



Psychological mechanisms and behavioural strategies for the social adaptation of military personnel in wartime

Serhii Puhach*

Doctor of Pedagogical Sciences, Professor
Vinnytsia Institute of Economics
21000, 37 Honta Str., Vinnytsia, Ukraine
<https://orcid.org/0000-0001-8757-6974>

Inessa Vizniuk

Doctor of Psychological Sciences, Professor
Vinnytsia Mykhailo Kotsiubynskyi State Pedagogical University
21000, 32 Ostrozhsky Str., Vinnytsia, Ukraine
<https://orcid.org/0000-0001-6538-7742>

Marianna Paikus

Doctor of Pedagogical Sciences, Professor
Lviv National Medical University
21000, 69 Pekarska Str., Lviv, Ukraine
<https://orcid.org/0000-0003-3637-7902>

Serhiy Dolynnyi

PhD, Associate Professor
Vinnytsia Mykhailo Kotsiubynskyi State Pedagogical University
21000, 32 Ostrozhsky Str., Vinnytsia, Ukraine
<https://orcid.org/0000-0003-3555-5818>

Anna Dolynna

PhD in Historical Sciences, Associate Professor
Vinnytsia Mykhailo Kotsiubynskyi State Pedagogical University
21000, 32 Ostrozhsky Str., Vinnytsia, Ukraine
<https://orcid.org/0000-0002-0559-1087>

◆ **Abstract.** The relevance of the topic is determined by the need for scientific understanding of behavioural adaptation strategies, identification of resources and risks that affect the mental health of military personnel, as well as the development of practical recommendations for psychologists, commanders and social workers on supporting personnel, preventing post-traumatic disorders and forming stable behaviour patterns in wartime. The aim of the article was to analyse the psychological mechanisms and behavioural strategies of social adaptation of military personnel, identify key factors affecting its effectiveness, and outline scientific approaches to assessing the adaptive potential of individuals in wartime conditions. The study used a set of methods covering emotional, motivational, behavioural, and interpersonal aspects. The Life Style Index, Rogers-Diamond Self-Perception Assessment, Cattell's 16 Personality Factor Questionnaire, Ritchie-Martin's motivational profile, and the Leary test made it possible to assess lifestyle, level of adaptation, motivational attitudes, and personality traits. The formation of the lifestyle of servicemen of the Armed Forces of Ukraine was considered as a multi-component process of socio-psychological adaptation, covering internal psychological mechanisms and external social influences. Factor and factual components were identified, as well as types

Suggested Citation:

Puhach, S., Vizniuk, I., Paikus, M., Dolynnyi, S., & Dolynna, A. (2026). Psychological mechanisms and behavioural strategies for the social adaptation of military personnel in wartime. *The Bulletin of National Defence University of Ukraine*, 21(1), 97-106. doi: 10.33099/2617-6858-26-21-1-97-106.

Article's History: Received: 01.09.2025; Revised: 18.12.2025; Accepted: 27.01.2026; Published: 17.02.2026



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*Corresponding author

of lifestyles in accordance with psychological defence mechanisms. A high level of development of adaptive components was found in most respondents, as well as the presence of destructive interpersonal traits in some military personnel, which requires psychological correction. Correlation analysis showed a close relationship between defence mechanisms and lifestyle, which broadens the understanding of the adaptive potential of the individual in the context of military service. The data obtained open up prospects for further research into the motivational sphere, emotional intelligence and interpersonal interaction of military personnel. The practical value of the study lies in establishing a relationship between lifestyle and social adaptation, which allows these concepts to be used as a tool for diagnosing and correcting adaptation processes in the military environment

◆ **Keywords:** stress resistance; lifestyle; individual characteristics; psychological stability; Armed Forces of Ukraine

◆ Introduction

In conditions of full-scale war, military personnel face extreme challenges that go beyond physical endurance and professional training, requiring the mobilisation of internal resources and the ability to adapt socially in a flexible manner. The constant threat to life, high levels of stress, isolation from loved ones, the need to make quick decisions and perform official duties in risky conditions create a deep internal conflict between the instinct for self-preservation and military discipline. In this context, social adaptation is a key factor in psychological resilience, ensuring not only survival but also the effective functioning of military personnel in a combat environment. In 2020-2025, there was a significant increase in attention to the problem of psychological adaptation of military personnel in the context of modern combat conflicts. A study by A.P. McGuire *et al.* (2025) showed that among younger veterans aged 22 to 49, the prevalence of post-traumatic stress disorder (PTSD) reaches 14.7%, while in the older group (50-65 years) it is 4.9%. T. Carlton (2025) emphasised that the key risk factors are interpersonal conflicts, social isolation and feelings of loneliness, which exacerbate psychological discomfort. B. Hazan-Liran & O. Walter (2025) noted that social support and effective communication with others reduce the risk of chronic psychotraumatic reactions. In Ukraine, S. Shevchenko & H. Varina (2025) emphasised the importance of psychoeducational programmes to support adaptation after returning to civilian life, while B.M. Fogle *et al.* (2020) and I. Klymenko *et al.* (2025), in turn, emphasised the need for a comprehensive assessment of the psychological state of military personnel throughout their service. The publication by O. Kokun *et al.* (2021) systematises methods for diagnosing the psychological readiness of military personnel for service in peacekeeping units, covering cognitive, emotional and motivational components. The authors emphasised the need for a comprehensive assessment of personal characteristics that ensure effective functioning in conditions of increased risk, uncertainty and intercultural interaction. O. Kokun *et al.* (2021) defined social adaptation as the process of adjusting to the social environment, which includes the assimilation of norms, roles, values, and the development of behavioural strategies that allow effective functioning even in crisis conditions. S.S. Puhach *et al.* (2023) highlighted important aspects of psychological assistance and adaptation of military personnel in combat conditions. Legal awareness is considered

as an internal regulator of behaviour that influences the moral stability of an individual. The above-mentioned developments form the scientific basis for understanding the adaptation processes of military personnel and developing effective models of psychological support. Of particular importance is the formation of stable behaviour patterns that promote teamwork, the prevention of post-traumatic disorders, and successful reintegration into peaceful life. Social adaptation is a key factor that allows military personnel not only to survive but also to perform their duties in wartime. It forms psychological stability, ensures integration into the combat team and contributes to the preservation of personal integrity. The aim of the article was to study the psychological mechanisms and behavioural strategies of social adaptation of military personnel and to identify the factors of the effectiveness of an individual's adaptive potential in wartime conditions.

◆ Materials and Methods

At the theoretical stage of the study, an analysis and systematisation of scholarly publications devoted to the problem of the socio-psychological adaptation of military personnel were carried out, as well as the role of emotional and motivational components in the formation of their psychological resilience. The source base of the study comprised the works of O.M. Kokun *et al.* (2011), S. Junger (2023) and V. Osiodlo (2025). In the empirical part of the research, a set of psychodiagnostic methods was used, aimed at examining behavioural and interpersonal characteristics of personality. In particular, the Life Style Index (LSI), the Rogers-Diamond Self-Perception Assessment (SPA) for socio-psychological adaptation, Cattell's 16 Personality Factor Questionnaire (16PF), the Ritchie-Martin motivational profile and Leary's interpersonal relations test were applied. This set of instruments ensured a comprehensive assessment of lifestyle, level of adaptation, motivational orientations and leading personality traits of the respondents. The sample consisted of 100 respondents selected on a voluntary basis from among military personnel of two structural units of the Armed Forces of Ukraine. The inclusion criteria were: age between 18 and 35 years, current military service, and the absence of medical contraindications to participation in the survey. Additionally, two age groups were distinguished: 18-25 years (conscription service and the beginning of a professional

military career) and 25-35 years (individuals with service experience). The exclusion criteria were the presence of severe mental or somatic illnesses that could have affected the results. The survey was conducted in electronic format on the secure platform Google Forms. Respondents were provided with standardised instructions and, where necessary, consultative support from the researcher. Methods of mathematical statistics were used for statistical processing of the results. In particular, Pearson's χ^2 criterion ($p = 0.01$) was applied to test the statistical significance of data distributions, along with descriptive statistics (means and standard deviations). For graphical presentation of the data, the software SPSS Statistics and Microsoft Excel were used, which made it possible to construct charts and tables for a clear illustration of adaptive trends. In addition, data typologisation was carried out using the Values and Lifestyles (VALS) model, which made it possible to identify adaptive tendencies and lifestyle types of military personnel in accordance with their value orientations and motivational attitudes. The study was conducted in compliance with the principles of confidentiality and ethical standards defined in the Code of Integrity and Professional

Ethics of the Ministry of Defence of Ukraine (2017). For security reasons, the places of service of the respondents are not disclosed. Data visualisation methods were also applied to present the results of the empirical study and to compare the indicators obtained.

◆ Results and Discussion

Within the framework of classical approaches to the typology of lifestyles, which focus on moral unity and commonality of actions, in particular in the study by J.E. Schwarz (1983), the VALS model developed by A. Mitchell was analysed. It is based on a systematic classification of lifestyles according to value orientations and motivational attitudes. This approach, based on Maslow's hierarchy of needs theory, provides a better understanding of which internal needs determine an individual's behaviour in society, particularly in the context of military service. In the context of the activities of the Armed Forces of Ukraine, the model allows to identify types of military personnel according to their level of activity, desire for self-realisation, risk-taking behaviour, need for stability, as well as social and professional motivation (Table 1).

Table 1. Model of lifestyle types of military personnel of the Armed Forces of Ukraine (adapted from VALS)

VALS category	Lifestyle type	Key characteristics	Adaptive resources
Actualisers	Service-oriented	A high level of patriotism, moral responsibility and a strong valuing of the collective	Emotional resilience and social support
Makers	Career-oriented	A striving for professional growth, status and leadership	High motivation and strategic thinking
Experimenters	Experience-oriented	The search for new challenges, openness to change and behavioural flexibility	Creativity, adaptability and intellectual curiosity
Defenders	Stability-oriented	A need for security, adherence to rules and discipline	Self-regulation and routine efficiency
Survivors	Survival-oriented	Minimal resources, a focus on preserving basic needs and avoidance of risk	Physical endurance and instinctive response
Creators	Self-actualisation-oriented	High intrinsic motivation, a drive for development and self-expression through service	Psychological maturity and reflexivity
Conformists	Compliance-oriented	An orientation towards others' opinions, adherence to norms and a need for social acceptance	Social flexibility and the capacity for integration
Integrators	Balance-oriented	The integration of personal goals with service requirements and a striving for harmony	A high level of self-awareness and emotional regulation

Source: compiled by the authors

According to Table 1, the lifestyle and social adaptation of military personnel are interrelated categories that determine their behaviour, value orientations, and interaction with the social environment. Adapting the VALS model of lifestyles to the Ukrainian military context allows for a comprehensive assessment of the impact of event and factor components on psychological stability and effective team interaction. This creates a structured typology of the lifestyles of Ukrainian Armed Forces servicemen, which takes into account individual and sociocultural factors, while also allowing for the prediction of the level of socio-psychological adaptation. This is important for the development of psychological support programmes, personnel management, and improving the combat effectiveness of personnel. The system of external factors covers the social, cultural, economic and natural conditions in which an individual functions. S. Junger (2023) argued that these

factors create the context in which an individual develops, their behavioural patterns, lifestyle and adaptive responses are formed. External influences can be both positive, promoting development, motivation and socialisation, and negative, capable of provoking stress, maladjustment and frustration. In a military environment, such factors may include service conditions, team culture, social support, level of danger, access to resources, etc. According to research by O. Kokun *et al.* (2011), internal factors are psychological determinants that are formed in the process of individual development in the context of learning, upbringing, experience, and reflection. They include motivational attitudes, emotional stability, cognitive patterns, level of self-regulation, and ability for self-development. It is these internal resources that determine how a person responds to external challenges, particularly in crisis situations typical of military service. The VALS model shows that each segment

has unique behavioural patterns and life strategies. In the context of military service, this means that military personnel differ not only in terms of social background or professional training, but also in terms of their level of internal resources – their ability to mobilise psychological, physical and socio-economic resources to overcome difficulties, make decisions and plan their lives. Thus, a servicemember's lifestyle is shaped by the intersection of external conditions and internal resources, and their adaptive capacity depends on the balance between these factors. Understanding this interaction is key to developing effective psychological support programmes, improving combat readiness and maintaining the mental health of personnel. In the context of scientific research by S.O. Chyzhevskyi (2023), the term “social adaptation” is defined as the process of adapting the individual to the demands of the social environment, which includes integration into social groups,

assimilation of norms and values, and the formation of effective interaction strategies. The event component of lifestyle is identified as a set of life events and situations that shape individual experience and influence the choice of behavioural strategies (e.g., military service, career changes, social crises). The event component of the lifestyle of military personnel, as noted by B.M. Fogle *et al.* (2020), is a set of significant life events and situations (military service, participation in combat operations, professional changes, social crises) that shape individual experience and influence the choice of behavioural strategies and adaptation models. Thus, adapting VALS to the military environment allows not only to classify lifestyles, but also to identify potential risks and resources for the socio-psychological support of personnel. Generalised definitions of lifestyle characteristics according to the above approaches are presented in Table 2.

Table 2. Scientific approaches to the assessment of the adaptation of military personnel

Characteristic	Content
Lifestyle	Daily habits, rituals, behavioural patterns
Behavioural strategies	Adaptive and maladaptive responses to stress
Individual characteristics	Temperament, anxiety level, motivation
Social connections	Support from peers, family, commanders

Source: compiled by the authors

Table 2 reflects the key components of military personnel adaptation: lifestyle determines daily habits and behavioural patterns, behavioural strategies show reactions to stress, individual characteristics reflect psychological characteristics, and social ties provide support from the environment. Together, these factors provide a comprehensive picture of the level of socio-psychological adaptation of military personnel. Thus, the socio-psychological adaptation of military personnel is a dynamic process of integrating the individual into the military environment, which involves the assimilation of social norms, roles and values, the formation of effective behaviour patterns, emotional stability and the ability to interact constructively with the environment. This process ensures the preservation of mental health, professional effectiveness and the ability to self-regulate in conditions of increased stress, risk and social tension characteristic of military service. The rationale for classifying the lifestyles of Ukrainian Armed Forces servicemen based on

types of psychological defence is based on the provisions of psychodynamic personality theory, which considers defence mechanisms to be key regulators of behaviour in conditions of stress, tension and adaptation. Each type of psychological defence (reactive formation, intellectualisation, displacement, projection, compensation, regression, denial, repression) reflects a specific way of responding to internal conflicts and external threats. Accordingly, lifestyle acquires specific characteristics: in particular, a style associated with intellectualisation involves rationalising experiences and emotional distancing; a projection-oriented style manifests itself in a tendency to attribute one's own experiences to others; the compensation style is characterised by the desire to overcome internal insecurity through achievements or demonstrations of strength (Puhach *et al.*, 2023; Vizniuk, *et al.*, 2024). The results of empirical research showed the presence of individual variations in the lifestyles of military personnel (Fig. 1).

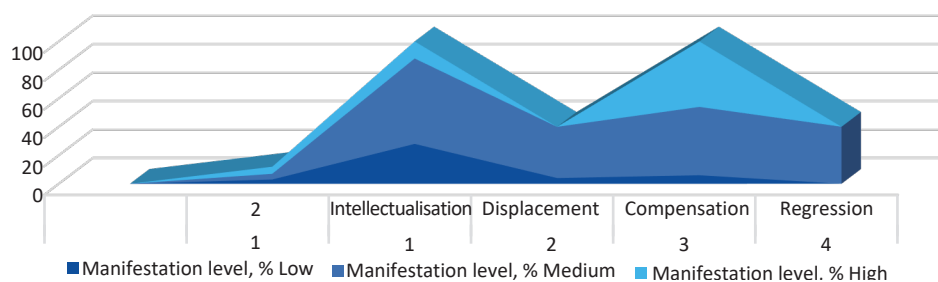


Figure 1. Results of the respondent survey according to the LSI methodology

Source: compiled by the authors

The results of the survey using the LSI methodology revealed specific features in the manifestation of psychological defence as a component of the lifestyle of military personnel. Variability in adaptive strategies was identified, reflecting individual behavioural models under conditions of military service. The LSI findings indicate that servicemen of the Armed Forces of Ukraine predominantly demonstrate constructive psychological defence mechanisms that shape corresponding lifestyles. The identified components (“intellectualisation”, “displacement”, “compensation” and “regression”) reflect adaptive strategies that enable individuals to maintain internal balance in the context of military service. The presence of “intellectualisation” as a dominant mechanism among a significant proportion of respondents (12% at a high level and 60% at a medium level) indicates the ability of military personnel to rationalise emotionally charged situations through logical thinking and analysis, which is a marker of psychological maturity and a potential for constructive conflict resolution. The “compensation” component also demonstrates a high level of adaptive activity: 46% of respondents showed high scores and 48% medium scores. This trend may be associated with a striving for professional self-affirmation, career advancement and the fulfilment of internal needs through achievement, which compensates for inner insecurity or tension. At the same time, the absence of pronounced manifestations of such mechanisms as “reaction formation”, “projection”, “repression” and “denial” may indicate a low prevalence of maladaptive forms of defence among the respondents. This confirms the general tendency towards the formation of more mature and socially acceptable lifestyles that promote effective socio-psychological adaptation in military service. Thus, the study results demonstrate the predominance of adaptive defence mechanisms that shape constructive lifestyles among military personnel, characterised by the capacity for self-regulation, professional development and effective interaction with the social environment. The identified lifestyles were classified according to several criteria: value typologies, problematic behavioural patterns, features of everyday choice, as well as dominant social roles – manipulative or leadership-oriented. Such an approach makes it possible not only to describe behavioural patterns of military personnel, but also to predict their adaptive capacity, stress resistance and effectiveness in the performance of official duties.

The results obtained using the Rogers-Diamond SPA are based on its ability to provide a comprehensive assessment of the level of an individual’s integration into the social environment, the degree of emotional comfort, self-acceptance and acceptance of others, as well as the effectiveness of interpersonal interaction. The methodology makes it possible to identify key psychological characteristics that determine the adaptive potential of military personnel, particularly under conditions of heightened stress, disciplinary pressure and social tension characteristic of military service. The indicators presented in Figure 2 demonstrate individual variations in levels of adaptation, reflecting respondents’ capacity for emotional stability, openness to

social contact, self-acceptance and constructive resolution of interpersonal conflicts.

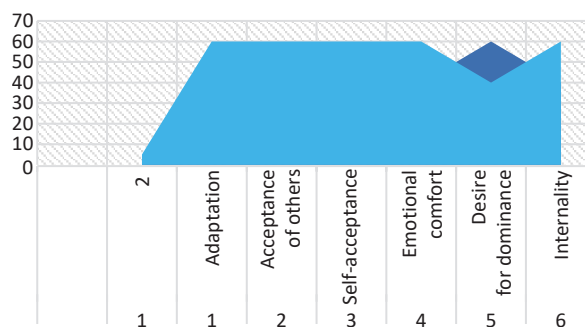


Figure 2. Results of the respondent survey according to the Rogers-Diamond SPA methodology

Source: compiled by the authors

According to Figure 2, the majority of military personnel demonstrated medium and high levels of socio-psychological adaptation, indicating positive trends in life construction and team interaction. The components of “internality”, “emotional comfort”, “self-perception”, “acceptance of others” and “adaptation” showed a high level of development in 60% of respondents and a medium level in 40%. The identified psychological characteristics are important for understanding how military personnel perceive themselves within the system of social relations, how prepared they are for cooperation, support and interaction within the collective, and how they respond to external challenges. This, in turn, makes it possible to assess the level of their socio-psychological adaptation and to determine the need for additional psychological support or corrective interventions. The results obtained using Cattell’s 16PF indicate a high level of individual maturity and psychological readiness of servicemen of the Armed Forces of Ukraine to perform their official duties (Fig. 3). The identified medium and high levels of personal characteristics, such as character traits, inclinations and interests, indicate the formation of internal resources necessary for effective professional activity. The absence of low levels in these components is a positive marker, confirming the stability of the personality structure and its compliance with the requirements of military service. This result indicates the ability of military personnel to behave responsibly, actively participate in public life and make consistent decisions in complex situations. The time perspective indicator demonstrates the respondents’ ability to think in a broad temporal context, covering both the past and the future, which indicates a high level of cognitive activity, strategic thinking, and awareness of life goals. In situations of risk and choice, military personnel demonstrate productivity, which is an important sign of their psychological readiness to act in conditions of uncertainty. The results obtained using the Richie-Martin motivational profile assessment method were based on the ability to comprehensively assess the structure of the motivational sphere, which determines

behavioural activity, professional orientation, and the adaptive potential of the individual. In a military context, motivation plays a key role, as it ensures internal readiness to perform official duties, overcome difficulties and achieve goals in conditions of increased risk. The acceptable level of the motivational profile among servicemen of the Armed Forces of Ukraine indicates the presence of

sufficient internal resources for effective professional activity, which includes such components as the desire for achievement, responsibility, result orientation, the need for self-realisation and social recognition. A balanced motivational structure is an indicator of psychological maturity, which contributes to stable behaviour, high productivity and the ability to self-regulate (Fig. 4).

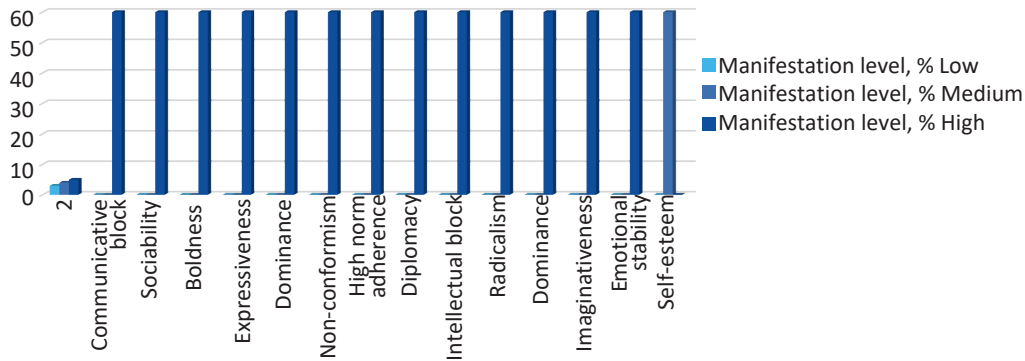


Figure 3. Results of the respondent survey according to Cattell's 16PF methodology

Source: compiled by the authors

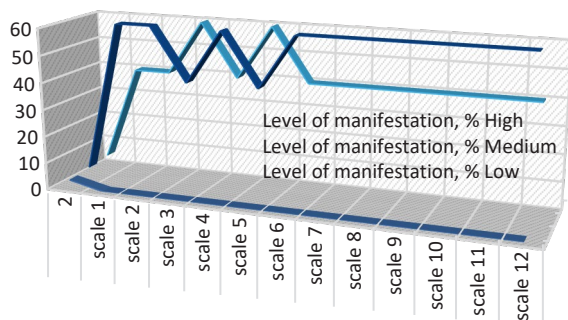


Figure 4. Results of the respondents' survey using the Ritchie-Martin methodology

Source: compiled by the authors

The data presented in Figure 4 also confirmed that the motivational profile of military personnel corresponds to the requirements of military service, where discipline, initiative, endurance and readiness for teamwork are of key importance. The identified balanced motivational profile

of servicemen of the Armed Forces of Ukraine indicates the presence of internal resources that ensure professional effectiveness. The results obtained using Leary's test revealed the presence of destructive traits in a proportion of military personnel of the Armed Forces of Ukraine, which significantly affects the quality of socio-psychological adaptation and the effectiveness of team interaction. The identified manifestations – suspiciousness, aggressiveness, egocentrism and authoritarianism – observed in 60% of respondents, indicate tension in interpersonal relationships, which may complicate communication, reduce levels of trust and undermine team cohesion. These destructive characteristics, also confirmed by previous methodologies, point to the presence of lifestyles that do not facilitate constructive adaptation to the conditions of military service. In particular, 40% of respondents demonstrated a high level of destructive evaluative indicators, reflecting psychological features of their behaviour, such as a tendency towards dominance, emotional tension and conflict-proneness (Fig. 5).

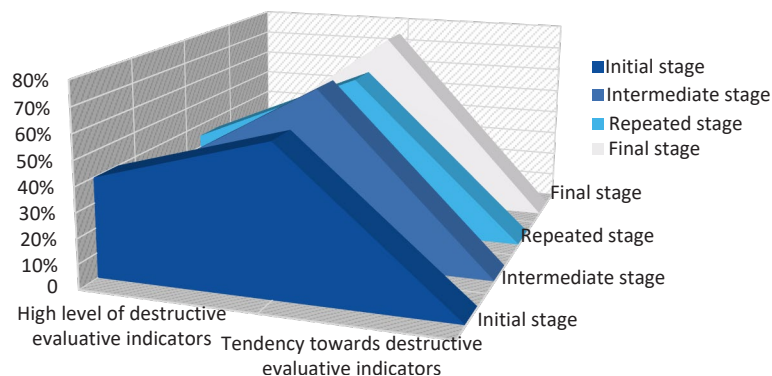


Figure 5. Dynamics of the distribution of destructive evaluative indicators among military personnel

Source: compiled by the authors

This distribution demonstrated the predominance of the group with a tendency towards destructive evaluations, which may be relevant for the further development of programmes of psychological support and the prevention of negative trends in the military environment. The noticeable decrease in the proportion of high indicators from 40% to 25% at the final stage, accompanied by a corresponding increase in the tendency from 60% to 75%, indicates a general trend towards the mitigation of destructive manifestations. In the military environment, especially under wartime conditions, such traits may pose a threat to the effective performance of tasks, where mutual respect, support, cohesion and team spirit are critically important. Thus, the results of the study emphasise the need for targeted psychological work with personnel, the development of emotional intelligence, cooperation skills and the correction of destructive behavioural models, which will make it possible to enhance the level of socio-psychological adaptation and ensure stability within military collectives. The identified manifestations of aggressiveness, suspiciousness and authoritarianism indicate a need for psychological correction and the development of emotional intelligence. The correlation analysis conducted made it possible to identify significant relationships between certain aspects of psychological defence and indicators characterising the lifestyle of servicemen of the Armed Forces of Ukraine. Both high and medium levels of correlation were established, indicating close interaction between internal psychological mechanisms and external behavioural manifestations under conditions of military service. In particular, the most pronounced relationship was found between the “intellectualisation” component and the adaptation indicator ($r = 0.922$), which indicates the ability of military personnel to effectively adjust to complex service conditions through rational comprehension of situations. Such a lifestyle contributes to the formation of a responsible attitude to duties and increases levels of self-regulation and stress resilience. The “compensation” component also demonstrated high correlations with adaptation ($r = 0.910$), the communicative block ($r = 0.924$) and the need for influence ($r = 0.916$), which confirms that military personnel use compensatory mechanisms to express leadership qualities, strive for self-affirmation and engage effectively in team interaction. This lifestyle facilitates the development of managerial skills and the formation of an active position within the collective. At the same time, a high correlation was identified between the “displacement” scale and the “authoritarianism” indicator ($r = 0.892$), which may indicate a tendency of some military personnel to dominate, complicating equal interaction within the unit. Such a lifestyle may create tension in teamwork, especially under conditions that require cohesion, mutual respect and collective decision-making. Overall, the results of the correlation analysis confirmed that the lifestyle of military personnel is shaped by psychological defence mechanisms that are closely related to adaptive, communicative and power-related personality

characteristics. This opens priorities for targeted psychological support and the development of effective behavioural models in the context of military service.

The correlation analysis revealed strong relationships between psychological defence mechanisms and adaptive indicators among military personnel, and such results are rare in previous studies, which highlights the uniqueness of the applied approach to analysing adaptive potential. In the work of L.M. Prudka & O.M. Pasko (2024), attention was focused on the psychological mechanisms of adaptation of military personnel, emphasising the role of social support, emotional stability and individual resources. In the present study, a factor-based component (values, motivational attitudes, psychological defence mechanisms) and an event-based component (life situations, social interactions, professional experience) were distinguished, which refines the approach of L.M. Prudka & O.M. Pasko, who concentrated primarily on general psychological resources. Ultimately, social support is integrated into the lifestyle of a service member as part of the event-based component. In turn, V. Osiodlo (2025) emphasised a systemic approach to psychological support for military personnel, which corresponds with conclusions regarding the need for comprehensive adaptation programmes. I.O. Cherezova (2016) examined the formation of psychological readiness of military personnel to perform tasks in the process of combat cohesion training, highlighting the importance of adaptive mechanisms, group cohesion, emotional stability and the capacity for self-regulation as key factors in successful integration into the combat environment. The results obtained are consistent with the findings of I. Prykhodko *et al.* (2022), who applied the Rogers-Diamond methodology to assess the adaptation of military personnel. Their study demonstrated that a high level of emotional stability and self-acceptance are key factors in successful socio-psychological rehabilitation of veterans with PTSD symptoms. Comparative analysis showed that in the sample of the present study, 60% of respondents demonstrated a high level of development of adaptation components, which corresponds with the data of I. Prykhodko *et al.* (2023), where the majority of veterans with high emotional stability successfully integrated into the social environment. High indicators of cognitive activity, strategic thinking and time perspective identified in the present study are consistent with the conclusions of S. Fierro-Suero *et al.* (2020) and O.A. Morgunov (2022), who considered these characteristics as markers of psychological readiness to act under conditions of uncertainty. Thus, the data obtained not only align with existing research but also demonstrate the specificity of Ukrainian military personnel, for whom the combination of emotional comfort and social integration is decisive in the process of adaptation.

◆ Conclusions

The formation of the lifestyle of Ukrainian Armed Forces servicemen is a multi-component process that involves the interaction of internal psychological mechanisms and external

social influences. The study identifies two key components of this process: a factor component, which includes psychological defence mechanisms, motivational attitudes and individual character traits, and an event component, which covers life situations, social interactions and the professional and personal experience of military personnel. Events that influence the formation of lifestyle have both personal and social origins, in particular interaction with family, colleagues, friends, and other members of the social environment that create the context of his life. An analysis of types of psychological defence has identified several models of behaviour, including intellectualisation, substitution, compensation, regression, reactive formations, projection, denial and repression, each of which characterises a specific way of responding to stress, internal conflicts and social challenges. It has been established that these styles directly influence the nature of the socio-psychological adaptation of military personnel, determining their ability to self-regulate, interact effectively in a team, and form stable patterns of behaviour in the conditions of military service. The study also covered the essential features of the concepts of “lifestyle” and “social adaptation.” Lifestyle is defined by the characteristics of social stability of behavioural practices, individualisation, cultural context, compensatory mechanisms, and communication activity. Social

adaptation, in turn, is considered as a process of integration into the environment, individualisation of realisation, and functional inclusion in social structures. It has been established that these two phenomena are interdependent: lifestyle acts as a formula for the development of social adaptation, determining its direction, depth, and effectiveness. Prospects for further research in the field of lifestyle formation among servicemen of the Armed Forces of Ukraine are related to a deeper understanding of the mechanisms of interaction between internal psychological processes and external social influences. One of the directions is a more detailed analysis of the influence of various types of psychological defence on socio-psychological adaptation, in particular, identifying the links between specific behaviour patterns and the effectiveness of interaction in a team, the ability to self-regulate and resistance to stressful situations.

◆ Acknowledgements

None.

◆ Funding

None.

◆ Conflict of Interest

None.

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Сергій Пугач

Доктор педагогічних наук, професор
Вінницький інститут економіки
21000, вул. Гонти, 37, м. Вінниця, Україна
<https://orcid.org/0000-0001-8757-6974>

Інесса Візнюк

Доктор психологічних наук, професор
Вінницький державний педагогічний університет імені Михайла Коцюбинського
21000, вул. Острозького, 32, м. Вінниця Україна
<https://orcid.org/0000-0001-6538-7742>

Маріанна Пайкуш

Доктор педагогічних наук, професор
Львівський національний медичний університет
21000, вул. Пекарська, 69, м. Львів, Україна
<https://orcid.org/0000-0003-3637-7902>

Сергій Долинний

Доктор філософії, доцент
Вінницький державний педагогічний університет імені Михайла Коцюбинського
21000, вул. Острозького, 32, м. Вінниця, Україна
<https://orcid.org/0000-0003-3555-5818>

Анна Долинна

Кандидат історичних наук, доцент
Вінницький державний педагогічний університет імені Михайла Коцюбинського
21000, вул. Острозького, 32, м. Вінниця, Україна
<https://orcid.org/0000-0002-0559-1087>

✦ **Анотація.** Актуальність теми зумовлена потребою у науковому осмисленні поведінкових стратегій адаптації, виявленні ресурсів і ризиків, що впливають на психічне здоров'я військових, а також розробці практичних рекомендацій для психологів, командирів та фахівців соціальної сфери щодо підтримки особового складу, профілактики посттравматичних розладів і формування стійких моделей поведінки в умовах війни. Метою статті був аналіз психологічних механізмів та поведінкових стратегій соціальної адаптації військовослужбовців, визначення ключових чинників, що впливають на її ефективність, а також окреслення наукових підходів до оцінки адаптаційного потенціалу особистості в умовах війни. У дослідженні застосовано комплекс методик, що охоплюють емоційні, мотиваційні, поведінкові та міжособистісні аспекти. Life Style Index, Self-Perception Assessment Роджерса-Даймонда, 16 Personality Factor Questionnaire Кеттела, мотиваційний профіль Річі-Мартіна та тест Лірі дозволили оцінити стиль життя, рівень адаптації, мотиваційні установки та особистісні риси. Розглянуто формування стилю життя військовослужбовців Збройних Сил України як багатокomпонентний процес соціально-психологічної адаптації, що охоплює внутрішні психологічні механізми та зовнішні соціальні впливи. Виокремлено факторну та фактичну складові, а також типи стилів життя відповідно до механізмів психологічного захисту. Виявлено високий рівень сформованості адаптаційних компонентів у більшості респондентів, а також наявність деструктивних міжособистісних рис у частини військових, що потребує психологічної корекції. Кореляційний аналіз засвідчив тісний зв'язок між захисними механізмами та стилем життя, що розширює уявлення про адаптаційний потенціал особистості в умовах військової служби. Отримані дані відкривають перспективи для подальших досліджень мотиваційної сфери, емоційного інтелекту та міжособистісної взаємодії військовослужбовців. Практична цінність дослідження полягає у встановленні взаємозв'язку між стилем життя та соціальною адаптацією, що дозволяє використовувати ці поняття як інструмент для діагностики та корекції адаптаційних процесів у військовому середовищі

✦ **Ключові слова:** стресостійкість; стиль життя; індивідуальні особливості; психологічна стійкість; Збройні Сили України