosis of military personnel (confirmatory study in the control and experimental groups)

Group	Control group	Experimental group
Indicator		
More than 100 points	10	12
Less than 100 points	5	3

No statistically significant differences were found between the CG and EG, which indicates the absence of differences in the existing stress disorders of varying severity in these groups at the constitutive stage of the study.

Based on the diagnostic results, it is obvious that (67%) of the control group, i.e. 10 military personnel, have stress disorders of varying severity. Five did not show high indicators of stress disorders.

Judging by the results of the study of the experimental group on the same scale, (80%) of military personnel have stress disorders of varying severity and only two of them do not have such disorders.

A comparative analysis of the indicators of military personnel according to the "Scale of Impact of a Traumatic Event" (M. Horowitz) and the "Mississippi Scale of Post-Traumatic Stress Disorders" (T.M. Keape) revealed that (77%) had a pronounced strong degree of impact of a traumatic event, which confirms the presence of disorders in them. The extreme, traumatic, military experience had the greatest impact on two participants (O and L), and two participants (L and K) were also the least exposed to psychological and semantic traumatization.

The next step is to analyze the indicators of the study participants according to the questionnaire "Post-Traumatic Growth" (R. Tadashi, L. Calhoun), presented in Table 3.

As shown in Table 3, the vast majority of participants in the control group have high and average post-traumatic growth indicators. Thus, almost half of these soldiers (46%) have high post-traumatic growth indicators, (40%) have average ones, and only (14%) of them have low and very low scores. The indicators of one participant (participant L), who scored the maximum possible points on all criteria, can be called ideal. The lowest results were found in three of the subjects.

Table 3. Results of diagnostics of soldiers according to the questionnaire "Post-traumatic growth" (declarative study in the control and experimental groups)

Level	Control group	Experimental group
High	7	4
Average	6	8
Low	2	3

In the experimental group, we see the following indicators of positive dynamics of participants after experiencing trauma: more than half of the military have average post-traumatic growth indicators – (54%), high indicators in (28%) of the military and low only in (18%).

Thus, at the costatistical stage of the study between the CG and EG, no statistically significant differences were found, which indicates the absence of differences in the indicators of post-traumatic growth of the examined groups.

Next, we will consider the factors of post-traumatic growth in the CG and EG, which are clearly presented in Table 4.



Table 4. Diagnostic results of military personnel on the OPtZ scales  
(confirmatory study in the CG and EG)

Indicator	Control group	Experimental group
Attitude towards others	3	3
New opportunities	4	4
Personal strength	2	2
Spiritual changes	2	2
Increased value of life	4	4

So, according to the results of the diagnostics of military personnel (declarative research), it is obvious that in both groups the factors of new opportunities and reassessment of life are most clearly represented. While, for example, the attitude towards people changes slightly. It can be assumed that the remaining factors are strongly dependent on the factor of personal strength. We adhere to the opinion that such strength was significant in the pre-traumatic period of life of these individuals, which guaranteed the meaning-making activity of the individual and became the key to the development of their resilience and post-traumatic growth.

The results of the experimental group turned out to be different from the results of the control group. Declarative research of military personnel in the experimental group showed that they had the highest indicator of life reassessment (33%), the indicators of new opportunities turned out to be the lowest (26%), and the indicators of the factor of personal strength here are the lowest – (12%).

The following table presents the summary data of the ascertainment diagnostics according to the Traumatic Event Impact Scale and the Posttraumatic Growth Questionnaire (PTG) and the Mississippi Posttraumatic Stress Disorder Scale. The results of such diagnostics of servicemen in the experimental and control groups are presented in Table 5.

Table 5. Summary results of ascertainment diagnostics of servicemen in the experimental and control groups

Groups	Control group	Experimental group
Scales		
Horowitz scale	10	13
Mississippi scale	10	12
PTG	7	4

Table 5 shows high rates of stress disorders in military personnel according to the "Scale of Impact of a Traumatic Event" (M. Horowitz), which are confirmed by the data of the "Mississippi Scale of Post-Traumatic Stress Disorders" (T.M. Keape). This allows us to speak about the presence of high rates of disorders in both groups: 67% - in the control group, and 80-87% - in the experimental group. At the same time, the experimental group of military personnel has a higher rate of stress disorders than the control group. Using the "Post-Traumatic Stress Questionnaire", it was found that half of the military personnel from the control group (46%) and a quarter from the experimental group (28%) have post-traumatic stress disorder indicators.

### Discussion

The main content of the research is the analysis of the dynamics of stress disorders, characteristic of the vast majority of military personnel participating in hostilities. It was empirically determined that at the beginning of the experimental intervention, half of the military personnel from the control group and a quarter from the experimental group showed signs of post-traumatic growth. The results obtained confirm the theory of M. Horowitz regarding the ambiguous impact of a traumatic event on military personnel.

Conducting group classes under the rehabilitation program for UBD shows that the organizationally optimal situation is when the number of psychologists is about 1/3 of the total composition of the military group, which allows them to be facilitators (initiators and accelerators) of the group's work. Thus, the maximum size of the group of program participants, at which the work maintains an optimal level of efficiency, is 18-20 participants together with the group leaders. The program is a plastic structure: if necessary, additional exercises (for example, dynamic ones) can be introduced into it or some exercises can be replaced with others. The need to work on all topics stated in the program remains fundamentally important.

Upon completion of the program and the implementation of the control psychodiagnostic section, a comparative analysis of the results obtained was carried out using the Mann-Whitney statistical criterion. As a result, statistically significant differences were found between the EG and CG in the factors of the Posttraumatic Growth Questionnaire ( $U=785$ , at  $p \leq 0.05$ ), which indicates the effectiveness of the training program aimed at forming stress resistance and reducing anxiety in soldiers who have experienced extreme military experience.

Analyzing the results of the control section on the M. Horowitz scale, we came to the conclusion that the impact of traumatic events of war on the soldiers of the experimental group significantly decreased. While in the control group, where rehabilitation work was not carried out, the results practically did not change. In particular, in the experimental group, the traumatic impact was reduced to insignificant values in all 15 people, more than half of the participants were not diagnosed with manifestations of disorders, and the percentage of high impact of a traumatic event on the M. scale. Horowitz decreased by more than half (by 8 people). At the same time, in



the control group, low traumatization was observed in one person (i.e., without the intervention of specialists, it decreased by 1 person compared to the beginning of the study). The average degree of trauma impact was observed in 4 people, and in all others (10 people), as before, the negative impact of past extreme experiences was strongly expressed.

Similar trends were also revealed in the results of testing according to the "Mississippi Post-Traumatic Stress Disorder Scale" (T.M. Keape). If in the control group (CG) the traumatization indicators are average and high in 10 people, then in the experimental group 8 people have a low (below 70 points) level of traumatization, which means the absence of a disorder, 7 people (47%) show minor residual effects of trauma.

The most noticeable results after the rehabilitation program are noted by the questionnaire "Post-traumatic growth" (PTG) (R. Tadashi, L. Calhoun). In the first group (EG), 80% of participants demonstrate high indicators of post-traumatic growth. In the second group (CG), high growth indicators are found in 7 people, average - in 6 people and unsatisfactorily low - in 2 people. Thus, in the first group, unlike the second, after rehabilitation work, positive dynamics of post-traumatic growth and reduction of the consequences of military trauma are expressed.

The results obtained are also confirmed by the data of the narrative analysis of materials created by the participants of the developed rehabilitation program. Their narrative interviews demonstrate an increase in the meaningfulness of life, show an increase in the manifestations of the positive attitude of the program participants towards people, which harmonizes relationships with others, and the disappearance of mental discomfort caused by stress and disorder allows the military to make a positive forecast for their own future.

According to the materials of the unfinished sentence method obtained from the participants of the experimental group after completing the program, they are mostly dominated by positive ideas about life, dreams and hopes. The leading desires of the soldiers of this group are no longer getting rid of disorders, but personal ambitions, needs and life plans (for example, the desire to start a family, travel, devote themselves to a new hobby...).

Thus, we can conclude that the hypothesis that military personnel who have undergone psychological rehabilitation tolerate traumatic experiences more easily than those who have not undergone psychological rehabilitation is confirmed.

### Conclusions

The results of an empirical study of stress disorders in the military indicate that the vast majority of servicemen have a high level of stress disorders at the time of their stay in the rehabilitation center, which indicates a significant deformation of their mental health and a low level of quality of life. Many servicemen are characterized by isolation,

alienation, which significantly complicates group work with such individuals during their rehabilitation. Along with stress disorders, these people also have a tendency to post-traumatic growth.

Based on the analysis of the data obtained from the servicemen who underwent the examination, a rehabilitation program was developed, the main goal of which was to help them overcome stress disorders that developed during hostilities and during their return to normal life. The effectiveness of the implemented influences, provided for by the developed rehabilitation program, was determined on the basis of recording the dynamics of psychodiagnostic indicators of group work participants before and after completing the psychological rehabilitation program and analyzing positive changes in the experimental group according to all indicators of rehabilitation effectiveness. Comparisons of data of EG participants before and after the experimental intervention were analyzed in comparison with the corresponding indicators of the control group, which was not involved in participating in the developed program.

After completing the rehabilitation program, the experimental group of military personnel showed an increase in positive results: signs of post-traumatic stress disorder disappeared in almost all participants of psychological rehabilitation, and indicators of post-traumatic growth significantly increased, while in the control group there were no significant changes. In particular, the work revealed statistically significant differences between the EG and CG on the scales of the Posttraumatic Growth Questionnaire, which indicates the effectiveness of the training program aimed at developing stress resistance and reducing anxiety in military personnel who have experienced extreme military experience.

Thus, the working hypothesis was confirmed that military personnel who underwent psychological rehabilitation according to the author's program tolerate traumatic experiences and adapt to civilian life conditions more easily than those who did not undergo psychological rehabilitation. Prospects for further research are: psychological analysis of negative states of combatants depending on their combat experience.

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