Emotional Accompaniment of the Organization of Time Perspective of Forced Ukrainian Migrants Staying Abroad

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Емоційний супровід організації часової перспективи українських вимушених мігрантів за кордоном

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Abstract

The aim. Determination of the specificity of a correlation between the organization of time perspective and emotional experiences of forced Ukrainian migrants staying abroad in terms of their orientation toward adaptation in a critical situation of life activity. Methods. 77 forced Ukrainian migrants in the countries of Europe and North America (aged from 19 to 48 years) were research participants. The following instruments were used in the research: "Time Perspective Inventory" P. Zimbardo; "Differential Emotions Scale" C. Izard; The Freiburg Personality Inventory (FPI, Form B); the method of C. Spielberger for determining the level of personal and reactive anxiety; the scale "time competence" of the self-actualization test by E. Shostrom. Results. It was found that the indicators of acute negative emotions (Me = 27.00) and personal anxiety (Me = 45.00) are high in the researched participants. The Friedman test allowed identifying statistical differences in the intensity of manifestations of different emotions in the total sample (χ² = 33,693; df = 9; p < .001) through the most expressive emotion of interest (Me = 8.00). It was established that manifestations of emotions have statistical correlations with time perspectives in the following way: interest with the negative past (r = .294; p = .009), the hedonistic present (r = .264; p = .020) and the future (r = .376; p = .001); anger with the negative past (r = .499; p < .001), the hedonistic present (r = .266; p = .019) and the fatalistic present (r = .228; p = .046); contempt with the negative past (r = .427; p < .001) and the future (r = .321; p = .004). It was also found that anxiety correlates with time perspective in the following way: reactive anxiety with the negative past (r = .319; p = .005) and the future (r = .234; p = .041); personal anxiety with the negative past (r = .452; p < .001) and the future (r = .251; p = .027). Discussion and conclusions. The degree of expressiveness of negative emotions and personal anxiety in forced Ukrainian migrants staying abroad prevents efficient determination of the future perspective and results in proneness to a fatalistic attitude towards the current circumstances. The researched migrants’ increased orientation towards the current hedonistic satisfaction of their needs does not contribute to adaptation and correlates with expressive negative experiences of the past and present circumstances and restricts determination of the future perspective. High expressiveness of the emotion of interest contributes to evident adaptation-based orientation of forced migrants towards eliminating uncertainty of the future perspective.

Keywords: adaptation, time orientation, mental health, psychological well-being, critical situation, stress, basic emotions.
Introduction

Since the beginning of full-scale military actions, migration of Ukrainians abroad has become widespread. Due to tragic events, substantial material losses, a real threat to life and health, destruction of usual social relationships, complication of professional self-realization, financial self-support, exhaustion caused by long-term stress have become essential problems for most sufferers. Finding themselves under pressure of critical circumstances, a considerable number of forced Ukrainian migrants left for the countries of America, Central and Western Europe. Staying in the places of temporary residence abroad, most Ukrainian migrants received sufficiently safe living conditions, substantial financial and social support. The latter has contributed to a decrease in the level of severity of a life situation and has become a means of maintaining mental health for the war sufferers. However, the general uncertainty of the future perspective related to the necessity of searching for solutions and making crucial decisions is still topical for most Ukrainian migrants.

Forced Ukrainian migrants staying abroad have suffered from different stressogenic impacts for a long time (for over a year). It puts much pressure on mental health of the war sufferers (Kireeva et al., 2023; Plokhikh & Chipilenko, 2023; Schneiderman et al., 2005). In this aspect, as shown in the research of Iraqi migrants' state in Australia, long-term migration can exacerbate stress and cause distress in sufferers (Uribe Guajardo et al., 2016). According to the stress theory by H. Selye (1975), distress occurs as a consequence of a long-term effect of stressogenic factors related to a reduction in a subject's resource status and their weaker ability to resist destructive circumstances. The situation with stress-resistance resources for Ukrainian migrants was complicated before the beginning of military actions. The cause of this complication was the fact that, like in many countries, most Ukrainians suffered from the COVID-19 pandemic, from the quarantine restrictions on usual social contacts, from problems in professional self-realization for about two years (Pfeifer et al., 2021; Plokhikh & Suponeva, 2021). Many people’s physical and mental health worsened under the pandemic pressure. The latter has become a burdening precondition for further life's ordeals and experiences.
The theory of R. Lazarus and S. Folkman (1987) focuses on a subject’s cognitive evaluation of the current situation in terms of stressfulness and available resources for coping with stress. In addition, emotional reactions are also considered in psychology of emotions in terms of immediate expression of subjective significance of the current impacts. Emotional experiences are regarded as certain fundamental human reactions which, through their specificity (in relation to basic emotions) and intensity of manifestation, encourage and motivate organization or disorganization of actions and behavior (Izard, 2011). Thorough generalized examination of these opinions shows that, at the initial stage of a reaction to stressogenic impacts, information about specificity of the emotional experience itself is combined, but it is not always consistent with cognitive evaluation of a situation on the basis of accumulated experience. The result of this combination becomes a precondition for a subject’s further search of necessary solutions and actions, given the available mental and material resources. In turn, appropriateness and adequacy of a subjects’ solutions in a stressful state also depend on their ability to cope with initial emotional reactions.

Severity of the current situation and uncertainty of the future perspective have become a significant problem for forced Ukrainian migrants, and elimination of this problem requires responsible comprehensive decisions. Being under the pressure of harsh experiences, forced migrants should set requirements for the actual conditions and evaluate the relevance of their available experience in solving different problems to the current situation. The latter requires moderation, a certain amount of time, considerable volitional and intellectual efforts for its realization. Consequently, extreme severity of the current situation orients forced migrants not only towards comprehension of the present and prediction of the future, but also towards reconsideration of the previously formed behavioral models and the understanding of the world. In other words, in the situation of forced migration, like in other critical situations, sufferers face the problem of reconsideration and reconstruction of life time perspective (Bajec, 2019; Cheban et al., 2020; Kireeva & Kushnerov, 2020; Przepiorka et al., 2020; Zimbardo & Boyd, 2011; Cheban et al., 2020).
1999). Such reconstruction of time perspective by a subject involves synthesis on the basis of new meanings and experiences of the duration and time sequence of actions taking into consideration internal and external processes which are crucial for life organization (Lavoie et al., 2022, Plokhikh et al., 2022). Successfulness of this time synthesis is a fundamental precondition for improving mental health and psychological well-being of an individual (Deci & Ryan, 2008; Seligman et al., 2004; Seligman & Csikszentmihalyi, 2014; Shepherd, 2022).

Living conditions in western countries are quite familiar to Ukrainian migrants in terms of their main characteristics. Modern mass media, Internet, close social context, experience of tourist journeys and temporary employment have actively contributed to it. In addition, in many cases, in the places of temporary residence, Ukrainian migrants are given substantial financial support, affordable accommodation and are offered free language courses and job opportunities in order to satisfy their basic psychological needs for further successful social-economic and cultural adaptation. Such support for sufferers contributes to rehabilitation of their mental and physical resources, reduces psychological stress and improves their mental health. However, such aid does not solve fundamental migration problems and does not guarantee psychological well-being.

Reconsideration of the past life for successful adaptation to new conditions seems a very complicated process for forced Ukrainian migrants (Blynova et al., 2022; Plokhikh & Chipilenko, 2023; Popovych et al., 2023). In this case, two main principally different strategies of coping with a critical migration situation with possible in-between compromise variants are distinguished by the criterion of readiness for adaptation changes. The first strategy means appropriate adaptation through active reconsideration of the past experience and real demands of the current situation through the formation of new principles and behavioral models. The second strategy does not relate to appropriate adaptation to migration life circumstances, since it is oriented towards reproduction of past relationships and behavioral models which are inconsistent with actual situations and does not involve adequate evaluation of objective tendencies for changes in the future.
Using the first strategy, a subject directs their efforts towards eliminating uncertainty of a critical situation through purposeful activation of cognitive activity and solving urgent problems of adaptation to new conditions. Applying this strategy, forced migrants energetically study their social environment and different aspects of life organization in the country of their temporary residence, intensively take free foreign language courses and try to find employment whenever possible. A desire to live permanently in the country of temporary residence may not arise when this approach serves as leading motivation. In this case, many migrants are mainly motivated by aspiration to efficiently take opportunities for gaining new experience, accumulating new resources for successful organization of their life activity in a wider circle of circumstances and for improving self-efficacy (Bandura, 1977). Performing cognitive activities, migrants acquire new understanding of life interrelations, learn new principles and behavioral models, improve approaches to solving problems, reorganize the structure of their past experience and generally enrich the world picture and make it more consistent with their reality. Successful cognitive activity is usually accompanied by positive emotional experiences (Chebykin, 2023; Izard, 2011; Prokhorov et al., 2015).

The users of the second strategy are not oriented towards radical changes in organizing their life. They are inclined to firmly and uncompromisingly retain the opinions, approaches and behavioral models formed in the past. In this rigid variant, in order to avoid unpleasant information and undesirable impressions, migrants fully activate different psychological defenses and non-productive coping strategies previously formed (Plokhikh & Suponeva, 2021; Plokhikh et al., 2023). Migrants are mainly inclined to ignore the demands put in the places of their temporary residence or meet them formally not to lose financial support. The latter also concerns language courses, maintenance of social contacts and employment. Under such conditions, all the fundamental current problems are not solved and get more exacerbated. In this situation, migrants’ emotional background of life activities becomes negative because of exacerbated contra-
dictions and uncertainty (Izard, 2011). Returning to the past circumstances with the hope of renewing usual relationships and processes becomes a guide for migrants. The possibility of returning is considered by them as a favorable coincidence in a new place of residence or as life restoration in their native country after the war and an expectation that everything can be like in the past times.

These strategies of adaptation to migration conditions can intersect in life attitudes of some forced migrants. However, under the pressure of a critical situation, migrants mostly put principal emphasis on one of the above strategic approaches. As a result, migrants gain corresponding orientations in the organization of time perspective and characteristic experiences concerning radical life changes.

The aim of the research is to establish specificity of the correlation between organization of time perspective and emotional experiences of forced Ukrainian migrants staying abroad in terms of their orientation towards adaptation in a critical situation of life activity.

Hypothesis of the research – characteristic emotional experiences of forced Ukrainian migrants staying abroad, which accompany the organization of time perspective in the process of adaptation to a critical migration situation, have a correlation with orientation towards either the use of previously formed behavioral models, or the formation of new behavioral models consistent with the development of a life situation in the future.

Methods

Methodology. Methodological fundamentals of the empirical research involve ideas of the following theoretical studies: the systemic approach, the concept of time perspective and duration of the moment in the organization of psychological time flow, the concept of basic emotions by C. Izard (2011), the concepts of stress by H. Selye (1975), R. Lazarus and S. Folkman (1987), the concepts of mental health and psychological well-being of an individual.

Participants. The research participants were 77 forced Ukrainian migrants in the countries of Europe and North America (aged: Me = 33.50; min = 19.00; max = 48.00). Females comprised

bільш формально й так, щоб не втратити матеріальної підтримки. Останнє стосується і мовного навчання, і налагодження соціальних контактів, і працевлаштування. У межах зазначеного підходу всі фундаментальні протиріччя сьогодення не тільки не розв'язуються, а зазвичай загострюються. У такій ситуації для мігрантів емоційний фон життєдіяльності з великою ймовірністю сповнюється негативою від загострення протиріч і невизначеності (Izard, 2011). При цьому орієнтиром для мігрантів стає повернення до обставин минулого зі сподіваннями на відновлення звичних зв'язків і процесів. І таке повернення більше вбачають або через сприятливий збіг обставин у новому місті проживання, або через відновлення життя на Батьківщині після завершення воєнних дій і очікуванням того, що все начебто знову буде, як у минулі часи.

У життєвих установках окремих українських вимушених мігрантів наведені стратегії адаптації до умов міграції можуть різнім чином перетинатися. Однак під тиском критичної ситуації з часом принципові акценти здебільшого розставляють на користь одного з представлених крайніх стратегічних підходів. Унаслідок останнього в мігрантів з'являються і відповідні орієнтації в організації часової перспективи, і характерні емоційні переживання щодо радикальних життєвих змін.

Гіпотеза дослідження – характеристічні емоційні переживання українських вимушених мігрантів за кордоном, що супроводжують організацію часової перспективи в адаптаційному процесі до критичної ситуації міграції, пов'язані з орієнтацією або на принципове дотримання сформованих у минулому способів поведінки, або на формування нових способів поведінки, адекватних розвитку життєвої ситуації на майбутнє.

Мета дослідження – визначення особливостей зв'язку організації часової перспективи й емоційних переживань вимушених українських мігрантів за кордоном в аспекті їх зорієнтованості на адаптацію в критичній ситуації життєдіяльності.

Методи

До методологічної основи емпіричного дослідження увійшли положення таких теоретичних напрацювань: системного підходу, концепції часової перспективи і тривалості моменту в організації плину психологічного часу,
two-thirds of the total sample. The duration of the research participants' staying abroad was more than a year. Participation in the research was voluntary.

Variables. Indicators of the organization of forced migrants' time perspective (five variants of time orientation and the indicator "time competence" as a generalized indicator of consistency of time dimensions of the personal past, present and future) were identified in the empirical research. Expressiveness of ten basic emotions were determined in the research participants. A long-term impact of stressogenic factors on migrants with considerable losses of different resources leads to steady changes in their personal characteristics and states with high probability. Given the latter, the level of reactive and personal anxiety, stable mental states and personal characteristics were determined in the research participants.

Organization of Research. The empirical research is correlational by its organizational scheme. The research participants were tested in a distance format given possibilities of efficient use of new information technologies for examining human mental states (Pfeifer et al., 2021). Participation in the research was voluntary. The empirical data were obtained in the third quarter of 2023.

Procedures and Instruments. All the research participants were asked to do tasks of five standardized test methods. Each participant was sent: a form with tables to fill out by each method, tests with corresponding guidelines. Having received the materials, the research participants did the tasks at a suitable time and sent the completed forms back to the researcher.

The organization of psychological time of the research participants was examined in terms of expressiveness and correlations of certain time orientations, and in a generalized variant – by the indicator “time competence” from the test of self-actualization by E. Shostrom (1964). Time competence characterizes completeness of a subject's living in the current moment with taking into consideration the significant past and the significant probable future. Such living in the moment reflects a subject's approaching optimal compatibility of their attitudes, intentions and methods of self-realization with the processes of reality (Lavoie et al. 2022; Plokhikh et al., 2022).
Five time orientations of the research participants were diagnosed using "Time Perspective Inventory" of P. Zimbardo (adapted by O. Senyk, 2012). According to theoretical fundamentals, the following time orientations are considered: the negative past, the positive future, the hedonistic present, the fatalistic present and the future. In order to create conditions for quantitative comparison of expressiveness of time orientations, the calculated initial points for each of the corresponding scales of the method were divided into the number of questions by the scale.

In order to diagnose expressiveness of the current emotional experiences of the forced migrants, "Differential Emotions Scale" of C. Izard (adapted by Antonovych, 2020) was applied. Using a five-point scale (the scale grading: 1 ÷ 5), we determined the degree of expressiveness of the following emotions: interest, joy, surprise, sorrow, anger, contempt, disgust, fear, shame and guilt. Moreover, the following indicators were calculated: of positive emotions – as a sum of values of the expressiveness of interest, joy and surprise; of negative emotions – as a sum of values of the expressiveness of sorrow, anger, disgust and contempt; anxious-depressive emotions – as a sum of values of the expressiveness of fear, shame and guilt.

In order to identify consequences of a long-term impact of stressogenic factors, the research participants did the tasks of the Freiburg Personality Inventory (FPI, Form B). This inventory allowed diagnosing the following states and characteristics with obtaining a significant result: depressiveness, irritability, spontaneous aggressiveness, openness and extraversion (Lutsenko, 2016). The initial points by the above parameters were converted into standard scores. The degree of expressiveness of the research participants' states and characteristics was determined by standard scores according to: 1 ÷ 3 – low; 4 ÷ 6 – medium; 7 ÷ 9 – high. Personal and reactive anxiety of the research participants was determined by the method of C. Spielberger (Kolesnichenko et al., 2020). The obtained values of anxiety indicators were compared with the following level scale: 20 ÷ 30 – low anxiety; 31 ÷ 44 – moderate anxiety, 45 and more – high anxiety.

**Statistical Analysis.** Quantitative analysis of the empirical data was performed using
the statistical package IBM SPSS Statistics 20. Cluster analysis (k-means clustering); Spearman’s correlation analysis ($r_s$); the Mann-Whitney U-test for comparing two independent samples; Friedman’s criterion ($\chi^2$) for comparing several correlated samples were also used. Using cluster analysis by the parameters of the three time orientations (the positive past, the hedonistic present, the future), whose balance is considered significant for an individual’s well-being (Senyk, 2017; Zimbardo & Boyd, 1999), two sub-groups of research participants were selected in the total sample: Subgroup 1 ($n = 52$) and Subgroup 2 ($n = 25$). Two subgroups of research participants ($n = 27$ and $n = 50$) were also selected in the other variant using cluster analysis by the parameter “time competence”. The research procedure involved comparison of the subgroups’ results by significant indicators.

**Results**

Analysis of the intensity of manifestation of different emotions showed that the indicator of acute negative emotions is quite high ($Me = 27.00; \text{min} = 13.00; \text{max} = 37.00$) in the researched forced migrants. The most intensive emotions of the research participant were identified using Friedman’s criterion. Statistical differences in the intensity of emotion manifestation were found in the total sample ($\chi^2 = 33,693; df = 9; p < .001$). The positive emotion of interest is the most intensive in the group ($Me = 8.00; \text{min} = 4.00; \text{max} = 15.00$). Statistical dominance of the intensity of interest over other emotions was established. According to this, using Friedman’s criterion, we identified no differences (the null hypothesis was confirmed) in the intensity of manifestation of all the diagnosed emotions, except the emotion of interest ($\chi^2 = 11.851; df = 8; p = .158$).

Correlation analysis of relationships between time competence and manifestations of different emotions showed a significant inverse correlation solely in the case of “interest” ($r_s = -.266; p = .019$). Time competence also has an inverse statistical correlation of the respondents’ orientation towards the fatalistic present ($r_s = -.394; p < .001$). It was also found that time orientations have many correlations with different emotions, acute negative emotions being dominant (Tabl. 1).
Forced migrants very often experience stress, as a result, their anxiety is quite intensive (reactive anxiety: Me = 38.00; min = 13.00; max = 66.00; personal anxiety: Me = 45.00; min = 23.00; max = 69.00). Accordingly, negative emotions and anxiety expectedly have statistical correlations with stable mental states and personal characteristics in the researched group (Tabl. 2, Tabl. 3). The research participants' anxiety also correlates with their time orientations (see Tabl. 3).

Consistency of the most intensive time orientations related to psychological well-being was determined in the research participants by Friedman's criterion (Zimbardo & Boyd, 1999). Differences in the intensity of orientation towards the positive past (Me = 3.33; min = 1.89; max = 4.78), the hedonistic present (Me = 3.27; min = 1.73; max = 4.93) and the future (Me = 3.31; min = 2.00; max = 4.85) can be considered superficial ($X^2 = 4.70; df = 2; p = .096$). Correlation analysis in the total sample showed multidirectional correlations of the time orientation towards the negative past with time orientations towards the hedonistic present ($r_s = .327; p = .004$) and the future ($r_s = -.351; p = .002$).

Table 1. Statistical correlations of the intensity of emotional experiences with time orientations in the total sample (n = 77)

<table>
<thead>
<tr>
<th>Emotional parameter</th>
<th>Statistical parameter</th>
<th>Negative past</th>
<th>Hedonistic present</th>
<th>Future</th>
<th>Fatalistic present</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interest</td>
<td>$r_s$</td>
<td>-.294**</td>
<td>-.264**</td>
<td>.376**</td>
<td>-.039</td>
</tr>
<tr>
<td></td>
<td>$p$</td>
<td>.009</td>
<td>.020</td>
<td>.001</td>
<td>.734</td>
</tr>
<tr>
<td>Anger</td>
<td>$r_s$</td>
<td>.499**</td>
<td>-.266*</td>
<td>-.099</td>
<td>.228*</td>
</tr>
<tr>
<td></td>
<td>$p$</td>
<td>.000</td>
<td>.019</td>
<td>.392</td>
<td>.046</td>
</tr>
<tr>
<td>Contempt</td>
<td>$r_s$</td>
<td>.427**</td>
<td>.040</td>
<td>-.321**</td>
<td>.191</td>
</tr>
<tr>
<td></td>
<td>$p$</td>
<td>.000</td>
<td>.728</td>
<td>.004</td>
<td>.096</td>
</tr>
<tr>
<td>Index of acute negative emotions</td>
<td>$r_s$</td>
<td>.502**</td>
<td>.142</td>
<td>-.187</td>
<td>.170</td>
</tr>
<tr>
<td></td>
<td>$p$</td>
<td>.000</td>
<td>.218</td>
<td>.104</td>
<td>.140</td>
</tr>
<tr>
<td>Shame</td>
<td>$r_s$</td>
<td>.064</td>
<td>.037</td>
<td>-.133</td>
<td>.330**</td>
</tr>
<tr>
<td></td>
<td>$p$</td>
<td>.579</td>
<td>.749</td>
<td>.247</td>
<td>.003</td>
</tr>
<tr>
<td>Indicator of anxious-depressive emotions</td>
<td>$r_s$</td>
<td>.100</td>
<td>-.051</td>
<td>.034</td>
<td>.325**</td>
</tr>
<tr>
<td></td>
<td>$p$</td>
<td>.387</td>
<td>.660</td>
<td>.771</td>
<td>.004</td>
</tr>
</tbody>
</table>

Note: * - p < .050; ** - p < .001.

Примітка: * - p < .050; ** - p < .001.
In order to reveal specificity of the distribution of the research participants in terms of approaching to the compatibility of time orientations towards the positive past, the hedonistic present and the future which is the best one for psychological well-being, through cluster analysis, the group was divided into two subgroups: Subgroup 1 (n = 52) and Subgroup 2 (n = 25). In the subgroups there are considerable differences in the obtained configurations of the basic time orientations. In Subgroup 1, in comparison with Subgroup 2, time orientations towards the positive past (реактивна тривожність: Me = 38.00; min = 13.00; max = 66.00; особистісна тривожність: Me = 45.00; min = 23.00; max = 69.00). Відповідно до цього для групи очікувано виявляються статистично пов'язані емоції негативного спектру і тривожність зі стійкими станами та особистісними властивостями (табл. 2, табл. 3). Тривожність досліджуваних також корелює з їхніми часовими орієнтаціями (див. табл. 3).

Table 2. Statistical correlations of the intensity of emotional experiences with stable mental states and personal characteristics in the total sample (n = 77)

<table>
<thead>
<tr>
<th>Emotional parameter</th>
<th>Statistical parameter</th>
<th>Spontaneous aggressiveness</th>
<th>Depressiveness</th>
<th>Irritability</th>
<th>Openness</th>
<th>Extraversion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anger (Гнів)</td>
<td>r</td>
<td>.227*</td>
<td>.116</td>
<td>-.302**</td>
<td>-.405**</td>
<td>-.259*</td>
</tr>
<tr>
<td></td>
<td>p</td>
<td>.047</td>
<td>.313</td>
<td>.008</td>
<td>.000</td>
<td>.023</td>
</tr>
<tr>
<td>Disgust (Відраза)</td>
<td>r</td>
<td>.275*</td>
<td>-.045</td>
<td>-.282*</td>
<td>-.104</td>
<td>-.073</td>
</tr>
<tr>
<td></td>
<td>p</td>
<td>.015</td>
<td>.696</td>
<td>.013</td>
<td>.368</td>
<td>.530</td>
</tr>
<tr>
<td>Contempt (Презирство)</td>
<td>r</td>
<td>-.088</td>
<td>.166</td>
<td>-.227*</td>
<td>-.273*</td>
<td>-.274*</td>
</tr>
<tr>
<td></td>
<td>p</td>
<td>.449</td>
<td>.148</td>
<td>.047</td>
<td>.016</td>
<td>.016</td>
</tr>
<tr>
<td>Indicator of acute negative emotions (Індекс гострих негативних емоцій)</td>
<td>r</td>
<td>-.245*</td>
<td>.225*</td>
<td>-.291*</td>
<td>-.272*</td>
<td>-.212</td>
</tr>
<tr>
<td></td>
<td>p</td>
<td>.032</td>
<td>.050</td>
<td>.010</td>
<td>.017</td>
<td>.065</td>
</tr>
</tbody>
</table>

Note: * – p < .050; ** – p < .001.

Table 3. Statistical correlations of anxiety indicators with the expressiveness of time orientations and emotions in the total sample (n = 77)

<table>
<thead>
<tr>
<th>Anxiety (Тривожність)</th>
<th>Statistical parameter</th>
<th>Time orientations (Часові орієнтації)</th>
<th>Emotions (Емоції)</th>
<th>Indicator of acute negative emotions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reactive (Реактивна)</td>
<td>r</td>
<td>.319**</td>
<td>-.234*</td>
<td>.204</td>
</tr>
<tr>
<td></td>
<td>p</td>
<td>.005</td>
<td>.041</td>
<td>.075</td>
</tr>
<tr>
<td>Personal (Особистісна)</td>
<td>r</td>
<td>.452**</td>
<td>-.251*</td>
<td>.125</td>
</tr>
<tr>
<td></td>
<td>p</td>
<td>.000</td>
<td>.027</td>
<td>.277</td>
</tr>
</tbody>
</table>

Note: * – p < .050; ** – p < .001.

Prимітка: * – p < .050; ** – p < .001.
and the future are the most expressive ones, whereas the correlation is inverse for the hedonistic present (Tabl. 4). Differences in the intensity of certain emotions and depressiveness between the sub-groups were also identified (Tabl. 5).

Cluster analysis was used to identify the degree of compatibility of the time perspective components belonging to the past, present and future by the parameter “time competence” in the group of research participants. There were two sub-groups: 27 research participants with high time competence (T-points = 76; Me = 13.00; min = 10.00; max = 17.00); 50 research participants with low time competence (T-points = 41; Me = 7.00; min = 2.00; max = 9.00). It was established that the time orientation towards the fatalistic present

<table>
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<th>Table 4. Statistical comparison of the expressiveness of time orientations in the research participants of Subgroup 1 (n = 52) and Subgroup 2 (n = 25)</th>
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<tbody>
<tr>
<td><strong>Subgroup</strong></td>
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<tr>
<th>Table 5. Statistical comparison of the intensity of emotion manifestations and the expressiveness of the mental state of depressiveness in the research participants of Subgroup 1 (n = 52) and Subgroup 2 (n = 25)</th>
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<tr>
<td><strong>Subgroup</strong></td>
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is considerably less in the research participants with high time competence (U = 393.00; p = .003) in comparison with the others, and the expressiveness of the emotion of interest is also noticeably less (U = 515.00; p = .083). Additionally, the research participants with higher time competence had more expressive emotions of contempt (U = 493.50; p = .050).

**Discussion**

In the average variant, according to the result of the total sample, the ratio and considerable expressiveness of time orientations towards the positive past, the hedonistic present and the future are close to the declared level corresponding to psychological well-being (Senyk, 2017; Zimbardo & Boyd, 1999). When thoroughly analyzing the accents in actual attitudes and in the content of time perspective components in the researched forced migrants, we can observe a distinct differentiation between the group representatives by their attitude towards themselves and towards the actual critical life situation. This differentiation largely corresponds to many people's inclination to choose the extreme variants of reactions in critical situations. One of the extreme variants in the respondents' reaction to the migration situation was dominant hedonistic orientation towards satisfying the current needs with a possibility of situational elimination of mental strain and avoidance of making personally important decisions concerning the uncertain future (see Tabl. 4). The other variant of the respondents' reaction (Subgroup 1) to the critical migration situation means their attempts to define the desirable realistic content of the future on the basis of their positive impressions from the past, their experience and despite harsh conditions of the present (see Tabl. 4). Time orientations toward the positive past, the hedonistic present and the future in the research participants of Subgroup 1 are entirely consistent in their expressiveness and the ratio with the results of O. Senyk (2017) in the configuration regarded by her as “balanced time perspective.” The indicators of the research participants of Subgroup 1 are considerably lower by other time orientations in comparison with those given above, however, they are somewhat higher than the values in “balanced
time perspective”. The latter can be attributed to the impact of the critical migration situation.

With substantial financial and psychological support from “hosts”, without immediate long-term threat to life and health of forced migrants staying abroad, the criticality of the situation related to considerable losses of different resources and uncertainty of their life perspective is not eliminated entirely and reflected in high anxiety and considerable negative emotional strain (see Tabl. 1 and Tabl. 3). The empirically established variants of the respondents’ time orientations largely correspond to the above strategic adaptation tendencies in the organization of behavior in the migration situation. On the one hand, the present hedonistic orientation conforms with the inclination towards maintenance of the previously formed and practiced stereotypical opinions in interaction with the surrounding and despite changes in the situation. On the other hand, orientation towards the future based on the positive past can be regarded as implementation of the strategy aimed at fundamental meaningful personal changes, changes in relationships with reality given the specificity of a new life situation. Each of the above variants conform with specific accents in organization of the content of the respondents’ time perspective components in both rational and emotional dimensions.

On the whole, the research participants have a negative attitude towards the current contradictory situation which manifests itself in the emotions of anger, contempt and disgust. The above emotions, in essence, are indicators of rejection of the current situation by the forced migrants. In this case, an emotional reaction with a considerable level of strain, related to anxiety (see Tabl. 3) is a method of emotional discharge for many research participants. This method, as shown in the results, prevents essential negative transformations in an individual’s qualities and states (see Tabl. 2). The latter testifies that many forced migrants still have a sufficient volume of personal and external resources to resist distress development after a year of migration. The above result somewhat contradicts to the published data on evident deterioration of the Iraqi migrants’ state after several years of their staying in Australia and can be regarded as specificity of Ukrainians’ group for their stable state and long-term maintained critical situation which is not eliminated even after a year or more of settling abroad. The availability of support from “hosts” can be attributed to the impact of the critical migration situation.

The empirical study shows that the emotional accompaniment of the organization of time perspective largely corresponds to the strategic adaptation tendencies in the organization of behavior in the migration situation. On the one hand, the present hedonistic orientation conforms with the inclination towards maintenance of the previously formed and practiced stereotypical opinions in interaction with the surrounding and despite changes in the situation. On the other hand, orientation towards the future based on the positive past can be regarded as implementation of the strategy aimed at fundamental meaningful personal changes, changes in relationships with reality given the specificity of a new life situation. Each of the above variants conform with specific accents in organization of the content of the respondents’ time perspective components in both rational and emotional dimensions.

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migration to the western communities which have familiar conditions of life organization (Uribe Guajardo et al., 2016). However, different strategies of using resources to resist stress under conditions of migration in the research participants of Subgroup 1 and Subgroup 2 are based on different past experiences and oriented towards different aims and expectations in the future (see Tabl. 4).

In many cases, intensive negative experiences of an individual immediately contribute to activation of negative thoughts and memories (Beck et al., 2004). This effect can be observed in the findings of our research (see Tabl. 1). The latter is quite understandable in terms of rational schemes of analysis of a problematic situation. Being in the situation of a considerable dangerous disorientating impact, an individual instantly tries to identify a cause of negative experiences and the degree of danger analyzing the chain of past events. Logically, the current burdening circumstances cannot result from an individual’s previous correct actions and favorable conditions. Negative impressions and experiences of the present are accordingly connected with probable mistakes, occasional or deliberate destructive external impacts. In a critical situation, moderate, analytical view of the past with reevaluation and reconsideration of the previously formed attitudes, aims, expectations, strategies and behavioral models on the basis of objective facts seems a very difficult and even back-breaking task for most people (Frankl, 1992). Many people, facing a real threat, almost immediately activate mechanisms of psychological defenses and unreasonably “designate” external factors or other people as a source of problems for maintaining Self-concept and stable stereotypes in organizing life activities (Beck et al., 2004; Plokhikh et al., 2023). As shown in the results, this variant is more preferred by the respondents of Subgroup 2 (see Tabl. 4). However, prolongation of the problematic migration situation, in spite of being pseudo-solved through activation of psychological defenses and hedonistically-oriented emotional discharge, evidently intensifies the state of depressiveness in the respondents of Subgroup 2 (see Tabl. 5).

In the total sample, the expressiveness of the emotion of interest is mainly determined by the specificity of emotional experiences
of the respondents of Subgroup 1 (see Tabl. 5). A high degree of interest in the current situation with considerable mental strain accompanying high personal anxiety results in the respondents’ specific state and intention of searching, that can be considered both as a cognitive state and readiness for realizing necessary stages in the process of solving educational tasks (Chebykin, 2023; Izard, 2011; Prokhorov et al., 2015), for solving complex tasks, related to safety in other areas of human activity (Nosov et al., 2020a; 2020b; Popovych et al., 2022; Zinchenko et al., 2023). However, migrants, unlike students, solve not modelled educational tasks, but try to find adequate solutions to organization of life activities in the future, reasonably and responsibly, in harsh conditions of uncertainty. Time orientation towards the future is undoubtedly related to expressiveness of the emotion of interest and indicators by these variables are evidently dominant in Subgroup 1 (see Tabl. 1, Tabl. 4, Tabl. 5). The respondents of Subgroup 1 largely choose the strategy oriented towards reasonable changes in stable stereotypes from the past, defining constructive purposes in the future, independently solving personal problems in new socioeconomic and cultural conditions. And it is accompanied by a positive emotional background in the current experiences (see Tabl. 5). The representatives of Subgroup 1, unlike the others, orientating themselves towards the future, mainly depend on positive impressions from the past. This result is entirely consistent with the findings of our previous research of mental health and the organization of time perspective of internally displaced people (Plokhikh & Chipilenko, 2023). We can observe the process of positive transformations in the personality of forced migrants which is activated through removal of inadequate and outmoded intellectual schemes of reactions and through creation of new variants of behavior with a constructive vision of the future perspective. This process largely corresponds to the models of a therapeutic effect by means of cognitive psychotherapy, the practices aimed at increasing self-efficacy and is entirely consistent with the processes of a subject’s self-mobilization under the influence of stressors (Bandura, 1977; Beck et al., 2004; Cheban et al., 2020).

The obtained results testify that, in a critical migration situation, expectation of sufficiently
high simultaneous expressiveness of time orientations towards the positive past, the hedonistic present and the future, determined by a hedonistic tradition, does not correspond to the stage of psychological well-being. In case of the actual critical life situation, concepts of the eudemonic tradition are more suitable for the research participants as a basis for evaluation of their psychological well-being (Deci & Ryan, 2008). In relation to this, the issues of optimal organization of time perspective of a mentally healthy migrant also remain open. Time perspective of an individual with well-developed volitional qualities, with stable convictions, adequate to the processes of the actual reality, with active attitude towards self-organization of life, with self-confidence, with evident assertiveness, with different experiences, with emotional equilibrium, with deep adequate understanding of the current situation, seems the most balanced one (Frankl, 1992; Lavoie et al., 2022; Seligman & Csikszentmihalyi, 2014). However, unfortunately, this variant is not attainable for most people, but it remains orientation.

Time competence is considered in our research to be a generalized indicator of approaching optimal organization of time perspective. By this indicator, the group is divided into those who do not try to deal with the current situation through cognitive activity in their own way, and those who avoid solving the problems of organization of life activity independently and rely on a favorable course of actions with fatalistic attitude. Therefore, achievement of an optimal variant of time perspective organization as well as determination of adequate actions in a stressful migration situation, is considerably complicated. Thorough examination of this problem can be promisingly continued through studying the issue of specificity of experiencing time flow and meaningful aspects of making vital decisions in forced migrants.

Conclusions

A high degree of expressiveness of negative emotions and personal anxiety is characteristic of forced Ukrainian migrants staying abroad as a consequence of substantial losses of different resources and uncertainty of life perspective in the future. An active negative emotional reaction to the current situation is directly related et al., 2015), on rозв’язання складних задач, пов’язаних із безпекою в інших сферах діяльності людини (Nosov et al., 2020а; 2020б; Popovych et al., 2022; Zinchenko et al., 2023). Але мігранти, на відміну від учнів, вирішують не умовні навчальні завдання і не завдання з професійної сфери, а намагаються з усією осмисленістю й відповідальністю в напружених умовах невизначеності віднайти адекватні рішення щодо організації життєдіяльності на майбутнє. Саме часова орієнтація на майбутнє вочевидь пов’язана з виразністю емоцій інтересу й саме показники за цими змінними суттєво переважають у підгрупі 1 (див. табл. 1, табл. 4, табл. 5). Досліджувані підгрупи 1 більшою мірою обирають стратегію, зорієнтовану на обґрунтовані зміни сталих стереотипів з минулого, на визначення конструктивних цілей у майбутньому, на самостійне вирішення особистих проблем у нових соціально-економічних і культурних умовах. І це відбувається разом із посиленням позитивного емоційного фону в поточних переживаннях (див. табл. 5). Представники підгрупи 1, на відміну від інших, орієнтуються на майбутнє, значною мірою спираються на позитивні врахування з минулого. Такий результат повністю узгоджується з результатами нашого попереднього дослідження зв’язку психічного здоров’я й організації часової перспективи вимушено переміщених осіб (Плохіх, Чіпіленко, 2023). Спостерігаємо саме процес позитивних перетворень особистості вимушених мігрантів, який активується при усуненні неадекватних і застарілих розумових схем регулювання та при створенні нових варіантів поведінки з конструктивним визначенням перспективи майбутнього. Такий процес значною мірою відповідає моделям дієвого терапевтичного впливу засобами когнітивної психотерапії, заходом із підвищення самоефективності та в цілому узгоджується з перебігом процесів самомобілізації суб’єкта за умов впливу стресорів (Bandura, 1977; Beck et al., 2004; Cheban et al., 2020).

Отримані результати свідчать, що для критичної ситуації міграції за кордон зумовлене гедоністичною традицією очікування на достатньо високу одночасну виразність
to an increase in anxiety symptoms, but it does not contribute to solidification of problematic mental states with corresponding compensatory defensive reactions in the research participants at a certain stage. Forced migrants’ negative and anxious-depressive emotions prevent rational determination of the future perspective and are related to inclination toward fatalistic attitude to the current circumstances.

Under conditions of substantial financial support and a lack of immediate threat to life and health in the places of temporary residence, increased orientation towards hedonistic satisfaction of needs appears to be inadaptive in forced Ukrainian migrants staying abroad. It is related to evident negative emotional experiences of the past and present circumstances and restricts determination of the future perspective.

High expressiveness of the positive emotion of interest contributes to forced migrants’ apparent adaptation-based orientation towards eliminating uncertainty of the future perspective and is also accompanied by temporary disruption of the balance of time perspective components concerning life activity. Disruption of the balance of time perspective represented by the parameter “time competence” is observed in the research participants when they emotionally distance themselves from the current contradictory stressful migration situation and make weaker efforts in determining their time perspective through a fatalistic attitude.

References
высокий рівень виразності негативних емоцій і особистісної тривожності. Активне негативне емоційне регулювання на поточну ситуацію прямо пов’язане з підсиленням симптомокомплексів тривоги, але на певному етапі не сприяє закріпленню в досліджуваних проблемних психічних станів із відповідними компенсаторними захисними реакціями.

Наповненість вимушених мігрантів емоціями негативного і тривожно-депресивного порядку перешкоджає раціональному визнанню ними перспектив майбутнього і пов’язана зі схильністю до фаталістичного налаштування на поточні обставини.

У вимушених українських мігрантів, які знаходяться за кордоном, у вумовах значної матеріальної підтримки і відсутності безперервної загрози життю та здоров’ю в місцях тимчасового проживання, підвищення орієнтація на поточне гедоністичне задоволення потребує визначення неадаптивно, пов’язуються з виразними негативними переживаннями обставин минулого та теперішнього і є стримуючою щодо визначення перспектив майбутнього.

Суттєва виразність позитивної емоції інтересу сприяє явній, умотивованій адаптації орієнтації вимушених мігрантів на усунення невизначеності перспектив майбутнього, що також супроводжується тимчасовим порушенням збалансованості складових часової перспективи життєдіяльності. Порушення в досліджуваних представлений параметр “компетентність у часі” збалансованості часової перспективи спостерігається в разі їхнього емоційного відсторонення від суперечливої напруженії поточної міграційної ситуації, і при послаблених зусиль на самовизначення часової перспективи шляхом реалізації фаталістичної установки.

Список використаних джерел


Emotional Accompaniment of the Organization of Time Perspective of Forcely Displaced Ukrainian Migrants Staying Abroad


