



Psychological resource of adaptation to war-related loss in the families of fallen defenders

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◆ **Abstract.** The full-scale war in Ukraine has significantly expanded the range of psychological problems that require scientific understanding, among which the study of psychological adaptation of people who lost loved ones as a result of military operations is of particular importance. The death of a family member is one of the most serious traumatic events, which is accompanied not only by the experience of grief, but also by the need for psychological adaptation to radically changed life circumstances. Therefore, the purpose of the study was to reveal the features of the functioning of resilience in the process of psychological adaptation of family members of fallen servicemen to war-related loss and highlight its main structural levels. To achieve this goal, a set of general scientific research methods was used, in particular, theoretical and comparative analysis, systematisation, generalisation, structural analysis, and modelling. The methodological basis of the research was systematic, integrative, and activity-based approaches to the investigation of psychological adaptation of the individual. Generalisation of contemporary Ukrainian and international scientific approaches allowed substantiating the author's vision of resilience as an integrative psychological resource that provides the process of psychological adaptation to war-related loss, and not only acts as a personal property or the result of successful adaptation. It was determined that the specific feature of the resilience of family members of fallen servicemen is its functioning in the conditions of ongoing war, constant exposure to military threats, a high level of public anxiety, and the mass nature of war-related losses, which forms a specific socio-psychological context of adaptation. A structural organisation of resilience was proposed, which was based on four interrelated levels: cognitive, emotional, behavioural, and social. The functional purpose, psychological mechanisms, and role in the process of psychological adaptation to war-related loss were determined for each level. It was proved that the interaction of these levels provides a holistic process of adaptation, restoration of the viability of the individual, and integration of the experience of loss into the future life path. The practical significance of the results obtained lies in the fact that the proposed concept can be used as a theoretical and methodological basis for developing programmes for psychological support of family members of fallen servicemen, building models of psychological assistance, developing psychodiagnostic tools, and further empirical studies of psychological adaptation to war-related loss

◆ **Keywords:** resilience; plasticity; grief; psychological growth; families of fallen servicemen; psychological mechanisms; resilience

◆ Introduction

The full-scale war in Ukraine has led to a significant increase in the number of families experiencing the loss of loved ones as a result of military operations, which causes the need for an in-depth study of the psychological features of adaptation to such life changes. The loss of a family member as a result of war is complex in nature, as it

combines the experience of grief with the need to adapt to a sudden change in life circumstances, transformation of family roles, revision of further life plans, and functioning in conditions of ongoing military danger. For family members of fallen servicemen, this experience is additionally related to the specifics of the circumstances of death,

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the social significance of military service, and the need to integrate the loss into the future life of the family. Under such conditions, psychological adaptation is not limited to a gradual decrease in the intensity of grief experiences, but covers the restoration of daily functioning, the preservation of psychological integrity, the development of new ways of interacting with changed life circumstances, and the integration of the experience of loss into the future life perspective. That is why the study of psychological resources that provide the possibility of adaptation to war-related loss is important for understanding the patterns of experiencing this experience and for the further development of the system of psychological support for family members of fallen servicemen.

In international psychological research, resilience is increasingly considered not as a permanent personal property, but as a dynamic process of adaptation to adverse and potentially traumatic life events. G. Bonanno (2021), developing the concept of regulatory flexibility, argued that successful adaptation is determined not by the presence of individual universal traits or unchanging strategies for overcoming difficulties, but by the ability of a person to flexibly change the ways of responding to the requirements of a particular situation. The researcher emphasised the variability of individual adaptation trajectories after potentially traumatic events and stressed that the effectiveness of psychological strategies depends on the context of their application. This approach expands the understanding of resilience as a dynamic adaptation process and creates theoretical prerequisites for analysing the psychological mechanisms that ensure the adaptation of the individual to difficult life circumstances.

In Ukrainian psychological studies, the problem of resilience was actively considered in the context of individual adaptation to crisis and traumatic events, in particular caused by war. E. Hrishyn (2024) considered resilience as an integral psychological resource of the individual and substantiated the importance of its development for adaptation and restoration of psychological functioning in conditions of prolonged stress load. O. Bila *et al.* (2024) summarised approaches to understanding psychological resilience in war conditions and focused on the interaction of personal and social resources that ensure the individual's ability to adapt to adverse circumstances and restore psychological well-being. O. Kokun (2025) considered resilience in relation to resources at different levels and substantiated the importance of personal interaction with the social environment for successful adaptation to difficult life circumstances. O. Chykhantsova (2025), studying the resilience of Ukrainians under martial law, identified it as an important personal resource that contributes to the preservation of psychological stability and adaptive functioning in conditions of prolonged exposure to military stressors. Together, the results of Ukrainian research have shown a tendency to understand resilience not only as a separate personal characteristic, but as a psychological resource, the functioning of which is associated with the interaction of

internal capabilities of the individual, and the resources of the social environment.

A separate area of international resilience research is related to the study of psychological stability of military personnel and their families. S. Panda *et al.* (2024) substantiated the need for a comprehensive development of psychological resilience of military personnel and noted the expediency of integrating appropriate measures into the system of their psychological training. M. Hébert *et al.* (2024), analysing programmes to strengthen the resilience of military families, focused on the importance of a family-oriented approach and family support at different stages of the military service cycle. G. McGill *et al.* (2023), examining the experiences of families who had lost a military service member, found that adaptation following the loss is associated with changes in family and social relationships and personal identity, while maintaining connections with the social environment and the military community may play an important role in adapting to changed life circumstances. Collectively, the results of these studies have shown the expediency of considering resilience in a military context not only through individual psychological resources, but also considering family and social factors of adaptation.

The problem of psychological adaptation of family members of fallen servicemen is represented by a much smaller number of studies, which mainly highlighted certain aspects of experiencing war-related loss and resources to overcome it. L. Malimon & V. Parkhomenko (2025), studying the resources of resilience of women who lost loved ones as a result of war, established the importance of personal and social resources in the process of adapting to loss and maintaining psychological functioning. O. Baidarova & O. Klymenko (2025), analysing the experience of participation of wives of fallen servicemen in support groups, showed that group interaction contributes to strengthening resilience through receiving emotional support, sharing experience of experiencing loss, and forming a sense of belonging to a community of people with similar life experiences. L. Podkorytova *et al.* (2025), studying the features of psychological assistance to fathers and mothers of fallen servicemen, focused on the gender specifics of experiencing grief and substantiated the need to consider it when organising psychological support for families of fallen soldiers. Thus, the results of these studies showed the importance of personal and social resources, group support, and differentiated psychological assistance in the process of adaptation of family members of fallen servicemen to loss, but revealed mainly individual components of this process.

Similar conclusions were obtained in the study by A. Fadeeva *et al.* (2023), who showed that families of fallen servicemen, along with emotional support, need comprehensive practical, informational and psychological assistance that should be available at different stages of experiencing loss. However, the holistic theoretical substantiation of resilience as an integrative psychological resource

of adaptation to the war-related loss experienced by family members of fallen military personnel remains insufficiently developed, which makes it necessary to develop an appropriate concept. Most of these studies focused on individual psychological or psychosocial aspects of experiencing loss, while the holistic theoretical substantiation of resilience as an integrative psychological resource of adaptation to the war-related loss experienced by family members of fallen servicemen remains insufficiently developed. It is this scientific gap that necessitates the development of a concept and determination of the structural organisation of resilience in the context of war-related loss.

The purpose of the study was to theoretically substantiate the concept of resilience as an integrative psychological resource of adaptation to the war-related loss experienced by family members of fallen servicemen and determine its structural organisation. In accordance with the purpose of the study, the following tasks are formulated: to analyse and generalise contemporary scientific approaches to understanding the resilience and psychological adaptation of family members of fallen servicemen to wartime loss; to determine the features of the functioning of resilience as a psychological resource for adaptation of family members of fallen servicemen in the context of war-related loss; to theoretically substantiate the concept of resiliency as an integrative psychological resource for adaptation to wartime loss and to determine its structural organisation.

◆ Materials and Methods

The research was theoretical and analytical in nature and was based on a conceptual analysis of contemporary scientific approaches to understanding resilience, psychological adaptation to loss, and features of the functioning of psychological resources in military and family contexts. The theoretical basis of the study was scientific publications of Ukrainian and international researchers devoted to the resilience of the individual, military and family resilience, psychological adaptation to traumatic events, the experience of the loss of a loved one, and psychological support of family members of fallen servicemen. Scientific sources were selected through a thematic search for publications in the Google Scholar, Crossref, and PubMed academic search engines and electronic databases, and in the repositories of Ukrainian research institutions and higher education institutions. The search was conducted in Ukrainian and English using keywords and their combinations: “резильєнтність”, “психологічна резильєнтність”, “адаптація до втрати”, “воєнна втрата”, “горювання”, “сім’ї загиблих військовослужбовців”, “resilience”, “psychological resilience”, “bereavement”, “grief”, “war-related loss”, “military families”, “bereaved military families”. The main array consisted of publications from 2020-2026, which allowed focusing on contemporary approaches to the problem under study. Some earlier studies were included in the analysis if they were of conceptual significance for understanding military and family resilience. The criteria for including sources were: compliance with

the research problems; coverage of theoretical or empirical aspects of resilience, psychological adaptation to loss, military or family resilience; availability of results relevant to explain the psychological mechanisms of adaptation of family members of fallen servicemen; availability of the full text or sufficient bibliographic and meaningful information for theoretical analysis. Publications that did not relate to the psychological content of resilience and adaptation to loss, duplicated already selected materials, or did not contain information relevant to the research objective were not included. The final theoretical analysis included 22 scientific sources presented by monographs, dissertation research, review and empirical scientific publications. The methodological basis of the study was system, integrative, and activity-based approaches, according to which resilience was considered as a dynamic psychological resource, the functioning of which was determined by the interaction of internal mechanisms of the individual and the resources of the social environment. A set of interrelated theoretical methods was used to implement the research tasks:

- ◆ theoretical analysis – to determine the main scientific approaches to the interpretation of resilience and psychological adaptation to loss;
- ◆ comparative analysis – to compare approaches to resilience as a personal property, a dynamic process, and a multi-level psychological resource;
- ◆ systematisation and generalisation – to identify common patterns and psychological resources of adaptation presented in the analysed studies;
- ◆ structural analysis – to determine functionally different but interrelated components of resilience;
- ◆ theoretical modelling – for their integration into an integral structural organisation of resilience in the context of adaptation to war-related loss.

Building a structural organisation of resilience in the context of adaptation to war-related loss carried out by consistent conceptual integration of the results of theoretical analysis and previous author’s research on the problem of experiencing war-related loss. At the first stage, scientific provisions on resilience as a dynamic process and psychological resource of adaptation were summarised. At the second stage, the psychological mechanisms and resources associated with adaptation to loss were systematised and correlated by their functional content. At the third stage, based on the results of structural analysis, they were combined into four interrelated levels – cognitive, emotional, behavioural, and social, for each of which the functional purpose and main psychological mechanisms were determined. At the final stage, using the method of theoretical modelling, these levels were integrated into the structural organisation of resilience as a psychological resource for adapting family members of fallen servicemen to war-related loss. This logic corresponds to the transition from the analysis of scientific approaches to the four-level structural organisation of resilience presented in the results of the study.

◆ Results and Discussion

The conducted theoretical analysis of contemporary Ukrainian and international studies has shown that, despite the significant development of scientific ideas about resilience as a dynamic process of psychological adaptation, there is no holistic concept of its functioning as a psychological resource for adaptation to the war-related loss experienced by family members of fallen servicemen. Existing studies mainly cover certain aspects of this phenomenon – personal, family, social, or psychosocial factors of adaptation, features of experiencing loss, or psychological support, but do not reveal the structural organisation of resilience and mechanisms of its functioning in conditions of war-related loss. This made it necessary to develop the concept that integrates contemporary scientific approaches

and considers the specifics of adaptation of family members of fallen servicemen.

Based on the results of the conducted theoretical analysis and own empirical research, O. Yurkova (2025; 2026), proposed to consider resilience in the context of war-related loss as an integrative psychological resource, and not as a separate personal characteristic. In contrast to the general models of psychological stability, the proposed approach considers the specifics of war-related loss, which combines the experience of grief, psychotraumatic experience, the need to rebuild life meanings, and restore everyday functioning. Based on the above, a structural organisation of the resilience of family members of fallen servicemen in the context of adaptation to war-related loss was developed, which is shown in Figure 1.

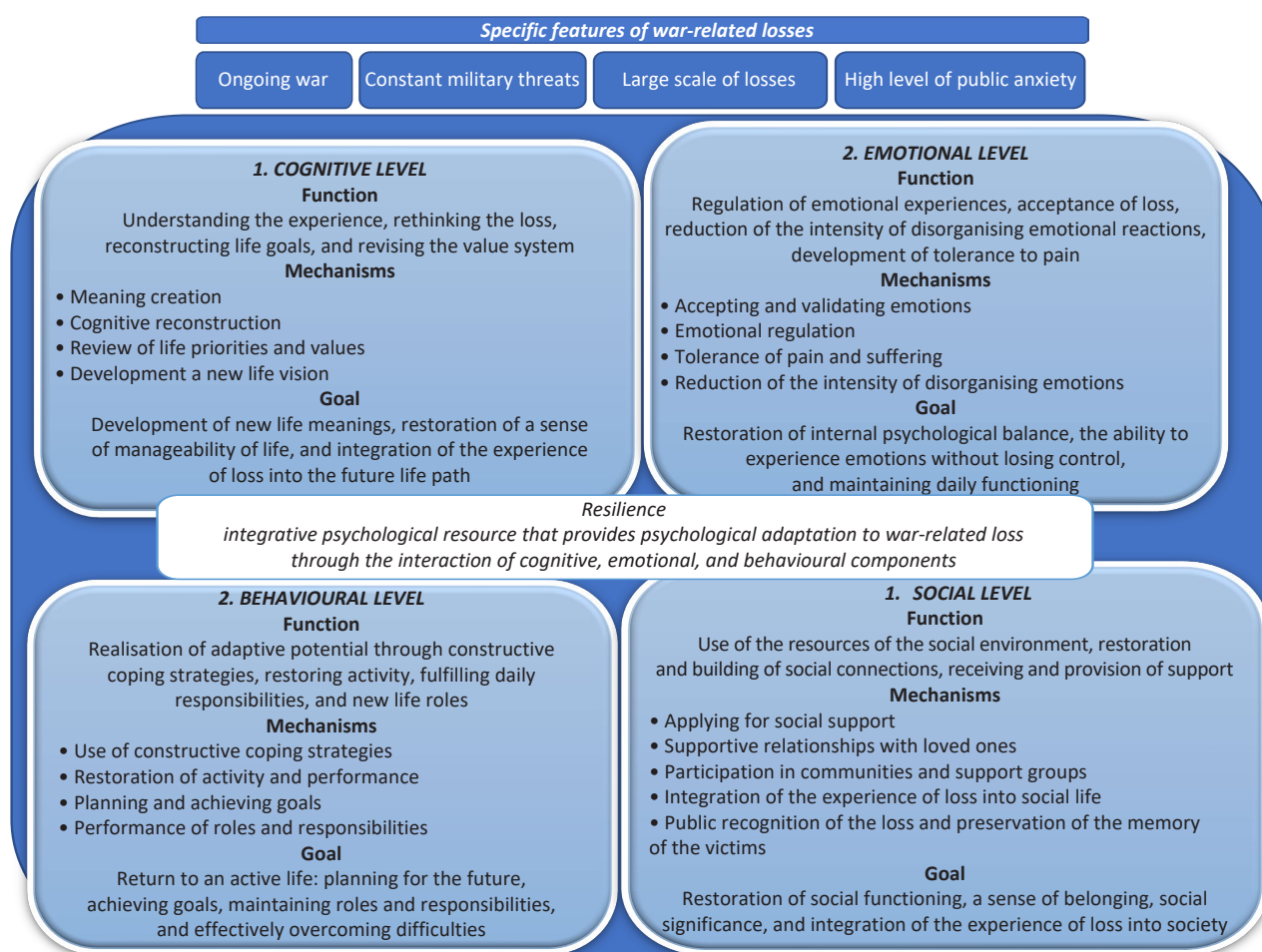


Figure 1. Structural organisation of resilience in the context of adaptation to war-related loss

Source: compiled by the author

The specific feature of the resilience of family members of fallen servicemen is also that the process of adaptation takes place in the conditions of ongoing war, constant exposure to military threats, systematic attacks on civilian infrastructure, and a high level of public anxiety. In addition, war-related loss in Ukrainian realities is rarely an isolated event, but is experienced in conditions of large-scale loss of military personnel, when within the same community or region

at the same time a significant number of families go through a similar traumatic experience. The combination of these factors forms a specific socio-psychological context, which determines the features of the functioning of psychological resources of adaptation and determines the need to consider resilience as a multi-level system of interrelated components.

The cognitive level of resilience is the basis of the process of psychological adaptation to war-related loss, since

it is at this level that the experience is understood and the system of ideas about the self, the surrounding world, and own future is rebuilt. The death of a loved one destroys the usual picture of the world, basic beliefs about security, justice, predictability of life, and personal identity. In this regard, the individual faces the need not only to accept the fact of loss, but also to integrate it into their own life experience without losing the integrity of the individual. The functioning of the cognitive level is provided by the processes of meaning-making, rethinking loss, reconstructing life goals, and revising the system of personal values. They allow a person to move from the perception of loss as an exceptionally destructive event to the gradual development of a new life perspective, in which the memory of the deceased is integrated into personal history without the dominance of destructive experiences. Furthermore, rethinking does not mean reducing the significance of the loss or giving up the emotional connection with the deceased, but is aimed at restoring the internal consistency of life experience.

The main psychological mechanisms of the cognitive level are meaning-making, cognitive reconstruction, and revision of the system of personal values. Meaning-making ensures the integration of the experience of loss into the life history of the individual and the development of a new understanding of own life after the tragedy. Cognitive reconstruction aims to transform maladaptive beliefs about the self, the world, and the future that have been disrupted by loss. Reviewing the value system allows identifying new life priorities, restoring the internal consistency of the individual, and forming the basis for further psychological adaptation. Thus, the cognitive level of resilience creates prerequisites for further psychological adaptation, ensuring the development of new life meanings, restoring a sense of manageability of own life, and integrating the experience of war-related loss into the future life path. It determines the area of further emotional, behavioural, and social changes, acting as the basis for restoring the viability of the individual.

The emotional level of resilience ensures the regulation of psychoemotional experiences that arise in response to war-related loss, and creates conditions for the gradual restoration of internal psychological balance. Experiencing the death of a loved one is accompanied by a wide range of emotional reactions, which are dominated by acute pain, sadness, anxiety, guilt, helplessness, anger, despair, and emotional exhaustion. In conditions of war-related loss, the intensity of these experiences is often aggravated by the circumstances of death, the social context of the war, the uncertainty of the future, and the need to simultaneously solve new life problems. In this context, resilience does not eliminate negative emotions and does not reduce the significance of loss, but provides the ability of the individual to gradually regulate own emotional state without avoiding or displacing experiences. It helps to accept the fact of loss, reduce the intensity of disorganising emotional reactions, form tolerance to psychological pain, and restore

the ability to experience a wide range of emotions without losing control of own functioning. An important sign of this level is not the absence of suffering, but the gradual increase in the ability to live with it, preventing it from completely dominating everyday life.

The key mechanisms of the emotional level are emotional regulation, acceptance of loss, and the development of tolerance for psychological pain. Emotional regulation provides the ability to be aware of, express, and gradually control the intensity of experiences without suppressing or avoiding them. Acceptance of loss helps to integrate experiences into life experiences without denying the reality of the event, while tolerance for psychological pain forms the ability to live with the experience of loss without allowing its disorganising effect on everyday functioning. Thus, the emotional level of resilience creates conditions for the transition from emotional disorganisation to relative psychological stability, which allows the individual to gradually restore activity, maintain meaningful social relationships, and make decisions necessary for further adaptation. It is the restoration of emotional balance that allows implementing constructive ways to overcome difficulties, which is the content of the next – behavioural level of resilience.

The behavioural level of resilience reflects the practical realisation of the adaptive potential of the individual and is manifested in the choice of constructive ways to interact with the new life reality after a war-related loss. If the cognitive level provides a rethinking of the experience experienced, and the emotional level provides a gradual stabilisation of the psychoemotional state, then the behavioural level determines the ability of a person to restore active functioning, make decisions, perform everyday duties, and gradually return to the realisation of their own life roles. In the context of war-related losses, the behavioural level of resilience is realised through the use of constructive coping strategies aimed at overcoming difficulties and adapting to new living conditions. Its content is not a return to the pre-war way of life, but the development of new behaviours that correspond to changed life circumstances. These models include the gradual recovery of daily activities, the maintenance of professional and family activities, the ability to take responsibility for their own lives, the use of active coping strategies, and the willingness to seek help if necessary.

Mechanisms for implementing the behavioural level are the use of constructive coping strategies, maintaining activity and restoring role functioning. Constructive coping strategies ensure the ability to actively overcome difficulties, find resources, and make effective decisions. Maintaining activity promotes a gradual return to everyday life, and restoring role functioning allows the individual to adapt to new family, professional, and social responsibilities that have arisen after the loss. Of particular importance at this level is the ability of the individual to transform internal psychological changes into specific behavioural actions. It is through behaviour that the effectiveness of cognitive and emotional adaptation processes is manifested: a

person gradually regains the ability to plan for the future, realise new life goals, maintain social roles, and participate in everyday life. Thus, the behavioural level provides a transition from the internal experience of loss to the active restoration of life functioning, creating conditions for further social integration, and use of the resources of the social environment.

The social level of resilience reflects the ability of an individual to use the resources of the social environment and restore full interaction with the environment in the process of adapting to war-related losses. Unlike other traumatic events, the death of a close serviceman changes not only the internal psychological state of a person, but also their social functioning, the system of interpersonal relationships, family roles, and place in the social community. In this regard, the effectiveness of adaptation largely depends on the ability of the individual to maintain, restore and build new social connections. The social level is realised through the active use of resources of the family, close environment, professional and local community, public organisations, mutual support groups, and the system of psychological and social assistance. Social support performs not only a compensatory function, reducing the level of psychological stress, but also creates conditions for restoring a sense of security, belonging, social significance, and trust in the world. The social level involves not only receiving assistance, but also gradually restoring a person's ability to maintain relationships, participate in the life of the family and community, accept the support of others and act as a source of it.

The main mechanisms of the social level are social support, interpersonal interaction, and social integration. Social support provides the emotional, informational, and practical resources needed to adapt to loss. Interpersonal interaction promotes the restoration of trust, a sense of belonging and reciprocity, while social integration ensures the inclusion of the individual in family, professional and social life, creating conditions for the restoration of social functioning, and maintaining the memory of the deceased. Of particular importance in the process of adaptation to war-related loss is the social recognition of the loss and the preservation of the memory of the deceased. Participation in memorial events, interaction with the communities of families of fallen servicemen, maintaining public memory, and awareness of the significance of the sacrifice of a loved one contribute to the integration of the experience of loss into the life history of the individual and strengthen its psychological stability. That is why the social level completes the process of adaptation, ensuring the restoration of social functioning, strengthening the sense of belonging to the community, and creating conditions for further personal development.

The proposed cognitive, emotional, behavioural, and social levels of resilience do not function in isolation, but form a single interconnected system of psychological adaptation to war-related loss. Each of the levels performs its own function, but the effectiveness of their implementation

largely depends on the state and development of other levels. In this context, it is advisable to consider resilience as an integrative psychological resource realised through the constant interaction of cognitive, emotional, behavioural, and social mechanisms. The starting point of adaptation is the cognitive level, since it is the rethinking of the experienced loss, the reconstruction of the system of personal meanings, and the development of a new vision of own future that create the basis for further psychological changes. Understanding loss changes the nature of the emotional response: the gradual acceptance of a new life reality helps to reduce the intensity of disorganising experiences and creates conditions for restoring internal psychological balance. Emotional stabilisation, in turn, provides an opportunity to switch to active behavioural adaptation strategies. Reducing the intensity of psychological pain and restoring the ability to regulate their own emotional state allows the individual to gradually return to performing everyday duties, realising life roles, making decisions, and planning for the future. It is the behavioural level that ensures the practical implementation of internal psychological changes in the real functioning of a person.

The implementation of constructive behavioural strategies contributes to the restoration of social functioning. A person gradually restores relationships with their family, professional and social environment, uses social support resources more actively, and integrates into communities that unite people with similar experiences. Social support, in turn, not only facilitates the process of adaptation, but also creates conditions for further rethinking the loss experienced, strengthening new life meanings and revising own life perspective. Thus, the interaction of resilience levels is systemic in nature. Changes that occur at one level lead to transformations at others, forming a holistic process of psychological adaptation to war-related loss. That is why the central element of the proposed model is resilience, which is considered as an integrative psychological resource that is formed in the process of interaction of cognitive, emotional, behavioural, and social mechanisms and provides restoration of the viability of the individual, integration of the experience of loss and return to full social functioning.

An important area of contemporary research is the consideration of resilience as a dynamic process of psychological adaptation, formed in the interaction of personal and environmental resources. Representatives of this approach move away from the conventional interpretation of resilience as a relatively stable personal characteristic and consider it as a process that unfolds in response to traumatic events. D. Assonov & O. Khaustova (2019) share this perspective, defining resilience as an adaptive process of restoring psychosocial functioning following exposure to psychotraumatic factors and emphasising the need to distinguish it from stress resilience, hardiness, coping, and post-traumatic growth. A similar opinion was expressed by G. Bonanno (2021), who substantiated the concept of regulatory flexibility and proves that the success of adaptation is determined not by individual personality traits,

but by a person's ability to change cognitive, emotional and behavioural ways of responding to the requirements of a particular situation. A similar view was indicated by E. Hrishyn (2024), who considered resilience as a multi-level process of interaction of personal, social, and environmental resources and defines it as an integral psychological resource of adaptation.

The concept proposed by the researchers is generally consistent with this scientific approach, since it also considers resilience not as a static personal property, but as a psychological resource that ensures the process of adaptation to unfavourable life circumstances. In contrast to the above concepts, attention is focused on the specifics of the functioning of resilience in the conditions of war-related loss experienced by family members of fallen servicemen. In this case, it is advisable to consider resilience as an integrative psychological resource that is realised through the interaction of cognitive, emotional, behavioural, and social levels and provides not only psychological adaptation to loss, but also integration of its experience into the future life path.

Further development of contemporary ideas about resilience is associated with the transition from its individual understanding to multi-level models, in which psychological adaptation is considered as a result of the interaction of personal, family, social, and institutional resources. Within the framework of this approach, the effectiveness of overcoming unfavourable life circumstances is determined not only by the internal potential of a person, but also by the capabilities of the social environment in which they operate. Such provisions are most fully presented in the socio-ecological concept of O. Kokun (2025), who noted that resilience is formed at different levels of social interaction – from the individual and the family to the community and society as a whole. A similar approach can be traced in the study by S. Panda *et al.* (2024), which substantiated the need to develop resilience through a comprehensive system of psychological training covering individual, group, and organisational resources. The opinion of M. Hébert *et al.* (2024) was similar, which highlighted the importance of family-oriented support models as an important factor in the psychological resilience of military personnel and their families. Similar conclusions were found in the study by O. Zhohlo *et al.* (2025), where adaptation was considered as a result of the interaction of internal resources of the individual with external resources of the social environment. The development of this area was the investigation of military family resilience, which substantiated the need to consider adaptation as a result of the interaction of personal, family and social resources. In particular, H. Cramm *et al.* (2018) showed that the resilience of a military family is determined not by the totality of individual qualities of its members, but by the effectiveness of family communication, emotional support, cohesion, flexible reallocation of roles, and the availability of external assistance. Empirical research by M. Turliuc & A.-D. Balcan (2024) confirmed that resilience can be purposefully developed through psychological training aimed at strengthening a person's

cognitive, emotional, behavioural, and social resources. J. Tornero-Aguilera *et al.* (2024) stressed that psychological resilience is an integral part of the professional readiness of a serviceman and should be formed in conjunction with physical fitness, ensuring the maintenance of cognitive efficiency, emotional stability, and the ability to act in conditions of high stress load.

Thus, these provisions confirmed the importance of a multi-level approach to understanding resilience, but they mainly outlined the sources or levels of resource support for adaptation. The proposed concept focuses not so much on the localisation of resources, but on the disclosure of the psychological structure of resilience and the mechanisms of its functioning in conditions of war-related loss. That is why the identified cognitive, emotional, behavioural, and social levels were considered not as autonomous components, but as an interconnected system of psychological mechanisms that ensures a holistic process of adaptation of family members of fallen servicemen. In addition, the proposed model considers the specific conditions of war-related loss – ongoing war, constant military threats, the large scale of losses, and a high level of public anxiety, which determine the features of the functioning of this system.

A separate area of research is devoted to the psychological features of adaptation to the loss of a loved one. These studies focus on processes of grieving, the reconstruction of meaning in life experience, the restoration of everyday functioning, and post-traumatic growth. In this context, resilience was considered as a psychological resource that provides a gradual integration of the experience of loss into the future life path of the individual. Thus, G. McGill *et al.* (2023) considered resilience through the prism of experiencing the loss of a loved one, emphasising the importance of the processes of meaning formation, maintaining psychological balance, and gradually restoring everyday functioning. A similar conclusion was reached by E. Burgin *et al.* (2024), who showed that adaptation after a severe loss is determined not only by individual characteristics of a person, but also by the quality of social support, family relationships, and the availability of professional psychological assistance. A similar opinion was expressed by K. Kamene (2025), who considered adaptation to loss as a process of reconstructing life meanings, integrating experienced experiences into own life history, and forming a new system of personal values. The researcher noted that post-traumatic growth is not a mandatory consequence of experiencing loss, and psychological assistance should be aimed primarily at supporting the natural process of grief and meaning development.

In Ukrainian studies, O. Chykhantsova (2025) emphasised the relationship of resilience with the processes of experiencing grief and restoring psychological well-being, while V. Klymchuk (2021) considered meaning-making, life goal reconstruction, and post-traumatic growth as important mechanisms of psychological adaptation after traumatic events. These studies demonstrated that adaptation to loss is a long-term process in which semantic

restructuring of life experience, social support, and restoration of psychological well-being are of leading importance. They focused on certain aspects of experiencing grief or factors of successful adaptation. Instead, the concept under consideration opens up these processes as interrelated manifestations of the functioning of a single resilience system. Meaning, emotional regulation, behavioural activity, and social interaction do not act as independent mechanisms for overcoming loss, but are integrated into the integral structure of the psychological resource, which ensures the adaptation of family members of fallen servicemen to the conditions of war-related loss.

Thus, the comparison of the results with contemporary Ukrainian and international studies showed that the proposed concept does not contradict the existing scientific approaches to understanding resilience, but develops them considering the specific features of the war-related loss experienced by family members of fallen military personnel. Unlike most of the concepts under consideration, which focus on individual resources or adaptation factors, the proposed model considers resilience as an integrative psychological resource realised through the interaction of cognitive, emotional, behavioural, and social levels. This approach makes it possible to holistically explain the psychological mechanisms of adaptation to war-related loss and can serve as a theoretical basis for further empirical research and development of programmes for psychological support for families of fallen defenders.

◆ Conclusions

The conducted theoretical analysis showed that the problem of psychological resilience is widely represented in contemporary Ukrainian and international studies. The researchers have thoroughly covered the issues of personal resilience, psychological stability of military personnel, the role of internal and external resources in the process of adaptation to traumatic events, and certain aspects of experiencing war-related loss. The scarcity of conceptual approaches to understanding resilience among the family members of fallen service personnel necessitated the formulation of a comprehensive theoretical model of this phenomenon. Resilience is substantiated as an integrative psychological resource for adapting to war-related loss, which fundamentally contrasts with perspectives that view it merely as an individual trait or the outcome of successful adaptation. In the proposed

concept, resilience is defined as a dynamic system of interrelated cognitive, emotional, behavioural, and social mechanisms that ensure the process of psychological adaptation to loss, support the viability of the individual, and contribute to the integration of the experience of loss into the future life path.

A special feature of the proposed approach is to consider the specific features of experiencing war-related loss in an ongoing war. Unlike most existing models, the developed concept is based on the fact that the adaptation of family members of fallen servicemen occurs in conditions of constant exposure to military threats, a high level of public anxiety, and the large scale of losses, when a significant number of families simultaneously experience a similar traumatic experience. Such a socio-psychological context significantly affects the functioning of psychological resources and needs to be considered when analysing the structure of resilience. Based on the generalisation of the results of theoretical analysis and empirical research, a structural organisation of resilience is proposed, which covers four interrelated levels: cognitive, emotional, behavioural, and social. The functional purpose of each level was determined, the main psychological mechanisms of their implementation were outlined, and it was shown that their interaction provides a holistic process of psychological adaptation to war-related loss. The practical significance of the proposed concept lies in the possibility of using it as a theoretical and methodological basis for developing programmes for psychological support of family members of fallen servicemen, improving psychodiagnostic tools, and building models of psychological assistance. Prospects for further research consist in the empirical verification of the proposed structural model, determining the relationships between its components, and creating and testing a psychodiagnostic methodology for assessing the resilience of family members of fallen servicemen.

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Психологічний ресурс адаптації до воєнної втрати у родинах полеглих захисників

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♦ **Анотація.** Повномасштабна війна в Україні суттєво розширила коло психологічних проблем, що потребують наукового осмислення, серед яких особливого значення набуває вивчення психологічної адаптації осіб, які втратили близьких унаслідок бойових дій. Загибель члена родини є однією з найбільш тяжких психотравмуючих подій, яка супроводжується не лише переживанням горя, а й необхідністю психологічної адаптації до докорінно змінених життєвих обставин. З огляду на це, мета дослідження полягала у розкритті особливостей функціонування резильєнтності в процесі психологічної адаптації членів сімей загиблих військовослужбовців до воєнної втрати та виокремленні її основних структурних рівнів. Для досягнення поставленої мети було використано комплекс загальнонаукових методів дослідження, зокрема теоретичний і порівняльний аналіз, систематизацію, узагальнення, структурний аналіз та моделювання. Методологічною основою дослідження стали системний, інтегративний та діяльнісний підходи до вивчення психологічної адаптації особистості. Узагальнення сучасних українських та міжнародних наукових підходів дозволило обґрунтувати авторське бачення резильєнтності як інтегративного психологічного ресурсу, що забезпечує процес психологічної адаптації до воєнної втрати, а не лише виступає особистісною властивістю чи результатом успішної адаптації. Визначено, що особливістю резильєнтності членів сімей загиблих військовослужбовців є її функціонування в умовах триваючої війни, постійного впливу воєнних загроз, високого рівня суспільної тривоги та масового характеру воєнних втрат, що формує специфічний соціально-психологічний контекст адаптації. Запропоновано структурну організацію резильєнтності, основу якої становлять чотири взаємопов'язані рівні: когнітивний, емоційний, поведінковий та соціальний. Для кожного рівня визначено його функціональне призначення, психологічні механізми та роль у процесі психологічної адаптації до воєнної втрати. Обґрунтовано, що взаємодія зазначених рівнів забезпечує цілісний процес адаптації, відновлення життєздатності особистості та інтеграцію досвіду втрати у подальший життєвий шлях. Практичне значення отриманих результатів полягає в тому, що запропонована концепція може бути використана як теоретико-методологічна основа для розроблення програм психологічного супроводу членів сімей загиблих військовослужбовців, побудови моделей психологічної допомоги, розроблення психодіагностичного інструментарію та подальших емпіричних досліджень психологічної адаптації до воєнної втрати.

♦ **Ключові слова:** резильєнтність; пластичність; горювання; психологічне зростання; сім'ї загиблих військовослужбовців; психологічні механізми; стійкість