Adoption of coping strategies by Ukrainian civilians in the first fifteen days after the outbreak of military conflict in 2022

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Преференція використання копінг-стратегій цивільним населенням України у перші п’ятнадцять днів з початку воєнного конфлікту 2022 року

Abstract
The military conflict in Ukraine that began on February 24, 2022, has given rise to problem of developing coherent and effective strategies to address the psychological health and psychosocial support of the civilian population. The purpose of this study is to identify topical coping strategies that were used by civilians of northern Ukraine during the first 15 days in the zone of military conflict. Methods and materials. This study focuses on the interdisciplinary and integrative approaches. The materials that have been used to conduct this study are posts and comments to them, which contain linguistic markers of coping behavior (coping) and which have been posted during the period from 24.02.2022 to 10.03.2022 in the Ukrainian sector of the social network Facebook on the pages of the groups "Boyarka and community news". Results. In order to study the dynamics and evolution

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Анотація
Військовий конфлікт в Україні, що розпочався 24 лютого 2022 року, гостро поставив питання щодо необхідності розробки послідовних та ефективних стратегій вирішення проблем у галузі психологічного здоров’я та психосоціальної підтримки цивільного населення. Для сприяння у вирішенні цієї проблеми було проведено дослідження, мета якого – визначити актуальні копінг-стратегії, які були використані впродовж перших п’ятнадцяти днів цивільним населенням північної частини України, яке перебувало у зоні військового конфлікту. Методи та матеріали дослідження. Робота виконана у парадигмі міждисциплінарних досліджень з використанням дискурс-аналізу
of the priority use of certain coping strategies by civilians affected by the military conflict, the period during which the study was conducted was divided into time intervals of 5 days. The results of the study indicate the flexibility of the approach to the choice of coping strategies by the Ukrainian civilians during the first 15 days after the beginning of military conflict. During the first five days non-adaptive emotionally focused coping strategies become in high demand. These strategies are focused on psychological recovery and the resumption of logical thinking through venting negative emotions. On days 6-10 of military conflict the civilians turn to problem-oriented, collective in nature coping strategies, which are aimed to eliminate or minimize the effects of a stressful situation through consolidation. On days 11-15 after the beginning of military conflict coping strategies aimed at creating a positive emotional state become predominant. These coping strategies mitigate negative emotional responses and induce positive feelings of benevolence and solidarity. Conclusion. Under the conditions of the military conflict in Ukraine, emotionally-oriented coping strategies become more in demand than problem-oriented ones. Keywords: coping, civilians, emotional response, military conflict, stress.

Introduction
Since February 24, 2022, the Ukrainian media have been full of headlines focusing on the horrors of wartime. Some announcements highlight the negative impact of the war on the psychological health of civilians and point out a certain risk of a psychosocial disaster in the country – uncontrollable emotions, overwhelming feelings of fear and uncertainty, psychological traumas: “This is a monstrous atrocity. The president condemned the shelling of a maternity hospital in Mariupol”, “Ruins of houses: consequences of shelling in Zhytomyr”, “Night shelling in Kiev – blazing houses and wounded people”, “Wounded children in basements: who is waiting for the green corridor from Bucha, Irpen, Borodyanka”, “Children of war: childbirth in Ukraine notwithstanding the gunfire”, “In Gostomel houses of peaceful civilians are burning. People are begging for help”. The enormous human, political, and economic losses of the countries involved in military conflicts are only the “tip of the iceberg”, war has a catastrophic impact on the psychological health and well-being of nations, and the impact on the psychological health and methods of statistical processing of obtained results. Material of the study was analyzed 582 cases. Following the study period from February 24, 2022 to March 10, 2022, the impact on the psychological health of civilians in Ukraine was studied. The results of the study indicate the flexibility of the approach to the choice of coping strategies by the Ukrainian civilians during the first 15 days after the beginning of military conflict. During the first five days non-adaptive emotionally focused coping strategies become in high demand. These strategies are focused on psychological recovery and the resumption of logical thinking through venting negative emotions. On days 6-10 of military conflict the civilians turn to problem-oriented, collective in nature coping strategies, which are aimed to eliminate or minimize the effects of a stressful situation through consolidation. On days 11-15 after the beginning of military conflict coping strategies aimed at creating a positive emotional state become predominant. These coping strategies mitigate negative emotional responses and induce positive feelings of benevolence and solidarity. Conclusion. Under the conditions of the military conflict in Ukraine, emotionally-oriented coping strategies become more in demand than problem-oriented ones. Keywords: coping, civilians, emotional response, military conflict, stress.
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of civilians is one of the most significant among the effects of war (Murthy & Lakshminarayana, 2006). Regardless of form of involvement in military conflict, awareness of military reality can create in minds of soldiers as well as civilian population a sense of the hazardous conditions in the larger environment, which can be termed an “ambient stressor” (Pearlin, 1999). This stressor particularly affects civilians because people without special military training are extremely vulnerable in the presence of such stressors and they become to feel psychological insecure at the thought of a life-threatening experience (Browne et al., 2007). However, in terms of the stress process, psychological resources can mitigate or “buffer” the negative effects of stressors (Pearlin & Bierman, 2013; Orap, Akimova, & Kalba, 2021). Studies indicate that personality defense mechanisms, including coping, are effective against environmental stressors. While a political resolution is needed to end conflict, measures that stimulate resilience and positive forms of coping are needed to provide the necessary protection and assistance to the civilian population (Hammad & Tribe, 2021). Therefore, the study of coping strategies of civilian populations affected by military conflict is the research priorities to help develop coherent and effective strategies to address psychological health and psychosocial support (Murthy & Lakshminarayana, 2006). Forms of coping and resilience are shaped by culture, religion and systemic contexts and vary in different regions, inasmuch as cultures have different understandings of resilience, wellbeing, and healing (Fernando, 2014). The study of national specifics of coping can offer new ways of understanding its essence, and measure the positive or negative consequences of a particular strategy adoption (Cherewick et al., 2015) in order to introduce and integrate these concepts into psychological/mental health services, and to take them into account for the development of measures of post-disaster and post-conflict responses (Fernando, 2014).

Analysis of recent research and publications. The large number of military conflicts in the world over the past 20 years has prompted scientists from various fields to contribute to the study of coping. Within the framework of studying the effect of coping in alleviation the negative consequences of stressors in order to preserve the psychological/mental health of an individual there are several...
approaches to the concept of coping. In accordance with the first approach, coping is a stabilizing or destabilizing factor, which facilitates to support positive psychological adaptation during stressful periods; a moderator, which minimizes, buffers or aggravates negative effect of stress on adaptation or on co-occurring mental disorders (Zimmer-Gembeck & Skinner, 2016; Aldwin, 2007). The second approach considers coping as a mediator or adaptive process built into or shaped by stress, as a main or the only instrument by which stress has its proximal effect on adaptation and psychological/mental health (Zimmer-Gembeck & Skinner, 2016; Aldwin, 2007). For example, avoidance coping mediates between stressful circumstances and distress, on the one hand, and simultaneous later adaptation, on the other (Zimmer-Gembeck & Skinner, 2016).

The third approach points out that coping is a mechanism through which protective factors (social support, optimism, personal control, etc.) carry out their protective effect by contributing to constructive coping and preventing the use of maladaptive coping strategies (Taylor & Stanton, 2007). In this study, to define the national specifics of civilians’ responses to stress, coping is viewed in its traditional, broad sense as “an attempt to master, tolerate, or reduce internal or external stressors that an individual perceives as exceeding existing resources” (Folkman & Lazarus, 1980, 1991). The problem of national specificity of coping has been studied sufficiently broad. Thus, M. Cherewick, S. Doocy, and W. Tol, (2016) studied the coping strategies of young people in the socio-cultural context of the Eastern Democratic Republic of Congo. Factor analysis revealed four coping strategies used by youth: problem-focused, emotion-focused, avoidance and faith-based strategies. J. Gavriloivc, D. Leci-Tosevski, S. Dimic, M. Pejovic-Milovancevic, G. Knezevic, S. Priebe (2003) studied coping strategies used by civilians during the air attacks in Yugoslavia in 1999 and their correlation with exposure levels, gender, and psychological symptoms one year later. Content analysis of responses to open-ended questions revealed nine categories of coping strategies: sports and outings, leisure time, conversation and communication, humor, avoidance, philosophical approach, receiving of information, work, and substance abuse. J. Hammad, and R. Tribe (2021) distinguished such Palestinians’ culturally
relevant coping strategies as patience and religious faith, which were especially important during military blockade of the Gaza Strip. L. Saxon, N. Makhshvili, I. Chikovani, M. Seguin, M. McKee, V. Patel, J. Bisson, B. Roberts (2017) indicated the typical coping strategies of civilians affected by the military conflict in Georgia. Researchers also found that the preference of coping strategies significantly differed between men and women. M. Seguin and B. Roberts (2017) carried out a systematic review of the academic literature relevant to the study of coping strategies among conflict-affected civilians in low- and middle-income countries. Researchers found that conflict-affected civilians’ common coping strategies are support seeking, positive cognitive restructuring, problem solving, escape-avoidance, and distraction. In addition, the paper “Coping among trauma-affected youth: A qualitative study” is of direct relevance to this study through the use of coping strategies. Thus, coping strategies specific to European societies are often characterized by an individualistic approach, while in developing countries and in a situation where the populations experienced armed conflict, the approach to coping is rather emotion-oriented and collective in nature than problem-oriented (Cherewick et al., 2015).

The researches of Ukrainian scientists on psychological adaptation strategies of civilians during the military conflict in eastern Ukraine is fully reflected in the collective monograph “Community under conditions of military conflict: psychological adaptation strategies” (Korobka et al., 2019). Researchers focus not only on the overcoming of difficult war circumstances by civilians, but also on the adaptation strategies relating to the consequences of military conflict in various spheres of life, the content of which is defined on the basis of models of public health promotion, value understanding, processing of traumatic experiences, the use of media, practices, family interaction, transformation of social capital.

The aim of this study is to identify topical coping strategies that were used by civilians of northern Ukraine during the first 15 days in the zone of military conflict.

Materials and methods
This study focuses on a social psychological S. Doocy, W. Tol (2016) discussed coping-strategies of civilians in low- and middle-income countries and in a situation where the populations experienced armed conflict. L. Saxon, N. Makhshvili, I. Chikovani, M. Seguin, M. McKee, V. Patel, J. Bisson, B. Roberts (2017) noted in the paper that cultural norms can determine the use of coping strategies. Thus, coping strategies specific to European societies are often characterized by an individualistic approach, while in developing countries and in a situation where the populations experienced armed conflict, the approach to coping is rather emotion-oriented and collective in nature than problem-oriented (Cherewick et al., 2015).

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ontology, so it is demands the need for interdisciplinary and integrative approaches, one of which is discourse analysis. The term of discourse describes the following basic dimensions: linguistic and non-linguistic, global social cultural and individual-personal, consistently meaningful and situationally dynamic, all of which are connected by an integral communicative act (Savelyuk, 2017). The materials that have been used to conduct this study are posts and comments to them, which contain linguistic markers of coping behavior (coping) and which have been posted during the period from 24.02.2022 to 10.03.2022 in the Ukrainian sector of the social network Facebook on the pages of the groups “Boyarka and community news” (23.4 thousand participants) and “Boyarka. Boyarka community” (15.0 thousand participants). A total of 582 posts and comments to them were analyzed. The choice of the reference group is explained by the fact that Boyarka is a suburb of Kyiv, and after the outbreak of hostilities Boyarka residents found themselves very close to the combat zone. The fact that townspeople were within range of enemy missiles, frequent volleys of anti-missile and anti-aircraft defense systems, rocket strikes, sounding of the early warning system alerts enable to distinguish Boyarka civilian population as people who were affected by the armed conflict. The basis of the survey is a very homogeneous and non-selective group, all representatives of which live in the same area and objectively have experienced the same stressful event that suggests a high degree of objectivity of the results. Also, in order to study the dynamics and evolution of the priority of certain coping strategies, statistical analysis of the data was used.

**Limitations**

This study has some limitations. Primarily it concerns the material of the study. The focusing attention on textual materials limits the scope of the study and causes a “blind spots” when the probability to distinguish such behavioral coping strategies as avoidance (seclusion, isolation, the desire to avoid active interpersonal contacts), substance abuse and gambling is extremely low. The next limitation is related to the place of dwelling of persons affected by the military conflict. The study was conducted in the northern region of Ukraine. The existence of different types of lifestyles in Ukraine, the discrepancy in mentality among the people

Naукові пошуки українських вчених щодо вивчення психологічних стратегій адаптації цивільних осіб під час воєнного конфлікту на сході України знайшли своє повне відображення в колективній монографії “Спільнота в умовах воєнного конфлікту: психологічні стратегії адаптації” (Коробка та ін., 2019). Вчені акцентували увагу на тільки на труднощах перебування цивільних осіб у умовах війни, і як на стратегіях адаптації до наслідків воєнного конфлікту в різних сферах життєдіяльності, зміст яких визначено на основі моделей зміцнення громадського здоров’я, ціннісного порозуміння, опрацювання травматичного досвіду, застосування медіа практик, родинної взаємодії, трансформації соціального капіталу.

**Методи дослідження**


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living in different regions of the country can result in considerable differences between findings depending on the region.

Results
In order to study the dynamics and evolution of the priority use of certain coping strategies by civilians affected by the military conflict, the period during which the study was conducted was divided into time intervals of 5 days. Coping strategies manifested in no more than 3% of the sample were not taken into account. The obtained data are summarized in the following table.

Discourse analysis proves that the preference of coping strategies used by civilians to mitigate the negative effects of military conflict experiences changes over a period of time from the onset of the stressors. Relevant coping strategies in the first five days are: “Emotional ventilation”, “Blaming others”, “Catastrophizing”, “Challenging the negative beliefs and thoughts of others”, “Hope and focus on the future”.

From the sixth day onward, such coping strategies come to the fore: “Pursuit of unity”, “Altruism”, “Emotional self-regulation”, “Emotional and instrumental support provision”, “Active coping”, “Positive revaluation”. Significant coping strategies for the next five days (days 11-15 after the beginning of hostilities) are: “Indulging in the desires”, “Humor”, “Creating a sense of belonging”, “Distraction activities”, “Hope and focus on the future”.

Discussions
During the first five days of exposure to the stressors of military conflict, maladaptive coping strategies are the most common forms. Their linguistic markers are identified in 92% of the posts and comments to them. The adoption of emotion-focused coping strategies such as “Emotional ventilation”, “Blaming others”, “Catastrophizing” indicates that the situation is assessed as force majeure. Due to letting negative emotions out the strategy “Emotional ventilation” enables psychological and logical thinking recovery of those people who have found themselves too emotionally immersed in what happened, and, consequently, are unable to behave rationally and see the situation in its true perspective. While partially mitigating stress, emotional venting can be counterproductive because it reduces the likelihood
### Table 1. Coping strategies manifested in the Ukrainian sector of social network Facebook in the period from 24.02.2022 to 10.03.22

<table>
<thead>
<tr>
<th>Coping strategy</th>
<th>N/%</th>
<th>Examples of quotations</th>
</tr>
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<tbody>
<tr>
<td><strong>Day 1-5 after the beginning of hostilities</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emotional ventilation</td>
<td>124/54</td>
<td><em>Really? I can’t believe the problem of air-raid sirens couldn’t be solved in five days. City council members, have you lost your mind? During the holidays there’s music blaring from the loudspeakers. You are jerks! There is a question: who will drive the car and announce like in a touring circus?!</em></td>
</tr>
<tr>
<td>Blaming others</td>
<td>52/22</td>
<td><em>“That should have been organized by city board. But our city council members are dawdling away. They do nothing. Our so-called authorities only know how to blow smoke.” – “Our burgomaster has just woken up and already at the time of war ordered the housing and utilities department to clear and prepare bomb shelters.”</em></td>
</tr>
<tr>
<td>Catastrophizing</td>
<td>37/16</td>
<td><em>“I don’t know why, but my two hushed down dogs stay in their kennels. Well, maybe they have some premonitions.” – “Our Pekingeses with their tails tucked are also silent and dejected. They hide under the bathtub at the sound of an explosion.” – “My dog hides in the kennel too! But during air-raid he starts howling!” – “They have some premonitions. That’s for sure. My neighbor’s dogs barked nonstop. It’s been three days since I don’t hear them.” – “Today it’s not my dog, but my cat that’s been growling for half the day.”</em></td>
</tr>
<tr>
<td>Challenging the negative beliefs and thoughts of others</td>
<td>9/4</td>
<td><em>“There is a phytolamp for plants on, asks your neighbors to turn it off. Windows to the courtyard. Visibility for the attack from Belarus.” – “That light is always on, don’t panic.” – “This is a signal to our enemies, you traitorous bastard!” – “Don’t talk nonsense. These are colored blinds on the windows. I have the same just like it.” – “Так, горить лампа для квітів, попросить щоб вимкнули. Вікна у двір. Видимість для атаки з Білорусії.” – “Там завжди горить таке світло, не панікуйте” – “Це сигнал для наших врагів, сволочь предательская.” – “Ne jestět nísenětnicu. Ce roljeti na viknax klerorovi. U menе таки же само.”</em></td>
</tr>
</tbody>
</table>
Continuation of table 1
Продовження таблиці 1

| Pursuit of unity | 74/33 | “Someone cooks and distributes food, someone knits warm socks, someone makes camouflage nets, someone stands at roadblocks, someone brings them warm clothes and fuel from their home reserves. Everyone contributes his or her share to our common victory. But the most important thing is communication; it takes us out of our stupor, switches us on, makes us stronger. If you haven’t joined the community yet, give it a try! Believe me, it is soothing and revitalizing. You can start a community of your own, such as between neighbors, and work together to solve everyday problems, such as going to the store or pharmacy, exchanging supplies, canned goods, etc. We support each other by working together.” |
| Altruism | 48/22 | “Do all the senior citizens in our town have food and water supplies? If you have neighbors who can’t afford themselves to buy food, please email me! We’ll organize everything and bring it over!” |
| Emotional self-regulation | 33/15 | “We are away from the strategic directions to Kiev. In order to find us, everyone have to overcome narrow roads and bridges. This can be done only in small groups, which are annihilated very successfully by the Armed Forces of Ukraine. In order to lob shells into our town, it is needed long-range artillery, which hasn’t been brought to Kiev. Grad missiles can’t get here. Launching cruise missiles and Iskander missiles in our town is unlikely; it’s not an important target. Keep calm.”; “The City Council has accumulated a strategic stock of food, which they use to feed the combatants and the needy.” |
| Emotional and instrumental support provision | 29/13 | “What good people, I wish we all had such neighbors and such human attitudes towards animals. I have three of my own, two beauties and a fluffy old guy. We stay at home, since it’s very hard to run with them to the bomb shelter, even though it’s close by. A great respect for those who, in spite of this time of war, do not abandon our defenseless little brothers.” |
Active coping

<table>
<thead>
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<th>1</th>
<th>2</th>
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</tr>
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<tbody>
<tr>
<td>26/12</td>
<td>“Emergency!!!!!! Come to the Belgorodsky roundabout with shovels to make fortification! In old Boyarka come with shovels to the New Post (roadblock) to make fortification!”</td>
<td></td>
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<tr>
<td></td>
<td>“ТЕРМІНОВО!!!!!!! На Білогородський круг підходити з лопатами, робимо укріплення! В старій Боярці підходити з лопатами до Нової пошти (блокпост), робимо укріплення!”</td>
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</tbody>
</table>

Positive revaluation

| 11/5 | “It’s all mixed up, I feel guilty about yelling at my kids when I got mad at their notebooks, textbooks, reference books, which were all over the place. Now I would love to accompany them to their school, check their completed homework without feeling irritable... Everything that was important before 24.02 has become marginal.” |
|      | “Все змішалося, шк одую, коли раніше кричала на дітей, мене злили її зошити, підручники, довідники, а вони повсюдні. Зараз з радістю провела б їх на навчання, без почувття дратівливості перевірила б домашні роботи... Все, що було важливим до 24.02, відійшло на задній план.” |

Indulging in the desires

| 44/34 | “Guys, who can do tattoos?” – “In honor of our Wraith.” – “I’ll do that too.” – “I’m not going to get a tattoo now, but nonetheless, I support those who want to do it. Do that! And what if there’s a war, should we head toward an early grave? I don’t think so. In fact, quite the opposite. We have to do what we want to do, because no one knows if we’ll have time to do it tomorrow! It’s really hard for all of us right now.” |

Humor

| 39/30 | “After 14 days of stealing Putin’s tanks, Ukrainian farmers have become unofficially the fifth largest army in Europe. After Romas, of course.” |
|       | “После 14 дней країн танков українські фермери тепер неофициально являются пятой по величине армией в Европе. Після цыган, конечно” |

Creating a sense of belonging

| 25/19 | “Ukrainian is not a diagnosis!!! Ukrainian is a mission! I am proud to be a UKRAINIAN!!!”; “I have realized that I incredibly love our people. All united into one team of mutual assistance.” |
|       | “Українець – це не діагноз!!! Українець – це місія! Я пишаюсь, що я УКРАЇНКА!!!”; “Зрозумів, що неймовірно люблю наших. Усіх тих, хто об’єднався у єдину команду взаємодопомоги” |

Distraction activities

| 16/12 | “Urgently buy threads for beadwork!!!”; “Maybe someone is giving away a little dog? I’ll take it.” |
|       | “Відволікання шляхом різних видів активності 16/12 “Срочно куплю нитки для вшивання бисером!!!”; “Может кто-то отдаёт маленькую собаку? Возьмем себе” |

Hope and focus on the future

| 7/5   | “And why are our people fleeing to Lviv, Poland and other countries? Why does no one flee to the villages, which are quiet places? The villages are full of empty houses. You will be permitted to live there. Come in, live! Don’t expect anything from administration, it is spring, so plant vegetable gardens, you’ll have your own food therefore. You will work for yourself. Don’t flee away from Ukraine, everything will be fine here, you just have to wait!” |
|       | “А чому наші люди тікають в Львів, в Польщу, інші країни? Чому ніхто не втікає в села, в селах – тихо. В селах повно пустих будинків. Вас із задоволенням туди пустять. Заходьте, живіте! Не чекайте нічого від держави, весна – садіть городи, будете мати свої продукти. Будете працювати на себе. Не тикайте з України, тут все буде добре, потрібно зачекати!” |
that the activity will be constructive (Farchi & Gidron, 2010). The strategy “Blaming others” is focused on finding someone to blame for a predicament. In doing so, an individual shifts the burden of responsibility away from himself/herself and feels momentary relief as if the problem is solved. However, considering the situation as beyond his/her control, as the result of a fatal force, an individual excludes himself/herself from solving the problem just when it should be withstood. “Catastrophizing” strategy adoption results in exaggerated and biased view of the situation, which complicates tackling a problem. “Catastrophizing” strategy increases psychological tension and can eventually mobilize a person to action. But, on the other hand, “Catastrophizing” strategy increases psychological tension and can eventually mobilize a person to action.

Discourse analysis reveals that on days 6-10 after the beginning of hostilities the civilians abandon maladaptive coping strategies. Problem-focused coping strategies aimed at “attempt to solve, reconceptualise, or minimise the effects of a stressful situation” (Parker & Endler, 1996) become relevant. It should be noted that 80% of the posts and comments to them displayed on social networks on days 6-10 of the military conflict contain linguistic markers of adoption of coping strategies, which can be assigned to “Rally effects” group: “Pursuit of unity”, “Altruism”, “Emotional and instrumental support provision”, “Active coping”. Suffering from dramatic exogenous shocks people usually experience obvious loss of control over their lives (Landau et al., 2015). Such emotional experiences generate the consolidation, which is a powerful source of secondary control activated to cope with various threats, and “have an important social function because they help society react to shocks rapidly and efficiently as a single unit and cohesively face the threat” (Roccato et al., 2021). The basis for understanding the rally effect from the perspective of coping is provided by the theory of social identity. For example, social identity theory suggests that consolidation is most likely when invasion stresses or “spurs” national identity (Lambert et al., 2010), as is the case with military confrontation between Russia and Ukraine. “Rally effects” becomes a functional coping strategy that maintains individuals’ perceived control over their lives and curbs their negative emotions (Roccato et al., 2021). Thus, on days 6-10 after the beginning of military conflict, the approach to coping is collective in nature and characterized by applying of community support.
mechanisms.
On days 11-15 after the beginning of hostilities the civilians strive to restore their emotional balance; therefore, coping strategies aimed at creating a positive emotional state become predominant: “Indulging in the desires”, “Humor”, “Distraction activities”, “Hope and focus on the future”, linguistic markers of which are detected in 81% of the posts and comments to them. Focused on the primary desire to escape from emotional distress, the civilians begin to feel the intensity or urgency of hedonistic desires and impulses, which enhance the search for immediate sources of good feelings (Tice, Bratslavsky, & Baumeister, 2001). Another reason for the adoption of those coping-strategies, which restore emotional balance may be the growing compassion for yourself. People talk openly about their trials, acknowledge their suffering, therefore we can argue that a balanced state of consciousness comes with an unbiased awareness of their distressing thoughts and feelings as they are – without avoidance or change. K. Neff, Y. Hsieh, K. Dejitterat (2005) argue that “when individuals acknowledge their pain and extend compassion to themselves, they avoid repressing their thoughts and feelings, and when they recognize the broader human context of their experience, they also avoid the trap of over-identification”. Therefore, self-compassion acts as an effective strategy for emotional regulation due to neutralizing negative emotional patterns and evoking more positive feelings of kindness and consideration (Neff, Hsieh, & Dejitterat, 2005). Based on this statement, we argue that coping strategies “Indulging in the desires” and “Distraction activities”, which are usually seen as maladaptive, can in fact carry out a positive adaptation in Ukrainian culture in the context of military conflict.

Conclusions
The results of the study indicate the flexibility of the approach of choosing coping strategies by the Ukrainian civilians during the first 15 days after the beginning of military conflict. During the first five days, due to the initial assessment of the situation by the civilians as beyond their control, non-adaptive emotionally focused “Emotional ventilation”, “Blaming others”, “Catastrophizing” coping strategies become in high demand. These strategies are focused on psychological recovery and the resumption of situation” (Parker & Endler, 1996). Since it was found that 80% of the posts and comments to them. Focused on the primary desire to escape from emotional distress, the civilians begin to feel the intensity or urgency of hedonistic desires and impulses, which enhance the search for immediate sources of good feelings (Tice, Bratslavsky, & Baumeister, 2001). Another reason for the adoption of those coping-strategies, which restore emotional balance may be the growing compassion for yourself. People talk openly about their trials, acknowledge their suffering, therefore we can argue that a balanced state of consciousness comes with an unbiased awareness of their distressing thoughts and feelings as they are – without avoidance or change. K. Neff, Y. Hsieh, K. Dejitterat (2005) argue that “when individuals acknowledge their pain and extend compassion to themselves, they avoid repressing their thoughts and feelings, and when they recognize the broader human context of their experience, they also avoid the trap of over-identification”. Therefore, self-compassion acts as an effective strategy for emotional regulation due to neutralizing negative emotional patterns and evoking more positive feelings of kindness and consideration (Neff, Hsieh, & Dejitterat, 2005). Based on this statement, we argue that coping strategies “Indulging in the desires” and “Distraction activities”, which are usually seen as maladaptive, can in fact carry out a positive adaptation in Ukrainian culture in the context of military conflict.

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of logical thinking through venting negative emotions. Gradually the civilians turn to problem-oriented coping strategies, which are aimed to eliminate or minimize the effects of a stressful situation through consolidation. Thus, on days 6-10 of military conflict, collective in nature “Pursuit of unity”, “Altruism”, “Emotional and instrumental support provision”, “Active coping” coping strategies become relevant. However, the striving to restore emotional balance results in these coping strategies mitigating negative emotional responses and induce positive feelings of benevolence and solidarity. It can be argued that under the conditions of the military conflict in Ukraine, emotionally-oriented coping strategies become more in demand than problem-oriented ones.

Future research on the coping strategies should focus on culturally appropriate methods and techniques of providing psychological assistance to civilian affected by military conflicts.

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