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PSYCHOLOGICAL FEATURES OF SELF-EFFICACY IN WIVES OF COMBATANTS

Стаття присвячена теоретичному та практичному вивченню психологічних особливостей самоефективності дружин учасників бойових дій. Досліджено вплив ситуації невизначеності на жінок, які залишаються в тилу під час відсутності чоловіків, а також після їх повернення додому. Проаналізовано поняття самоефективності як психологічного ресурсу, що допомагає адаптуватися до складних життєвих умов, та визначено чинники, які впливають на його формування. Особливу увагу приділено співставленню емоційного стану дружин із рівнем їх соціальної включеності.

Встановлено, що жінки часто стикаються з емоційним виснаженням, соціальним тиском, економічними труднощами та нестачею підтримки. З'ясовано, що відповідальність за сім'ю є ключовим мотиватором для активного пошуку внутрішніх і зовнішніх ресурсів. Серед таких ресурсів виокремлено соціальну підтримку, розвиток нових професійних навичок, поглиблення стосунків із дітьми та залучення до волонтерської діяльності. Визначено, що психологічний стан чоловіків після демобілізації значною мірою впливає на адаптацію дружин до нових сімейних умов.

Результати дослідження засвідчують, що складні життєві ситуації стають випробуванням на фізичну та психологічну стійкість жінок, водночас сприяючи розвитку їх самоефективності. Отримані дані можуть бути корисними для психологів, психотерапевтів, соціальних працівників у створенні програм психологічної підтримки дружин учасників бойових дій та їхніх сімей. Пропонуються рекомендації щодо розробки програм, спрямованих на збалансування емоційного стану жінок, розвиток навичок ефективного спілкування та методів самодопомоги. Особливий акцент зроблено на важливості виявлення та відновлення індивідуальних ресурсів, необхідних для покращення адаптації та гармонійного функціонування сімей військовослужбовців.

Визначено перспективи подальшої роботи, з метою покращення фізичного, емоційного, психологічного та моральних станів дружин учасників бойових дій, крім того досліджено особливості особистісних ресурсів, які допомагають жінкам справлятися з труднощами, пов'язаними з невизначеністю та розлукою. Отримані результати можуть бути корисними для психологів, психотерапевтів, соціальних працівників. Стаття може допомогти у розробці нових програм психологічної підтримки для дружин учасників бойових дій, а також для членів їх сімей.

Ключові слова: *самоефективність, учасник бойових дій, дружина військовослужбовця, соціальний тиск, особистісні ресурси.*

The article is devoted to the theoretical and practical study of psychological features of self-efficacy of wives of combatants. The influence of the situation of uncertainty on women who remain in the rear in the absence of their husbands, as well as after their return home, is investigated. The concept of self-efficacy as a psychological resource that helps to adapt to difficult life conditions is analysed, and the factors that influence its formation are identified. Particular attention is paid to comparing the emotional state of wives with the level of their social inclusion.

It is established that women often face emotional exhaustion, social pressure, economic difficulties and lack of support. It has been found that responsibility for the family is a key motivator for the active

search for internal and external resources. Among these resources are social support, development of new professional skills, deepening relationships with children and involvement in volunteer activities. It has been determined that the psychological state of men after demobilisation significantly affects the adaptation of wives to new family conditions.

The results of the study show that difficult life situations are a test of women's physical and psychological resilience, while contributing to the development of their self-efficacy. The data obtained can be useful for psychologists, psychotherapists, and social workers in creating psychological support programmes for wives of combatants and their families. Recommendations are offered for the development of programmes aimed at balancing the emotional state of women, developing effective communication skills and self-help methods. Particular emphasis is placed on the importance of identifying and restoring individual resources necessary to improve the adaptation and harmonious functioning of military families.

Prospects for further work to improve the physical, emotional, psychological and moral states of wives of combatants are identified, and the peculiarities of personal resources that help women cope with the difficulties associated with uncertainty and separation are also investigated. The results obtained can be useful for psychologists, psychotherapists, social workers. The article can help in the development of new psychological support programmes for wives of combatants and their families.

Keywords: *self-efficacy, combatant, military wife, social pressure, personal resources.*

Formulation of the problem. According to the Ministry of Veterans Affairs of Ukraine, in September 2022, almost 500,000 people received the status of combatants [6]. An important problem today is the provision of social and psychological assistance to veterans, combatants and their families. It is important to note that while combatants are away, the burden of caring for the family and its social and psychological well-being falls on those spouses who remain in the rear. Wives of military personnel who are outside the military confrontation are forced to deal not only with everyday work and household chores, but also make important decisions regarding children and parents; defend the interests of the family by appealing to the state authorities, etc. But even after a man returns from the combat zone, the situation can become even more complicated: a man may show signs of post-traumatic stress disorder or physical trauma, alienation and a desire for loneliness, or, on the contrary, aggressiveness and a tendency to alcoholism. A woman finds herself in a very difficult life situation, she is forced to adapt to new conditions of family life that she has never thought about. Such drastic changes require both the resources of a man to adapt to peaceful living conditions and the self-efficacy of a woman who also has to get used to the new situation.

Today, there are more and more publications dedicated to returning soldiers, but the complexity of the wife's experience of the situation remains unaddressed by researchers. It is the need to study the psychological resources of self-efficacy of wives of combatants in modern conditions that determines the relevance of the work.

The purpose of the article is to determine the psychological characteristics of self-efficacy in wives of combatants.

The tasks of the article are: to study the self-efficacy of military wives during their husbands' stay in the combat zone and after their return; to analyse the personal resources of female self-efficacy that are formed in the process of staying in these situations.

Methods. At the stage of preliminary research, the interview method was used to write a scientific publication. Ten wives of combatants were interviewed. Based on the data obtained, a questionnaire was developed to identify the psychological characteristics of the self-efficacy of wives of combatants. The questionnaire consisted of 12 questions, 6 of which were open-ended, and was based on the Methodology for Diagnosing the Level of Self-Efficacy (J. Maddux and M. Scheer). A further study involved 40 wives of combatants aged 20 to 50 years.

Analysis of recent research and publications. The problem of self-efficacy in psychology has been the subject of research by I. Brunov-Kalisetska, T. Zelinska, S. Zaniuk, V. Romek and others [4 p.288]. The concept of self-efficacy was developed by a representative of the socio-cognitive direction in psychology A. Bandura. This is a clearly structured system of scientific ideas, which includes explanations of sources, nature, mediation mechanisms, various influences (which reveal the idea of personal effectiveness) and recommendations for measuring self-efficacy. A. Bandura considers self-efficacy to be a crucial factor in human behaviour and defines it as an assessment of people's ability to organise and implement chains of actions necessary to achieve specified types of performance. Self-efficacy as a resource-based approach began to develop actively in humanistic psychology in the second half of the last century. Personal resources support, energise, and allow for the satisfaction of certain human needs. At the

present stage of scientific development, the concept of resources is considered within the framework of the theory of psychological stress. The most understandable is the concept of S. Hobfall, who notes that psychological resources are important for human adaptation to difficult life situations [3 p.14-16]. He distinguishes between such groups of resources as material objects (income, real estate) and intangible objects (goals, ideas, aspirations); external, including social support, family, friends, work, social status and internal resources, including self-esteem, professional skills and abilities, skills, interests, hobbies, character traits, optimism, self-control, life values, and belief system. According to S. Hobfall, it is the loss of a psychological resource that a person experiences as a state of psychological stress [1 p.200].

N. Oleksiuk's work reveals the idea of resource provision of social support for military families in the context of reforming the Armed Forces of Ukraine. The study by N. Denysevych also focuses on the search for psychotherapeutic strategies for wives of demobilised servicemen and family members [2 p.33-42].

Outline of the main material. An experimental study of the peculiarities of self-efficacy of wives of combatants was conducted on the basis of the municipal institution 'Centre for the provision of social services' of the Lipovets City Council. The sample consisted of 96 wives of combatants.

The first stage of the confirmatory experiment consisted in determining the psychological resources of combatants' wives and their ability to use them using the questionnaire "Psychological Resourcefulness of Personality" (PRP) by O. S. Step.

According to the respondents, there are low, medium and high levels of personal resourcefulness.

According to the Psychological Resourcefulness of the Personality Questionnaire (PRPQ), 8% of women have a low level, which indicates insufficient or poor development of psychological resources necessary for adaptation, overcoming stress and effective functioning of the individual in difficult life circumstances. A low level is not a static characteristic, but indicates areas that need attention and development. It is a signal to take measures to strengthen internal and external resources to improve the quality of life.

The average level of personal resourcefulness is observed in 60% of respondents. This means that women have a certain reserve of internal resources that they can use to cope with life's difficulties and stresses, but this reserve is not excessive or particularly high. A person with an average level of personal resourcefulness may encounter difficulties, but is usually able to find a way to overcome them without significant damage to their mental and emotional state.

A high level of personal resourcefulness is observed in 32% of respondents. This means that the wives of combatants have significant internal reserves of resources. A person with a high level of personal resourcefulness is usually more resilient to stressful situations, more emotionally stable, able to recover faster from difficult life events, and able to demonstrate greater endurance and perseverance in achieving their goals.

Most respondents are characterised by 'resistance' and a high level of personal resourcefulness in the second phase of emotional burnout. This relationship may indicate that women are currently compensating for the symptoms of the established phase, namely 'inadequate emotional response', 'emotional and moral disorientation' and 'expanding the range of rescue emotions' by increasing personal resourcefulness.

The next methodology used was the 'Psychological Wellbeing Questionnaire' (S. Karskanova's adaptation of K. Riff's methodology).

The Positive Relationships with Others scale showed that the majority of respondents, 74%, recognise the importance of support from their loved ones. This indicator indicates the existence of close and trusting relationships with loved ones, the desire to care about other people, the ability to empathise, love and intimacy, as well as the ability to find compromises in relationships.

The indicators of the scale 'Independence', the ability to stick to one's own beliefs, showed that 34% of answers 'strongly disagree' and 'somewhat disagree' are high, which indicates their independence and lack of influence from others. On the contrary, they can resist the pressure of their immediate environment in their intentions and actions, regulate their own behaviour and evaluate themselves based on their own standards. Instead, 5% of wives surveyed are completely dependent on the opinions and actions of others, they are concerned about the expectations and evaluations of others, they rely on the opinions of others when making important decisions, and they cannot resist social pressure in their thoughts and actions. 61% of respondents take into account the opinions and advice of their environment and society, but their decision-making is based on clear, personal considerations.

The indicator 'environmental management' showed a high value for 1% of respondents, these women are a model for the environment, control external activities, use available opportunities effectively, have the ability to create comfortable living conditions and achieve their goals. 22% of women have low scores, find it difficult to organise their lives, do not feel able to change or improve their current circumstances, and do not feel in control of the situation. Average indicators: 77% of respondents are able to cope with the current conditions of their lives, find a way out of problematic situations and keep their personal and family life under control.

If we count the answers to the questions on the Personal Growth scale (sense of further development and self-realisation), we can see that there is a large share of answers that contain the options 'rather agree' and 'strongly agree'. 12% of respondents who are constantly engaged in self-development and monitor their own personal growth and sense of self-improvement over time can realise their potential. Among the respondents with low personal growth, 8% of respondents find such response options as 'strongly disagree', they cannot learn new skills, do not feel personal progress over time, are bored and uninterested in life. The majority, namely 80 per cent of the surveyed wives of combatants have an average score in terms of personal development, i.e. they see the process of their self-development, can evaluate it and show prospects for further personal growth.

The analysis of the scale indicators 'Presence of life goals that determine the meaning of life' shows that 75% have beliefs that give life goals, have goals and life consciousness. 25% have a low score, i.e., on the contrary, they do not have clear life goals and do not feel the meaning of the present and the past, they lack beliefs that give life goals.

The next scale, 'self-perception', which includes a positive attitude towards oneself and events in one's life that have already taken place, shows that the lowest response rate is among those who fully agree that they would change a lot about themselves if possible (11%). This means that these women are dissatisfied with themselves, disappointed in their past and want to be different than they are now. High values of this parameter were found in 13% of those who strongly disagree with the possibility of changing something in themselves. That is, they acknowledge a positive attitude towards themselves, accept their personal differences, which include both good and bad qualities, and generally have a positive assessment of their own past. The highest value for 76% of the women participants is the average value of their self-perception, which is related to the factor of human variability. Average values are common for most people, because we all make mistakes that sometimes we cannot correct.

The quantitative general indicators of our study according to the chosen methodology have the following distribution by the number of respondents.

Thus, it was found that 12% of the study group showed a low level of psychological well-being as an indicator of the full functioning of the individual. Such results may be due to life difficulties, which primarily indicate problems of socialisation, on which the well-being of the individual largely depends. Domestic scientists, considering the ideological basis of psychological well-being of an individual, note that the formation of psychological well-being is based on the qualitative consequences of socialisation, as they choose the ways of human interaction with the environment and their manifestations and actions in life.

The next methodology, the Self-Efficacy Scale by R. Schwartzler and M. Jerusalem, had the following results.

The results of the study revealed the level of self-efficacy of wives of combatants: 10 % of respondents had a low level of overall self-efficacy; 78 % of respondents had an average level of overall self-efficacy; 12 % of respondents had a high level of overall self-efficacy. Figure 2.4 shows that in terms of percentage, the overall self-efficacy of wives of combat veterans is dominated by high to medium levels.

Self-efficacy is a self-assessment of one's own ability to organise any activity and to carry it out effectively in order to achieve the chosen goals, in fact, it is confidence in one's own abilities. That is, we can say that 78% of respondents consider themselves prepared to carry out any activity. Another 10% of respondents consider themselves insufficiently successful in their own lives, while 12% of women are fully confident in their own success and personal activities.

Analysing the results of the study according to N. Hall's methodology, we observe that the average values prevail for most indicators. Emotional awareness indicates the ability of women combatants to control the possible emotions of joy, sadness, anger, anxiety, and happiness.

The indicator of managing their own emotions showed a low level, namely 71% of respondents, which is due to the divergence of views in society among civilian and military families, lack of support,

constant worries and lack of understanding of society, leading to frequent emotional outbursts that are difficult to manage or avoid.

The indicator of self-motivation is also low, namely 46% of women surveyed, and the constant burden of ensuring their own and their families' well-being, domestic problems, and the burden of a man's being in combat rather than at home lead to a decrease and exhaustion of women's self-motivation.

Indicators of empathy and managing the emotions of others are at an average level, meaning that wives of combatants do not remain indifferent to others, they are ready to help, listen and support, as they understand how important it is, but do not require others to do so. They have an adequate attitude to the positions and points of view of different people, even if they differ.

The final part of the pilot study was the Indicator of Coping Strategies (authored by D. Armikhan, adapted by N.A. Sirota and V.M. Yaltonsky).

In the study, 62% of the women surveyed chose the average problem-solving strategy. This is an active behavioural strategy in which a person tries to use all available personal resources to find possible ways to effectively solve the problem. The basis of this type is coping and its reactivity - when the reaction serves as a response to the stressor. Anticipation of a future stressor and response to it are actually future-oriented. Such wives of combatants solve family and personal problems, issues and needs on their own. They are used to relying only on themselves and do not expect help from others.

46% of respondents are inclined to the strategy of seeking social support due to medium and low indicators. An active behavioural strategy is one in which a person seeks help and support from others to effectively solve a problem: friends, family, or other significant people. They do not have to be alone with their problem; they need society and see it as a 'salvation'.

According to the study, the avoidance strategy did not yield significant results among the wives of combatants. The avoidance strategy itself implies that women perform physically and mentally demanding tasks on a daily basis, while keeping their children calm. But such work emotionally drains the body's resources. For us, women have always been really strong people and strive to show themselves as such. Now some of them use this form of avoidance strategy as a way of coming to terms with the current situation, 1.2% in our study. Every day, they gather their thoughts, accept the problem as part of their lives, and perform difficult tasks. But, as the study shows, they also need help to cope with the constant problems that weigh them down.

Analysing the results, we can conclude that indeed a larger percentage of respondents choose a strategy of avoiding problems. It is worth cultivating this resilience and confidence, because any problem can be solved, the main thing is to try. It is also important to know that the most effective way is to use all three behavioural strategies, depending on the situation. In some cases, a person can cope with difficulties on their own, in others, they need the support of others, and they can avoid facing a problematic situation by thinking about its negative consequences in advance.

To sum up, we can conclude that many respondents have medium or low levels of self-efficacy. This indicates difficulties in assessing their ability to cope with the challenges associated with social, emotional and economic changes caused by their husbands' participation in hostilities. The majority of wives demonstrate increased anxiety, emotional instability, and a tendency to depression. Lack of social contacts and a sense of isolation significantly weaken their self-esteem and self-confidence. Respondents often choose passive coping strategies, such as avoidance or denial, which reduces the effectiveness of adaptation to stressful situations.

Economic instability and the lack of a permanent source of income is a significant stressor. Uncertainty about a man's health and psychological state and return to civilian life increases anxiety.

The results of the study demonstrate the need for a comprehensive approach to supporting the wives of combatants, including group or individual sessions with a psychologist to improve their self-efficacy, organising mutual aid communities where women can share experiences and receive support, implementing trainings aimed at developing self-regulation and stress-resistance skills, providing advice on employment, advanced training or starting their own business.

Thus, the study emphasises the importance of systematic support for the wives of combatants, which will help strengthen their self-efficacy, psychological resilience and ability to adapt to difficult life circumstances.

The next step was to calculate Pearson's correlation coefficients in order to establish the specifics of the relationship between the indicators of emotional intelligence and respondents' self-efficacy.

Thus, based on the correlation of the obtained correlation coefficients with the levels of significance, a positive statistically significant relationship was found between self-efficacy indicators and

such indicators as 'emotional awareness' ($r_s = 0.338$) and 'managing one's own emotions' ($r_s = 0.604$). This indicates that understanding one's own emotions and feelings, the ability to respond in time and assess stressful situations in the course of life, the ability to manage one's own emotions, and the use of effective methods of emotional self-regulation are associated with self-efficacy in all areas of life.

The positive statistically significant relationship between the integral level of emotional intelligence and self-efficacy indicates that individuals with a higher level of emotional intelligence also show a higher level of self-efficacy. This may mean that the ability to recognise, understand, and effectively manage one's own emotions and the emotions of others will contribute to increased personal effectiveness, the development of the ability to objectively assess one's capabilities and achievements in dealing with difficult life situations.

Looking at the correlation indices, we can say that problem-solving coping is 0.416 ($p \leq 0.001$). This suggests that the wives of combatants who are problem-solving oriented will use more effective coping strategies. This may mean that these task-oriented women are ready to take responsibility for all the results of their decisions. They analytically comprehend a problem situation and consider possible solutions to problems. They have a rational approach to solving problems. They can also solve problems by attracting external resources and need information and emotional support.

No correlations were found between emotion-oriented coping and avoidance coping strategies - 0.059 ($p \leq 0.001$) and social support seeking -0.006 ($p \leq 0.001$), which may mean that these wives do not use social resources to solve stressful situations and do not need external emotional support. These wives of combatants have a rational approach to solving problems, not an emotional one. The interconnection of avoidance-oriented coping with coping strategies, such as seeking social support, confirms that wives of combatants, when faced with a problematic situation, will not avoid responsibility for their actions or avoid involvement in its solution, will not seek emotional and informational external support, and cannot shift their responsibility to others.

The Psychological Resource of the Personality Questionnaire (PRPQ) assesses the internal resources of the personality that help to overcome difficulties, adapt to stress, and achieve life goals. The Self-Motivation Scale by R. Schwartzler and M. Jerusalem measures a person's general self-motivation - the ability to cope with difficulties through self-confidence (self-efficacy). Both instruments are aimed at assessing the internal psychological characteristics that ensure an individual's ability to cope with stress, adapt to change, and function effectively in the face of life challenges.

Schwartz and Jerusalem's self-efficacy scores correlate with the parameters of psychological resourcefulness in terms of knowledge of one's own psychological resources (0.222) and belief in one's own strength (0.341).

The ability to renew one's own psychological resources (0.184), which is a component of the OPRO, overlaps with the ability to mobilise resources and self-motivation assessed by the Schwartz and Jerusalem scales.

The OPRO analyses psychological resourcefulness in more detail, covering its various aspects, while the Schwartz and Jerusalem scale focuses on self-motivation and belief in one's own abilities.

High scores on both scales indicate well-developed resourcefulness and a high belief in one's own power to effectively cope with stressful situations. Low scores on both scales indicate a lack of both internal resources and belief in one's ability to cope with challenges. In such cases, psychological help is needed to build resources and self-motivation.

Studies traditionally show a greater or high correlation between psychological resources and self-motivation, and both are key to coping and adaptation. The integration of the OPRO data and the Schwartz and Jerusalem Scale allows us to get a more complete picture of the psychological state of an individual, identify their strengths and weaknesses, and develop targeted recommendations for increasing the level of resourcefulness and self-motivation.

The peculiarities of the influence of emotional intelligence components on the choice of coping behaviour strategy are presented in the table.

Positive close and reliable relationships between the 'problem solving' coping strategy and all components of emotional intelligence have been established. The higher the level of emotional intelligence, the more often a person seeks to effectively solve his/her problem using personal resources.

The choice of the coping strategy 'seeking social support' is influenced by 'empathy' 0.161 and recognition of other people's emotions 0.165. Individuals with a high level of empathy and recognition of other people's emotions not only seek help from others, but also show compassion and care for others.

The negative close and sufficient values found between the avoidance strategy and the emotional intelligence component 'managing one's emotions' indicate that the higher the level of emotional intelligence, the less often a person will avoid contact with reality and withdraw from problem solving.

As expected, statistically significant correlations were found between the components of personal potential. Also, almost all the scales of the psychological well-being questionnaire are statistically significantly interrelated.

The peculiarity of the relationships between the variables reflecting coping strategies is that they form two correlation galaxies. One is formed by coping - problem avoidance, and the other - coping - social support, problem solving. The first correlation galaxy is formed by copings that can be conditionally called unproductive copings, and the second is formed by productive copings.

The psychological well-being questionnaire is aimed at assessing the level of life satisfaction, emotional balance and sense of harmony. Coping strategies are the ways in which a person responds to a stressful situation. The coping strategies of a combatant's wife play a role in the formation and maintenance of psychological well-being. The use of adaptive strategies contributes to higher levels of well-being: such women have a higher level of self-esteem and better control over their emotional and social environment. Non-adaptive strategies, on the contrary, reduce the level of well-being, do not contribute to the accumulation of negative emotions, social isolation and internal goals.

Active problem solving correlates with high scores on autonomy (0.280), personal growth (0.336), and environmental management (0.289). Positive reinterpretation of stressful situations leads to life satisfaction and a sense of purpose (0.393).

Problem avoidance reduces autonomy and environmental competence, which leads to a decrease in overall psychological well-being.

Aggressive or passive coping strategies often correlate with negative self-perception (-0.371) and low emotional balance. People who are able to adapt their strategies depending on the situation, combining active and adaptive approaches, have the highest level of well-being.

Psychological support can include training in effective coping strategies that help to improve well-being. The use of self-regulation techniques, such as mindfulness or cognitive behavioural therapy, helps to shift from maladaptive to adaptive strategies.

Psychological well-being survey scores largely depend on the coping strategies a person uses. Adaptive strategies contribute to the formation of a harmonious life, while destructive approaches can reduce the overall level of well-being and satisfaction.

The Psychological Resourcefulness Inventory (PRI) assesses a person's ability to mobilise internal resources to overcome life's difficulties. The Psychological Well-Being Inventory focuses on the complex state of life satisfaction, emotional balance, and purpose. Both questionnaires analyse a person's inner potential, which affects the ability to adapt to life changes, achieve harmony and remain satisfied with life. The correlation analysis of the relationship between the methods is presented in the table.

High self-esteem (OPRO) correlates with a positive attitude towards oneself (well-being), which forms a stable confidence in one's abilities (0.469) and contributes to the achievement of goals (0.245).

Stress tolerance and emotional self-regulation according to the OPRO are related to emotional stability and the ability to maintain psychological well-being, as assessed by the questionnaire.

Adaptability as a characteristic of resourcefulness provides the ability to make decisions independently (autonomy), which is an important component of psychological well-being.

The ability to mobilise resources supports personal growth, stimulates the development of new skills and the quality of life.

People with high levels of resourcefulness demonstrate higher levels of psychological well-being. Low scores on the EOI (special self-esteem or stress tolerance) may be associated with difficulties in achieving harmony and life satisfaction.

A high level of resourcefulness contributes to emotional well-being and the ability to effectively manage life challenges. A lack of resources (low scores on the OPRO) is constantly accompanied by a decrease in autonomy, emotional stability, and satisfaction with interpersonal relationships.

Psychological resourcefulness indicators for the OCBE and psychological well-being are closely interrelated, as both measure key aspects of an individual's internal potential. A high level of resilience contributes to achieving harmony in life, while a lack of it can lead to low well-being. This underscores the importance of working on developing internal resources to ensure a full and satisfying life.

Conclusions and Prospects for Further Research. Thus, the self-efficacy of combat veterans' wives is a key resource for their psychological resilience, development of coping skills, adaptation to

difficult life circumstances and family support. A high level of self-efficacy is associated with developed adaptive behavioural strategies, such as active problem solving, seeking social support and positive rethinking of the situation. The level of self-efficacy depends on personal resources (self-esteem, nervous stability) and external factors (family support, social poisoning). A low level of self-efficacy makes adaptation more difficult, leading to the use of maladaptive coping strategies (isolation, avoidance of problems) and the risk of developing psychological problems such as anxiety or depression.

The data obtained can be used to develop psychological programmes to support the wives of combatants. such programmes should be aimed at developing their self-efficacy through increasing self-esteem, forming adaptive behavioural strategies and providing quality social support.

Thus, the development of self-efficacy of combatants' wives is an important aspect of strengthening their psychological resourcefulness, which improves their psycho-emotional state, improves the quality of life and harmonises family relationships.

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