



INFLUENCE OF TRAUMATIC EXPERIENCE ON THE SOCIALIZATION OF YOUTH

Matyash-Zayats Lyudmila, Nosova Olena

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Abstract

Relevance. Despite the significant amount of research in the field of trauma psychology, there is still a shortage of works devoted to the influence of traumatic experience on the process of socialization of the individual in adolescence. This issue becomes especially relevant in the context of understanding how traumatic events affect self-perception, the formation of social ties, and the ability of young people to integrate into society.

Methodology. The analysis of relevant scientific sources, synthesis and generalization of approaches to the study of post-traumatic states and socialization were used, and the factors that influence the socialization of a young person who has experienced trauma were classified and specified.

Results. The article reveals the characteristic features of traumatic experiences of young men and their impact on the social behavior of a person at this age, reveals specific changes in the perception of social roles and values, which affect the processes of socialization of young people after trauma. The key role of traumatic experience in the formation of behavioral models and social adaptation of young people is indicated. The impact of trauma on the individual's perception of social norms, values, and the possibility of integration into society is shown. It is emphasized that traumatic experience can lead to social isolation, disruption of interpersonal relationships, as well as the development of asocial or deviant behavior of a young person. Socialization after trauma becomes a complex process that requires special support and correction.

Conclusions. Traumatic experience significantly affects the process of socialization of a young person, determining their ability to integrate into society and adapt to social norms. Resocialization after trauma is associated with the need to overcome internal conflicts, restore social ties and reintegration into the social environment. Its outcome depends on how much the individual is able to correlate their experiences with social norms and values, as well as on support from social institutions.

Keywords: traumatic experience; adolescence; socialization; social adaptation; post-traumatic changes; resocialization, deviant behavior.

Relevance

Adolescence is one of the most important stages of a young person's development, when the process of forming their socialization, developing a system of life priorities, values, self-identification and integration into society is actively underway. However, in the conditions of current socio-psychological difficulties, in particular traumatic events,



this path can be significantly complicated. Traumatic situations, events, and experiences, such as war, violence, deprivation, loss of relatives, territory, important things, protection and security, or other significant emotional upheavals, can profoundly affect the mental health and psychological state of an adolescent, negatively affecting their adaptation to the social environment.

In light of current stresses, such as the war in Ukraine, it is becoming increasingly important to study how traumatic experiences affect the process of social adaptation. For most young men and women, this experience can become a significant obstacle to integration into society and social groups, to the formation of communication skills and self-identification. In order to develop effective methods of psychological support that will contribute to the harmonious development and social adaptation of young people, it is important to understand how traumatic experiences affect the personality. Such a study will help to identify the impact of traumatic events on the socialization process of young men, considering their adaptability, emotional experiences and relationship with society.

The problem of psychological trauma and various aspects of its manifestation have not gone unnoticed by Ukrainian scientists. In particular, it is worth noting the works of L. Bondarevska (Bondarevska, 2008), who studied the impact of mental trauma on the experiences of the subject and on the occurrence of burnout; O. Keryk (Keryk, 2013), who studied professional burnout and manifestations of secondary trauma in the "person-person" system. N. Gotsulyak focused her research on the analysis of psychological trauma and ways to overcome it (Gotsulyak, 2015). Scientist N. Lozinska (Lozinska, 2018) studied psychotrauma as a consequence of traumatic stress in various areas of modern psychology; E. Varban and T. Tytarenko studied the psychology of life crises, self-help tools and coping strategies in conditions of prolonged traumatization (Varban, 2009; Tytarenko, 2018); T. Tytarenko studied the psychology of traumatic situations (Tytarenko, 2015); R. Ovcharova and I. Kyrychenko studied stress resistance and psychological well-being of adolescents with experience of traumatic events (Ovcharova, Kyrychenko, 2021).

The study of traumatic experience and its characteristics was carried out by such researchers as S. Luppo, G. Didenko, O. Sandal, D. Volkov A. Baratynska, N. Zhuravlyova, T. Gurlyeva. In particular, S. Luppo studied the typology of life interaction with children's experience their psychological trauma (Luppo, 2015); G. Didenko considered the psychological features of a lifestyle with traumatic experience (Didenko, 2020); O. Sandal investigated traumatic events as a factor in the traumatic experience of an individual (Sandal, 2021). Modern researchers D. Volkov, A. Baratynska, N. Zhuravlyova and T. Gurlyeva are actively studying the impact of the Russian-Ukrainian war on the psychological state of individuals who have experienced traumatic experiences. They note that mass traumatization as a result of military events has serious consequences for the psychological health of both military personnel and the civilian population, in

particular youth. Young people who have witnessed or participated in military actions face numerous emotional and social problems that complicate their ability to normal socialization. These studies emphasize the importance of timely psychological and social support, which can help overcome the consequences of traumatic events and contribute to the restoration of the ability to social integration (Volkov, & Baratynska, 2020; Zhuravlyova, & Gurlyeva, 2023).

Thus, traumatic experiences in adolescence are a significant factor influencing the process of individual socialization. Violations of the emotional and cognitive spheres, loss of social connections, changes in interpersonal relationships and value systems are just some of the consequences of trauma that can interfere with the normal process of socialization. In modern conditions, when traumatic events caused by war affect a significant part of young people, it is important to develop effective psychological and social rehabilitation programs that will help young people survive traumatic experiences and integrate into society.

The goal and objectives are to outline the impact of traumatic experience on the process of socialization of the adolescent personality, to identify the main aspects of the social adaptation of young people after traumatic events, and to clarify how the traumas experienced change the social roles, values, and behavioral models of the individual in the process of integration into society.

Methodology

To fulfill the tasks set in the work, theoretical research methods were used: analysis of scientific sources on the problem of the impact of traumatic experience on the processes of human socialization, systemic analysis, synthesis, and generalization of approaches to the study of post-traumatic states, as well as classification and specification of changes in social values and behavioral models that arise under the influence of traumatic events in adolescence.

Results

To study the impact of traumatic experience on the socialization of the adolescent personality, a set of theoretical methods was used, which allowed for a deep analysis of this multifaceted phenomenon. First of all, a thorough analysis of scientific sources was carried out, covering both classical and modern approaches to the study of post-traumatic states. This allowed us to outline the main areas of research related to the impact of traumatic events on the psychological structure of the personality and its social adaptation. Particular attention was paid to issues related to adolescence, since this period is critical for the formation of social skills, identity and value system of a young person.

The use of systems analysis helped to structure knowledge about various aspects of the impact of traumatic events on the personality. It was determined that trauma affects several levels: psychological, emotional, behavioral and social.

At the psychological level, trauma can change cognitive processes, such as the



perception of oneself, one's place in society and the world around us. Emotional changes include increased anxiety, depression, feelings of helplessness and isolation. Social changes are manifested through disruption of interpersonal relationships, a decrease in the ability to build trusting bonds, as well as through disruption of social roles, which leads to difficulties in social adaptation. At the behavioral level, traumatic events can lead to asocial or deviant behavior.

The synthesis of scientific approaches to the study of post-traumatic states has helped to collect and systematize various theories and hypotheses regarding the impact of trauma on socialization. One of the main ideas that appears in many studies is the assertion that traumatic experiences have a powerful long-term impact on the personality and can cause lasting changes in their social behavior. In particular, researchers indicate that trauma can change the basic attitudes and beliefs of a young person about the world, other people, and themselves. As a result, young men often lose the ability to trust others, become more withdrawn or aggressive, which significantly complicates their socialization processes (Tytarenko, 2009; Herman, 2022).

An important stage of the study was the classification of factors that influence the socialization of young men after a traumatic experience. It was found that these factors can be divided into several categories: individual, social and contextual.

Individual factors include personality traits, level of emotional stability, cognitive abilities and predisposition to adaptation. Social factors include support from family, friends and social institutions, such as an educational institution or community. Contextual factors include the influence of the wider socio-cultural environment, in particular political and economic conditions, as well as the severity and nature of the traumatic event.

In the scientific works of researchers, a certain difference is seen in the concepts of mental and psychological trauma. The definition of mental trauma is described somewhat earlier and is associated with the works of P. Levin, Zettl and Josephs (P. Levin 1998, Zettl & Josephs 2001). It is accompanied by fear, horror and helplessness that arose as a result of a threatening situation for the physical or mental integrity of the individual.

Psychological trauma, according to the definition of E. Jones and S. Wessely (Jones, Wessely, 2007), is a significant disruption of normal mental functioning caused by external factors or events. At the same time, despite these disorders, fundamental mental functions remain unchanged, and a person retains the ability to effectively adapt to the environment, the authors note.

Tytarenko T. defines psychological trauma as a person's reaction to a traumatic event or series of events that can have a long-term negative impact on a person's emotional, cognitive, and physical well-being (Tytarenko, T., 2019, pp. 11-12).

Summarizing the above, we can conclude that there is currently no single approach to understanding psychological trauma in psychological science. Based on the analysis of

scientific literature, we tend to consider psychological trauma as a reaction to an event that has a destructive impact on the emotional, cognitive, physical, and social well-being of a young person, caused by external factors and significantly changes the person's life. Instead, it can also become the basis for productive transformation and personal growth of a person.

Researchers such as G. Eysenck, M. Seligman, R. Linley and others have confirmed the importance of individual characteristics in determining how traumatic experiences affect the personality and its ability to adapt in society. G. Eysenck in the methodology of his model of neurosis proved that individuals with a high level of neuroticism are more prone to developing mental disorders after traumatic events (Eysenck, 1947; Seligman, 2004; Linley, 2003). They react to emotionally intense stimuli more strongly and longer, which leads to persistent emotional disorders. M. Seligman and R. Linley focused their attention on the study of post-traumatic growth - a phenomenon in which some individuals demonstrate improvement in personal development and strengthening of emotional stability after experiencing trauma. However, this phenomenon is less common than the negative consequences of trauma, and its presence depends on many factors, including the level of support and personality traits (Seligman, 2004; Linley, 2003).

The concept of traumatic experience in the context of psychological research of the adolescent personality encompasses events or situations that exceed the young person's ability to cope with them, causing significant psychological and emotional stress, notes J. German (German, 2022). Traumatic experiences in adolescence are events or experiences that a young person could directly observe or experience (Kisarchuk, 2015; Tytarenko, 2019. p.12).

An important aspect of the study was the analysis of emotional disorders that arise as a result of traumatic experiences. Emotional instability, increased anxiety, depressive states and post-traumatic stress disorder are the main emotional reactions to trauma that seriously affect the socialization of young people. They cause difficulties in establishing social contacts, increase feelings of isolation and reduce the ability to adapt in society. (Tytarenko, 2019; Herman, 2022).

Adolescents who have experienced trauma may experience emotional alienation, loss of control over their own emotions or inability to respond adequately to external stimuli. These emotional reactions are often the result of prolonged stress that occurs after a traumatic event. In cases where the trauma remains unresolved, such emotional disorders can become chronic, which significantly complicates the processes of socialization of young people and their integration into society, scientists note (Kisarchuk, 2015; Tytarenko, Dvornyk, Klymchuk, 2019; Shevchenko, Bayer, 2019).

Interpersonal relationship disruption is one of the main problems faced by young people. A feeling of alienation can provoke young people to avoid any contact with others or even with loved ones. They may feel a fear of repeated trauma, which complicates the ability to build trusting and stable relationships. This increases isolation, since social ties are an important element of adaptation in society, and their absence



prevents normal socialization, leading to even greater alienation from society (Luppo, 2015; Herman, 2022).

Such social isolation becomes not only a psychological problem, but also has profound social consequences. The loss of trust and the rejection of social interaction lead to the fact that young people gradually lose touch with social groups, including their friends, family, colleagues, or peers. They begin to feel disconnected from society, which they no longer perceive as safe or supportive. The feeling of alienation increases their emotional stress and creates additional barriers to integration into the social environment. This is confirmed by numerous studies, in particular the work of O. Blinov, O. Sannikova, and O. Kuznetsova, who studied the impact of combat trauma on the social behavior of veterans and young people who have experienced similar traumas (Blinov, 2018; Sannikova & Kuznetsova, 2018). Isolation from the social environment also deprives young people of the opportunity to develop their social skills, which are critical for normal integration into society. Social skills such as communication, cooperation, empathy, and conflict resolution are developed and improved through continuous interaction with other people. Refusing to participate in social interactions deprives young people of the opportunity to acquire or improve these skills. As a result, even when a traumatized person tries to return to normal social life, they face difficulties due to their absence, which only increases their feelings of helplessness.

Social isolation also affects people's self-esteem and sense of self-worth. Young people who have experienced trauma may begin to doubt their value as members of society. They may feel that their problems and experiences are of no interest to anyone, or that they do not deserve support and understanding. This leads to a decrease in self-esteem, which further complicates their ability to integrate into the social environment. Loss of self-confidence and significance often leads to such people stopping trying to re-establish social connections, as distorted thinking has been formed and they do not believe that they can be successful in them.

Psychological research also indicates that social isolation can have particularly serious consequences for young people, since they are still in the process of forming their identity and their place in society (Erikson, 1968). As a result, young people who have experienced trauma and feel isolated may lose the ability to further socialize.

Thus, social isolation is one of the most dangerous consequences of traumatic experiences, which seriously complicates the processes of socialization and psychological rehabilitation of young people. Loss of trust, feelings of alienation, aggression or antisocial behavior are just some of the manifestations that are exacerbated by isolation. If young people do not receive the necessary support, their isolation can lead to serious mental and social problems that will complicate their lives in the long term.

Research by M. Seligman and his colleagues shows that traumatic experiences can contribute to the development of depression and feelings of hopelessness in young people. The feeling that they cannot control their lives or influence the events around

them can lead to deep emotional exhaustion. The depression that arises as a result undermines the ability of young people to self-actualize, suppresses motivation and is often accompanied by a loss of meaning in life. This creates a vicious cycle: trauma causes depression, and depression complicates the ability to overcome the consequences of trauma, which only worsens the psychological state and increases feelings of isolation (Seligman, 2004). Thus, the scientist found that traumatic events cause not only disturbances in the emotional and cognitive spheres, but also affect the value orientations and moral beliefs of young people.

Adolescence is a period of identity formation, social norms formation, and interpersonal relationships formation. However, trauma experienced during adolescence can alter this process, making it difficult not only to adapt emotionally but also to integrate socially (Lauer, 1998; DePrince, Weinzierl & Combs, 2009; Herman, 2022).

Adolescence is a time of active search for identity and self-determination, and the formation of personal values and beliefs, but traumatic events can undermine the sense of stability and security that is necessary for building a healthy identity. The sense of hopelessness that often accompanies such situations hinders self-realization, and young people may begin to perceive themselves as alienated from society (Hall, 1904).

After experiencing traumatic events, young people may reconsider their life priorities and change their attitude towards social roles and norms. They may refuse to fulfill certain social obligations or lose interest in social activities, leading to increased social isolation (Luppo, 2015; Herman, 2022).

Traumatic experiences significantly affect the perception of social roles in young people, which can lead to significant internal conflicts. Social roles that are formed during adolescence are important elements of identity that help young people understand their role in society, interact with others, and accept social norms. However, when a young person experience trauma, these fundamental aspects of their personality can be significantly changed or disrupted.

R. Ilchenko notes that young people who have experienced traumatic events may begin to doubt the justice of the world, feel that social norms no longer correspond to their personal beliefs. This can lead to an identity crisis, when young people cannot find their place in society or accept social values. Such changes in value orientations can become the basis for deviant behavior, as young people may begin to ignore social norms or resist them. This may include drug or alcohol use, evasion of social obligations, or conflict in relationships with others. Such behavior is a response to internal emotional conflict and an attempt to overcome the consequences of trauma by avoiding or devaluing social norms, trying to find their own ways to resolve internal conflict. (Ilchenko, 2023).

Traumatic experiences often lead to the development of new behavioral patterns that do not always correspond to generally accepted social norms. Young people may exhibit aggressive behavior, which complicates their process of integration into social groups. Such changes can be caused by various factors, including the duration and intensity of the stress that accompanied the traumatic event, as well as the nature of the



trauma itself. Adolescents who have experienced such events often experience difficulties in interacting with the social environment. This is confirmed by the research of D. Volkov and A. Baratynska, who note that trauma leaves lasting emotional consequences that negatively affect the ability of young people to adapt (Volkov & Baratynska, 2020). Therefore, the results of the research clearly indicate that traumatic experiences have a key impact on the formation of behavioral patterns and social adaptation of young people.

The loss of meaning in life is particularly dangerous for young people, as this period of development is critical for the formation of life goals and plans for the future. Trauma can cause young people to lose sight of their future prospects, which leads to even deeper frustration and despair. Without the ability to see positive changes or feel in control of their own lives, young people can begin to feel hopeless, which increases the risk of developing suicidal thoughts or self-destructive behavior. Research shows that such feelings of hopelessness are a serious risk factor for the development of mental disorders, which can have long-term consequences for young people's lives. Research by R. Pitman, A. Shalev, and P. Scott also shows that individuals with high levels of neuroticism are more likely to develop neurotic states after traumatic events. Neuroticism is a personality trait characterized by emotional instability, increased sensitivity to stress, and a tendency to negative emotions. Individuals with high levels of neuroticism react more intensely to traumatic events, making them more vulnerable to developing mental disorders such as anxiety, depression, or PTSD. These individuals have greater difficulty coping with stressful situations, which makes it difficult for them to adapt socially after encountering a traumatic experience (Pitman, Shalev, & Scott, 2000).

High levels of neuroticism can also affect young people's ability to build and maintain social connections, and they often have difficulty establishing trusting relationships. These individuals may be overly cautious, avoid intimacy, or show hostility toward others, which makes it difficult for them to integrate into society. Such behavior, in turn, increases isolation and contributes to further deterioration of the psycho-emotional state, creating a vicious cycle of emotional and social difficulties.

Thus, traumatic experiences have a profound impact on the perception of social roles, values, and self-determination of young people. Loss of social roles, identity crisis, depression, and deviant behavior are common consequences of trauma, which complicate the processes of socialization of such individuals and their integration into society. High levels of neuroticism further exacerbate these difficulties, as such individuals are more prone to developing mental disorders after traumatic events.

Discussion

The process of social rehabilitation of young people after trauma is long-term and requires an individual approach. Young people who have experienced traumatic events often need a long period to restore emotional stability and adapt to the social

environment. Psychotherapy is an important tool in this process, as it helps traumatized individuals reflect on their emotions, understand the causes of the trauma, and find ways to overcome it. However, psychological help alone is not enough if social support is absent. Social institutions play an important role in the reintegration process, creating conditions for young people to return to active social life. For example, an educational institution can provide a safe and supportive environment for the recovery of social skills, and the community can provide a space for social activity and participation in public life.

A significant part of the research emphasizes the importance of social support in overcoming the consequences of traumatic experiences. Adequate social support – from family, friends, social institutions – can significantly reduce the negative consequences of trauma, emphasize Maddi and Khoshaba (Maddi & Khoshaba, 1994). Young men who receive emotional support and assistance have a better chance of successful social adaptation, notes Masten (Masten, 2014). At the same time, the lack of such support can lead to deepening social isolation and the development of serious mental disorders, such as PTSD or depression (Lauer, 1998; Tytarenko, 2009; Luppó, 2015, Turinina, 2017; Herman, 2022).

Support from the family is also extremely important for successful rehabilitation after a traumatic experience. The family, as the closest social environment, has an important influence on the emotional state and social behavior of a young person.

V. Pasichnyk emphasizes that working with values and meanings is an important component of successful rehabilitation, since these personal resources help young people overcome the negative consequences of traumatic events. Working with values allows young people to find a new meaning in life, reconsider their life priorities and understand their own role in society. The family, providing emotional support and contributing to the strengthening of positive life values, plays a key role in this process (Pasichnyk, 2013).

In addition to working with values, it is also important to provide young people with access to social institutions that can help them restore their social skills and return to an active social life. Institutions such as schools, community organizations, volunteer projects, or even sports clubs can provide opportunities for resocialization and further socialization of young people, helping them develop communication skills and strengthen social bonds. An important element of this process is that young people feel useful and valued members of society, which will contribute to their emotional recovery and reintegration (Herman, 2022).

Contextual factors also have a significant impact on the socialization of young people after experiencing traumatic experiences. Social and political conditions, economic stability or instability, and cultural characteristics of the environment can either exacerbate or mitigate the effects of trauma. For example, in countries where social support is provided at a high level, individuals who have experienced traumatic events have better opportunities for rehabilitation and recovery. At the same time, in societies with low levels of social security or insufficiently developed rehabilitation programs, the consequences of trauma can be more negative (Turykina, 2017; Herman,



2022; Lukomska, 2023).

Ultimately, the process of socialization after a traumatic experience is complex and requires the joint efforts of psychologists, social workers, teachers, family and the young person himself. Psychological rehabilitation and social support, going hand in hand, can ensure the recovery of a traumatized adolescent and his successful integration into society. A comprehensive approach that takes into account all aspects of personal development and social interaction is able to guarantee positive results in the long term, helping young people overcome the consequences of traumatic experiences and become full members of society again (Tytarenko, Dvornyk, Klymchuk, 2019).

Conclusions

Analysis of scientific approaches to studying the impact of traumatic experience on the socialization of young men shows that this experience significantly affects their self-perception, social values, and behavioral activity. Trauma changes the individual's attitude to the world, to himself, and to the environment, forming a sense of alienation and difficulties in building interpersonal relationships. Loss of trust in social norms and values can lead to social isolation, asocial, or deviant behavior. For successful socialization after traumatic events, comprehensive support is provided, which includes work on restoring value orientations and motivation for active participation in society.

In general, research results (Lauer, 1998; Linley, 2003; Luppó, 2015; Tytarenko, 2018; Ovcharova, Kerychenko, 2021; Herman, 2020, Ilchenko, 2023) indicate that traumatic experiences in adolescence significantly affect socialization, disrupting the ability of young people to adapt to social norms, build social connections, and fulfill social roles. The role of social support and psychological assistance is important, which allows young people to restore social skills and reintegrate into society after trauma. Prospects for further research lie in a detailed study of how traumatic experiences change the value system and social attitudes of young people, as well as in the development of effective methods for restoring their ability to social integration. Particular attention should be paid to psychological support, which will contribute to the formation of new values and motivational determinants that will help young people to return to an active social life as a result of traumatic events.

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ВПЛИВ ТРАВМАТИЧНОГО ДОСВІДУ НА СОЦІАЛІЗАЦІЮ МОЛОДІ

Матяш-Заяц Людмила, Носова Олена

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Анотація

Актуальність. Незважаючи на значну кількість досліджень в галузі психології травми, на сьогодні залишається дефіцит робіт, присвячених впливу травматичного досвіду на процес соціалізації особистості в юнацькому віці. Особливо актуальним це питання стає в контексті розуміння того, як травматичні події впливають на самосприйняття людини в юнацькому віці, формування соціальних зв'язків та здатність юнаків інтегруватися в суспільство.

Методологія. Використано аналіз дотичних наукових джерел, синтез та узагальнення підходів до дослідження соціалізації людини і її посттравматичних станів, здійснено класифікацію та конкретизацію чинників, які впливають на соціалізацію особистості юнацького віку, яка зазнала травми.

Результати. У статті виявлено характерні особливості травматичних переживань юнаків та їх вплив на соціальну поведінку людини у цьому віці, виявлено специфічні зміни в сприйнятті соціальних ролей та цінностей, що впливають на процеси соціалізації молоді після травми. Вказано на ключову роль травматичного досвіду у формуванні поведінкових моделей і соціальній адаптації юнаків. Показано вплив травми на сприйняття особистістю соціальних норм, цінностей та можливості інтеграції в соціум. Наголошено, що травматичний досвід може призводити до соціальної ізоляції, порушення міжособистісних зв'язків, а також до розвитку асоціальної або девіантної поведінки молоді особи. Соціалізація після травми стає складним процесом, що вимагає спеціальної підтримки та корекції.

Висновки. Травматичний досвід значно впливає на процес соціалізації особистості юнацького віку, визначаючи їхню здатність інтегруватися в суспільство та адаптуватися до соціальних норм. Ресоціалізація після травми пов'язана з необхідністю подолання внутрішніх конфліктів, відновлення соціальних зв'язків та реінтеграції у соціальне середовище. Її результат залежить від того, наскільки особистість здатна співвідносити свої переживання із соціальними нормами та цінностями, а також від підтримки з боку соціальних інституцій.

Ключові слова: травматичний досвід; юнацький вік; соціалізація; соціальна адаптація; посттравматичні зміни; ресоціалізація, девіантна поведінка.

AUTHORS INFORMATION

Matyash-Zaiats Lyudmyla

PHD, Associate Professor

Mykhailo Drahomanov Ukrainian State University



Kyiv, Ukraine

ORCID ID: 0009-0008-2647-2221

e-mail: l.p.matyash-zayats@udu.edu.ua

Nosova Olena

PhD stud.

Mykhailo Drahomanov Ukrainian State University

Kyiv, Ukraine

ORCID ID: 0000-0001-7726-5216

e-mail: o.v.nosova@npu.edu.ua

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