Theoretical and Empirical Study on Hardiness of Participants in Military Operations

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Теоретико-емпіричне дослідження життєстійкості учасників воєнних дій

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Viacheslav Blikhar
Doctor of Philosophy, Professor,
Institute of Management, Psychology and Safety
Lviv State University of Internal Affairs,
Ukraine.
https://orcid.org/0000-0001-7545-9009

Nataliya Kalka*
senior lecturer,
Department of Practical Psychology
Institute of Management, Psychology and Safety
Lviv State University of Internal Affairs,
Ukraine
https://orcid.org/0000-0002-6989-4909

Liubov Kuzo
Ph.D. in Psychology, Associate Professor,
Department of Foreign Languages and Culture of Professional Speech
Lviv State University of Internal Affairs,
Ukraine
https://orcid.org/0000-0003-1554-3262

В’ячеслав Бліхар
доктор філософських наук, професор,
директор,
Інститут управління, психології та безпеки
Львівський державний університет внутрішніх справ, Україна
https://orcid.org/0000-0001-7545-9009

Наталія Калька*
старший викладач,
кафедра практичної психології
Інституту управління, психології та безпеки
Львівський державний університет внутрішніх справ, Україна
https://orcid.org/0000-0002-6989-4909

Любов Кузьо
кандидат психологічних наук, доцент,
кафедра іноземних мов та культури фахового мовлення
Львівський державний університет внутрішніх справ, Україна
https://orcid.org/0000-0003-1554-3262

* Corresponding Author: mavochka2002@ukr.net
* Автор-кореспондент: mavochka2002@ukr.net
Abstract
The aim of the article is to conduct a theoretical and empirical analysis of the distinctive characteristics of hardiness exhibited by individuals who have participated in military operations, elucidating its correlation with coping strategies. Methods. Psychodiagnostic techniques were used to achieve the aim: the Hardiness Scale by S. Maddi; the Stress and Coping Inventory (SCI) by R. Lazarus and S. Folkman. Statistical methods of data analysis (comparative and correlation analyses) were applied. The empirical study sample consisted of 35 men aged 22–55 who were in Ukraine and were involved in various ways in armed conflict (special operations forces, territorial defence, volunteers, etc.). Results. The indicators of the components of hardiness in the sample were distributed as follows: “engagement” characterized by a high level in 63.50% of respondents, a medium level in 28.30%, and a low level in 8.20%; “control” – a high level in 69.20%, a medium level in 15.30%, a low level in 15.50%; “risk acceptance” – a high level displayed only by 14.10%, a medium level by 35.30%, a low level by 50.60%. Dominant coping strategies among the subjects were found to be “acceptance of responsibility” (M = 15.10), “self-control” (M = 14.50), and “confrontational coping” (M = 10.30). The lowest level of coping was observed in “positive reappraisal” (M = 5.60). According to the results of the conducted correlational analysis, the following correlations were established: a correlation between “engagement” and “problem-solving planning” (R = .432; p ≤ .01) and “acceptance of responsibility” (R = .451; p ≤ .01), “risk acceptance” and “confrontational coping” (R = .611; p ≤ .01) and “escape-avoidance” coping (R = .550; p ≤ .01). As a result of the theoretical and empirical study, the characterization of personality hardiness in the context of stress resistance and vitality is presented. It was established that the key to the formation of hardiness is the development of personality vitality, which helps to overcome crisis situations. Hardiness is considered as a set of competencies enabling individuals not only to endure adversities but also to become stronger or acquire new skills. Discussion and conclusions. Empirical findings highlight the prevalence of hardiness components such as control and engagement among participants, contrasted with a notably lower inclination towards risk acceptance. Dominant coping strategies include “acceptance of responsibility”, “self-control”, and “confrontational coping”, while “positive reappraisal” coping exhibits the lowest manifestation. Correlations between coping strategies and hardiness components are delineated, namely: “engagement” correlating with “acceptance

Анотація
Метою статті є теоретико-емпіричне дослідження особливостей життєстійкості осіб, що були учасниками воєнних дій, та її зв’язку з копінґ-стратегіями. Задля досягнення мети використано психологічні методики: тест життєстійкості С. Мадді та тест Д. Лазаруса. Заастосовано методи статистичної обробки даних (порівняльний та кореляційний аналіз). Вибірку емпіричного дослідження склали 35 чоловіків у віці 22–55 років, які перебували в Україні й у різний спосіб були залучені до воєнних дій (сили спеціальних операцій, тероборона, волонтери тощо). Результати. Показники складових життєстійкості вибірки розподілялися таким чином: “залучення” характеризується високим рівнем у 63.50% респондентів, середній рівнем – у 28.30%, низьким рівнем – у 8.20%, “контроль” – високий рівень – 69.20%, середній рівень – 15.30%, низький рівень – 15.50%; “прийняття ризику” – високий рівень прояву характерний лише для 14.10%, середній рівень – для 35.30%, низький рівень – для 50.60%. Домінуючими копінг-стратегіями у досліджуваних виявлено “прийняття відповідальності” (M = 15.10), “самоконтроль” (M = 14.50) та “конфронтаційний копінг” (M = 10.30). Найвищий рівень копінгу отримала “позитивна переоцінка” (M = 5.60). За результатами проведеного кореляційного аналізу з’ясовано наявність таких кореляційних зв’язків: кореляційний зв’язок між “залученням” і “плануванням вирішення проблеми” (R = .432; p ≤ .01) та “прийняттям відповідальності” (R = .451; p ≤ .01), “прийняттям ризику” і “конфронтаційним копінгом” (R = .611; p ≤ .01) та копінгом “втеча-унікнення” (R = .550; p ≤ .01). У результаті теоретико-емпіричного дослідження подано характеристику життєстійкості особистості в контексті стресостійкості та життєздатності. Установлено, що запорука формування життєстійкості – це розвиток життєздатності особистості, яка допомагає подолати кризові ситуації. Запропоновано розглядати життєстійкість як комплекс навичок, що допомагають людині не лише пережити важкі часи, а навіть зміцнити себе чи здобути нові навички. Дискусія та висновки. За результатами проведеного емпіричного дослідження виявлено домінування в респондентів таких складників життєстійкості, як контроль та залучення, а також набагато менший рівень прояву прийняття ризику. Серед домінуючих копінґ-стратегій виокремлено “прийняття відповідальності”, “самоконтроль” та “конфронтаційний копінг”. Найвищий рівень прояву спостерігається в копінґ-стратегії “позитивна переоцінка”. Визначено кореляційні
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of responsibility” and “problem-solving planning”, and “risk acceptance” correlating with confrontational coping and “escape-avoidance” coping. These findings expand the directions of psychological support and aid available to individuals for cultivating hardness and facilitating effective adaptation during crises situations.

**Keywords:** stress, hardness, coping, coping strategies, crisis situation.

**Introduction**

In the context of ongoing warfare and the persistent threat of terrorism, the Ukrainian population is grappling with heightened emotional experiences. While feelings of anxiety, sadness, grief, and anger may typically not be so intense and frequent within the normal cadence of life, they become pervasive and enduring in times of war. The stressors inherent to military operations exert a profound impact on both the human psyche and physiological health of individuals.

Enduring prolonged periods of stress can induce profound exhaustion in individuals, precipitating a critical imperative to unearth internal reservoirs of strength and hardness to resist the myriad stressors that contribute to psychological trauma, and maladjustment within challenging life circumstances. Thus, the formation of hardness assumes paramount significance in facilitating effective coping mechanisms amidst adversity.

It is imperative to recognize that hardness encompasses a multifaceted construct, encompassing cognitive, emotional, and behavioral components. Individuals resilient in the face of adversity demonstrate adaptive coping strategies, a capacity for emotional regulation, and a robust sense of self-efficacy. Moreover, hardness is not solely an innate trait but can be nurtured and bolstered through various interventions, including psychoeducation, social support networks, and cognitive-behavioral techniques.

Numerous scholars, including Dawud (2022), Stepanenko (2022), Sakharova (2022), and Chykhantsova (2018), have delved into the intricacies of hardness, elucidating that maintaining adaptability and hardness during periods of heightened stress necessitates attention to several key factors. Among these, social connections and support systems, alongside


Ключові слова: стрес, життєздатність, копінг, копінг-стратегії, кризові ситуації.

**Вступ**

В умовах війни та постійної терористичної загрози українці переживають багато сильних емоцій. Для більшості людей у звичному ритмі життя не такими інтенсивними й час- тими є переживання початків тривоги, смутку, горя та гніву, проте у час війни вони стають постійними і тривалими. Стрес-фактори, які супроводжують військові дії, впливають як на психіку люди, так і на стан організму.

Перебуваючи тривалий час у стресі, людина виснажується, і в цей час перед нею постає важливе завдання пошуку внутрішніх сил і ресурсів для протистояння впливу різноманітних стресів, що призводять до психотравм, дисбалансованості та дезадаптації особистості у складних життєвих обставинах. Тому формування життестійкості відіграє важливу роль в охороненні складних життєвих ситуацій.

Чимало дослідників (Dawud, 2022; Stepanenko, 2022; Sakharova, 2022; Chykhantsova, 2018) вивчають проблему життестійкості та доводять, що для того, щоб залишатися адаптивним та стійким у період інтенсивного впливу стресу, ключовими є соціальні зв’язки та підтримка, а також оптимістична спрямованість у майбутнє. Зі свого боку науковець J. Westh (2023) акцентує на розумінні життестійкості як ресурсу особистості перетворення складних життєвих подій на нові можливості, особливо у час військових подій. За результатами її досліджень особистості, що характеризуються високим рівнем життестійкості, як правило, мають високий рівень стресостійкості та мотивацію до діяльності і змін.

У своїх дослідженнях Л. Смольська (2022) вивчила базові характеристики
an optimistic perspective on the future, emerge as pivotal elements. Additionally, J. Westh (2023) contributes to this discourse by emphasizing hardiness as a personal asset capable of transmuting challenging life circumstances, particularly in the context of military conflict, into avenues for growth and development. Westh’s research underscores that individuals endowed with heightened hardiness often exhibit greater resistance to stress and a heightened propensity for engaging in proactive behaviors and embracing change.

Such individuals possess a capacity to reframe adversity as an opportunity for personal transformation, thereby fostering a mindset conducive to hardiness amidst adversity.

It becomes evident that hardiness is not merely a static trait but a dynamic process influenced by various individual, social, and environmental factors. The interplay between innate predispositions and external influences shapes one’s hardiness, underscoring the importance of both internal psychological resources and external support networks in fostering hardiness.

In the study, L. Smolska (2022) examined the fundamental attributes of stress resistance and hardiness, comparing them with higher-order needs. Smolska conceptualizes hardiness as a dynamic quality wherein individuals find fulfillment in life not in spite of challenges and adversities, but rather because of them. Hardiness, according to Smolska, engenders an expanded sense of selfhood, transforming individuals into integral, transcendent beings for whom life assumes heightened significance as a holistic existence. Moreover, the scholar underscores that hardiness manifests itself through a creative approach to fulfilling higher needs and the cultivation of tolerance towards uncertainty, errors, and mortality as inherent facets of the human experience.

Concurrently, researchers T. Tytarenko and T. Larina (2022) conducted an exhaustive investigation into the resources and architecture of hardiness, as well as strategies for coping with adversity, with particular emphasis on the conducive conditions for hardiness development and the reservoirs of hardiness
resources. Their research delves into the nuanced interplay between individual characteristics, environmental factors, and coping mechanisms in fostering hardiness in the face of challenging life circumstances.

In times of adversity, it is also important to learn to manage one's own actions and make decisions that improve one's optimistic attitudes towards life. Due to excessive stress, people are increasingly experiencing distrust and shock; fear and anxiety about the future; disorientation; difficulty making decisions or concentrating; inability to focus; apathy and emotional numbness; irritability and anger; sadness and depression; feelings of powerlessness; changes in eating patterns; loss of appetite or overeating; crying for no apparent reason; headaches and stomach problems; difficulty sleeping; excessive alcohol and drug use, etc (Basenko, 2019; Dekel, 2023).

The various challenges discussed have significant repercussions on individuals' adaptive capacities and can hinder their ability to function effectively in day-to-day life. Thus, it is imperative to form and enhance personal hardiness as an essential trait to bolster psychological and physical safety in the face of contemporary challenges and crises.

Contemporary scientific inquiry intertwines the concept of hardiness with notions of vitality, resilience, flexibility and stress resistance (Richardson et al., 2023; Forster, 2023). These constructs collectively contribute to understanding how individuals navigate adversity and maintain equilibrium amidst turbulent circumstances.

In the scholarly contributions, T. Tytarenko (2009) approaches hardiness as the utilization of inherent human regulatory reserves, which become activated during periods of stress. Hardiness, in this context, is construed as a mechanism of coping with life's adversities, enabling individuals to safely and constructively adapt to unfavorable circumstances (Tytarenko, 2009).

Thus, in the study by R. Chen (2023) the content of the concept of hardiness is described through the prism of resilience and coping. The author proposed a detailed scheme of the structure of personality hardiness as an integral characteristic and component of personal resource. The following components резервних регулятивних ресурсів людини, що активізують у стресових ситуаціях. Життєстійкість трактується як спосіб опанування життєвих труднощів для безпечного та конструктивного пристосування до несприятливих ситуацій (Титаренко, 2009).

Так, у дослідженні R. Chen (2023) описано зміст поняття життєстійкості саме через призму резильєнтності та копінгу. Авторка запропонувала розгорнути схему структури життєстійкості особистості як інтегральної характеристики та складової особистісного ресурсу. Вона виокремила такі складові життєстійкості – емоційну, вольову та конативну. У своєму дослідженні звернула увагу на формування життєстійкості у юнацький період в умовах воєнного конфлікту.

В. Предко (2020) та І. Сергеєва (2018) у своїх наукових пошуках зосередилися на вивченні життєстійкості у підлітковому віці. В. Предко зазначає, що розвиток життєстійкості підлітка визначається культурно-соціальною взаємодією та сприяє формуванню її компонентів. Також науковець стверджує, що життєстійкість є інтегральною її індивідуальною особистістю, яка ґрунтується на активних життєвих установках, сприяє формуванню адаптивних стратегій, проте акцентує важливість змін у структурі життєстійкості у контексті соціально-психологічних умов.

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of hardness are identified: emotional, volitional, and conative. In the research, attention is paid to the formation of hardness in the youth period in the context of military conflict.

V. Predko (2020) and I. Serheieva (2018) focused on the study of hardiness in adolescence in their research. Predko notes that the development of adolescent hardiness is determined by cultural and social interaction and contributes to the formation of its components. The scientist also argues that hardiness is an integral quality of an individual that is based on active life attitudes, accompanied by the ability to achieve goals, ensures self-determination and internal balance, contributes to the disclosure of resource potential and is a leading condition for full development (Predko, 2020). I. Serheieva (2018) also describes hardiness from the perspective of an integral property of the individual and characterizes it in terms of its connection with coping strategies, but emphasizes the peculiarities of the formation of this quality in adolescence (Serheieva, 2018).

It is worth noting that numerous scientific studies, when explaining hardness, pay attention to hardness as a state of internal energy potential of an individual, calling it vitality. In research, the concept of vitality was often linked to psychological energy, liveliness, meaning of life, and self-esteem (First et al., 2021; Mansell, 2023).

Vitality is closely related to overall physical and mental health, and its presence contributes to an increase in an individual's internal energy reserve and a sense of empowerment.

Studies show that factors that negatively affect physical health or mood also have a negative impact on vitality. Smoking, unhealthy diet, physical inactivity, and stressful environments are negatively related to vitality of the individual (Karakuş et al., 2023; Kuzikova, 2021).

The scientific article by O. Moskaliova (2019) presents generalized and systematized scientific approaches to understanding hardness, namely: as a resource aimed at maintaining vitality and activity and supporting personal activity and motivational focus. Hardiness is considered as the main resource for coping with life difficulties, as a person's ability to control and manage life events, perceive difficulties as valuable experience and successfully cope with them, using energy of hardness are identified: emotional, volitional, and conative. In the research, attention is paid to the formation of hardness in the youth period in the context of military conflict.

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them as an opportunity for personal growth; as a personality trait, due to which problem situations turn into new opportunities, needs are actualized and successful adaptation takes place; it is an energy-saving mechanism for survival in times of life difficulties and social change; as a set of attitudes and dispositions that help shape a life project by assessing one’s own resources.

The basis for building hardiness is the presence of vitality, a conditional psychological “fuel” for everyday life that is available to everyone. Hardiness combines not only physical energy but also enthusiasm and strength of mind.

A review of the scientific literature shows that vitality is viewed as an internal resource that can contribute to an excess of available energy. Vitality is often defined and measured only through psychological factors. Medical researchers focus on emotional and physical factors of vitality (Lavrusheva, 2020). Most definitions of vitality present a combination of physical, cognitive, and emotional factors.

In the foreign scientific literature, vitality is defined as a balance between risk factors (poverty, perinatal stress, disharmony of parental upbringing) and protective factors (Greenglass et al., 2006). Researchers consider physical, mental and emotional vitality. Physical vitality is defined as the energy available to a person or the feeling of physical activity. Psychological or mental vitality is defined as the mental energy to think clearly, stay focused, be alert, think flexibly, and create a positive outlook (Nuetzel, 2023; Shapiro et al., 2022; Thoma et al., 2020).

Emotional vitality should be viewed as the energy available to a person to effectively regulate emotions. Emotional vitality is closely related to emotional intelligence. Emotional intelligence focuses on the awareness and management of emotions, and emotional vitality should be interpreted as the energy resource needed for this awareness and management (Fletcher et al., 2013; Sharif et al., 2022).

In the journal "Everyday Vitality", psychiatrist Dr. S. Boardman (2021) identifies strategies for developing vitality, the positive sense of vigor and energy that underlies well-being. Among them, she identifies: meaningful communication with others; engaging in experiences that stress, disharmony of upbringing) and protective factors (Greenglass et al., 2006). Researchers focus on emotional and physical factors of vitality (Lavrusheva, 2020). Most definitions of vitality present a combination of physical, cognitive, and emotional factors.

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challenge you; contributing to something outside yourself. According to the scientist, such actions build hardiness, increasing emotional endurance and creating upliftment-growth – the opposite of daily irritation and annoyance.

Vitality can be a prerequisite for building hardiness. Hardiness is a set of skills that help a person not only survive difficult times, but even strengthen themselves or acquire new skills and habits. Often, the concept of hardiness includes the characteristics of flexibility, vitality, resistance, elasticity, and resistance to external influences (Kardum et al., 2012; Kuldas et al., 2022).

Therefore, hardiness can be seen as the desire and ability to continue working, regardless of external and internal changes, to respond flexibly to them, and the ability to sustain and grow, which are necessary for future success.

The concept of hardiness is considered as the ability of a person to survive in difficult conditions and is activated in critical conditions of life. It can reduce the tendency to internal tension in crisis situations by coping with stress and perceiving it as less significant.

Hypothesis. The hardiness has links with the coping strategies of participants in military operations.

The purpose of the article is a theoretical and empirical research of the peculiarities of hardiness of persons who participated in military operations, elucidating its correlation with coping strategies.

Methods

Participants. The research involved 35 men (n = 35) aged 22–55. All the respondents were involved in military operations in various ways (special operation forces, territorial defence, volunteers, etc.).

Organization of the research. The theoretical level of the research of the problem was based on the use of such general scientific methods as analysis, synthesis, induction, deduction, comparison, abstraction and modeling. Based on the results of using these methods, a model of personality hardiness in crisis situations was compiled. The empirical research is aimed at expanding the age range of the subjects and specifying it according to the male gender. It was men who were and remain
Theoretical and Empirical Study on Hardiness of Participants in Military Operations

active participants in military operations during the full-scale invasion. Taking into account the complexity and strength of the negative impact of the situation related to military operations in the country, it seems appropriate and necessary to determine the connection of the main components of hardiness with coping strategies and characterize their specifics in the research process. In the process of the empirical research, respondents received forms of the Hardiness Scale by S. Maddi (2002) and the Stress and Coping Inventory (SCI) by R. Lazarus and S. Folkman (adapted by Kriukova et al., 2007). The research was conducted anonymously, indicating only respondents’ age and gender.

**Variables.** The empirical study considers the following variables: hardiness, engagement, control, risk acceptance, and coping strategies.

**Procedures and instruments.** The Hardiness Scale is an adaptation of the Hardiness Survey (Maddi, 2002). The personal characteristic of “hardiness” measured by this test allows determining the degree of a person’s ability to withstand stressful situations, maintain an internal balance without reducing performance. Hardiness is considered to be a system of beliefs about oneself, the world, and relationships with them. This test was used to determine the overall level of hardiness and the level of manifestation of each of the components, namely: “engagement”, “control” and “risk acceptance”. The sum of the scores for each of the indicators makes it possible to determine the overall level of hardiness. The normal range of the hardiness score is between 62.19 and 99.25 (Maddi, 2006).

The test by R. Lazarus and S. Folkman (1984) allowed us to identify coping mechanisms and ways of coping with difficulties in different situations. The researchers considered coping as constantly changing attempts of the cognitive and behavioral spheres to cope with specific external and internal influences that are assessed as excessive or exceeding human resources (Lazarus & Folkman, 1984). The respondents’ dominant coping strategies were determined with the test, namely confrontational coping (aggressive efforts to change the situation, manifested in hostility and risk acceptance); distancing (cognitive efforts aimed at separating...
from the situation and reducing its significance; self-control (efforts aimed at regulating emotions and actions); seeking social support (desire to receive informational and emotional support); acceptance of responsibility (acceptance of one’s role in trying to solve and influence the situation); escape-avoidance (mental and behavioral efforts to avoid the problem); problem-solving planning (voluntary problem-focused efforts to change the situation by analyzing it); positive reappraisal (efforts to focus on personal growth through inclusion in the situation) (Folkman et al., 1980).

The modeling method was used to create a model of personality hardiness in crisis situations. The model as a form of scientific knowledge of the studied characteristic contained personal, behavioral, energy and existential-value components.

Statistical analysis. Computer programs SPSS 23.0 and MS "Office Excel 2010" were used in the mathematical processing of the obtained data. The Pearson correlation coefficient (R) for interval scales was used to determine the statistical significance of correlation between the variables of hardiness and coping strategies.

Results
In the structure of positive aspects of hardiness, somatic health, mental well-being, and improved work capacity are distinguished. This structure includes semantic regulation, adequate self-esteem, volitional qualities, social, and communicative competence.

Considering the results of the theoretical analysis, the author’s model of the structure of personal hardiness in crisis situations is proposed (see Fig. 1).
The components of the structure of hardiness include the energy component (vitality), personal component (personal qualities such as hardiness, stress resistance, determination, etc.), behavioral component (coping strategies). Also, the existential and value component, which includes awareness of the value of life and individual meanings of life, was singled out in a special way.

While conducting the research, the features of the behavioral component in connection with hardiness of the individual were primarily determined.

Based on the results of the S. Maddi test, the indicators of each component of hardiness were determined. Thus, "engagement" is characterized by a high level in 63.50% of respondents, a medium level – in 28.30%, and a low level – in 8.20%. The respondents have a high level of "engagement", which indicates satisfaction with the activity, involvement in it, motivation, and a sense of satisfaction and comfort. This indicates an appropriate level of fulfillment of all tasks and responsibilities by men due to their involvement in activities related to the military operations in Ukraine. As for the level of the "control" component, it received even higher scores in the majority of respondents, namely: a high level – 69.20%, a medium level – 15.30%, a low level – 15.50%. The indicators show that the respondents demonstrate confidence and focus on the relevance of the situation, manage themselves and their lives, seek to influence and change events, and are able to make decisions and take responsibility for them.

The level of the "risk acceptance" component has the following values: a high level of manifestation is characteristic of only 14.10%, a medium level – for 35.30%, and a low level – for 50.60%. Such indicators mean that most people are cautious, trying to make balanced and conscious decisions, not guided by spontaneous emotions and the desire to experience intense emotions.

Since war already increases the intensity and depth of experiences, there is clearly no need to experience them focusing on risk.

Summarizing the results of the hardiness research, it can be argued that due to its sufficiently high level of manifestation, there is a less traumatic assessment of the events experienced. However, this also means a less traumatic assessment of the events experienced.
by respondents, and an attitude with readiness to seek resources for their resolution and overcoming are formed.

Assessment of the respondents’ dominant coping strategies revealed their predominant orientation to “acceptance of responsibility” (M = 15.10), “self-control” (M = 14.40) and “confrontational coping” (M = 10.30). The lowest level of coping was “positive reappraisal” (M = 5.60) (Fig. II).

The predominance of the above coping mechanisms indicates a clear awareness of individual functions and role, a desire to influence and change the situation, and constant control over it. However, sometimes there is a situational use of aggressive elements in one’s own behavior and communication. In the situation of military operations, there is undoubtedly verbal, physical and indirect aggression, which is a certain

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way of adding and adapting to an unfavorable and crisis situation.

Regarding age aspects, it was found that such coping as “acceptance of responsibility” and “self-control” dominate among people over 35 years old, while respondents under 35 years old are characterized by confrontational coping (Tabl. 1). Taking into account age peculiarities, it can be noted that mature people choose more constructive and effective ways of coping than younger people. At the same time, it should be noted that in both age groups, the identified coping strategies help to minimize the impact of a traumatic situation, which in this case is war.

Correlation analysis was conducted to establish the relationship between hardiness components and copings (Tabl. 2).

According to the results, it was found that there is a direct correlation between “engagement”, “problem-solving planning” (R = .432; p ≤ .01) and “acceptance of responsibility” (R = .451; p ≤ .01). Undoubtedly, “engagement” contributes to the growth of “responsibility” and “problem solving”, which is an important aspect in the formation and growth of hardness, especially in crisis conditions such as war. Awareness of the problem, planning for solving it, and responsibility for this solution increases with Table 1. Indicators of copings by age of respondents (descriptive statistics)

<table>
<thead>
<tr>
<th>Види копінгів/ Types of coping</th>
<th>Bik/Age (≤35)</th>
<th>Bik/Age (35+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Конфронтаційний копінг/ Confrontational coping</td>
<td>14.60</td>
<td>2.30</td>
</tr>
<tr>
<td>Дистанціювання/ Distancing</td>
<td>6.40</td>
<td>3.10</td>
</tr>
<tr>
<td>Самоконтроль/ Self-control</td>
<td>12.90</td>
<td>3.30</td>
</tr>
<tr>
<td>Пошук соціальної підтримки/ Searching for social support</td>
<td>7.40</td>
<td>2.40</td>
</tr>
<tr>
<td>Прийняття відповідальності/ Acceptance of responsibility</td>
<td>10.20</td>
<td>2.20</td>
</tr>
<tr>
<td>Втеча-уникнення/ Escape-avoidance</td>
<td>8.10</td>
<td>2.30</td>
</tr>
<tr>
<td>Планування вирішення проблеми/ Problem-solving planning</td>
<td>7.50</td>
<td>3.50</td>
</tr>
<tr>
<td>Позитивна переоцінка/ Positive reappraisal</td>
<td>5.40</td>
<td>3.10</td>
</tr>
</tbody>
</table>

Note: M – mean of the sample distribution; SD – standard deviation of the sample distribution.

Таблиця 1. Показники копінгів за віком респондентів (результати описової статистики)

<table>
<thead>
<tr>
<th>Види копінгів/ Types of coping</th>
<th>Bik/Age (≤35)</th>
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<td>Позитивна переоцінка/ Positive reappraisal</td>
<td>5.40</td>
<td>3.10</td>
</tr>
</tbody>
</table>

Note: M – mean of the sample distribution; SD – standard deviation of the sample distribution.

Prимітка: M – середнє розподілу вибірки; SD – середнє квадратичне відхилення розподілу вибірки.
involvement in the situation, which characterizes the respondents in our sample. There is also a direct correlation between "risk acceptance" and "confrontational coping" (R = .611; p ≤ .01) and "escape-avoidance" coping (R = -.550; p ≤ .01).

**Discussion**

Analyzing the concepts of hardness by different authors, we can identify several key aspects that define this important personal trait. The components of vital behavior, such as mobilizing strength, overcoming crisis situations, and maintaining one's health, are found to be essential for the formation of hardness. A vital attitude that combines adequate response and coping with difficult life situations is another key component. The idea that hardness manifests itself in actions based on timely life choices and personal maturity is important. Researchers also identify personal qualities that characterize hardness, such as activity, determination, courage, endurance, and persistency. Hardiness is viewed as a mature, complex personal formation determined by a formed dynamic quality.

It is worth noting that this trait is characterized by a sense of enjoyment of life not only despite challenges and difficulties, but because of them. A person with hardness becomes an expanded subjectivity, perceiving life as an all-encompassing existence.

### Table 2. Indicators of the correlation between hardness components and copings

<table>
<thead>
<tr>
<th>Показники життєстійкості/ Hardiness indicators</th>
<th>Види копінгів/ Types of copings</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
<tr>
<td>Прийняття ризику/ Risk acceptance</td>
<td>Планування вирішення проблеми/ Planning for problem solving</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Zалучення/ Engagement</th>
<th>.211</th>
<th>.221</th>
<th>.311</th>
<th>.291</th>
<th>.451**</th>
<th>.365</th>
<th>.432**</th>
<th>.308</th>
</tr>
</thead>
<tbody>
<tr>
<td>Контроль/ Control</td>
<td>.119</td>
<td>.114</td>
<td>.138</td>
<td>-.101</td>
<td>.111</td>
<td>.179</td>
<td>.133</td>
<td>.122</td>
</tr>
<tr>
<td>Прийняття ризику/ Risk acceptance</td>
<td>.611**</td>
<td>.113</td>
<td>.127</td>
<td>-.051</td>
<td>.227</td>
<td>-.550**</td>
<td>.226</td>
<td>.236</td>
</tr>
</tbody>
</table>

**Note:** **  –  p < .01  –  statistically significant relationship.

Примітка: **  –  р < .01  –  статистично достовірний зв’язок.
Finally, an important element of hardiness is considered to be a creative approach to meeting high-order needs, as well as tolerance of uncertainty, pain, mistakes, and death. These traits indicate that hardiness is not only the ability to survive difficult moments, but also an active influence on one’s own development and attitude to life.

According to S. Maddi (2006), hardiness is a system of ideas about oneself, the world, and relationships with the world. The author developed a model of a design strategy for stress resistance and hardiness for transformational changes in the personality under conditions of uncertainty and stress. It includes such components as engagement, control, and risk acceptance (Maddi, 2006). Engagement guarantees that an individual will find something interesting and worthwhile in the activity in which he or she is involved. Conversely, lack of involvement creates a sense of rejection and a persistent feeling of being "outside of life". Control helps to create a sense of influence and change in the situation, even though sometimes the effectiveness and success are not guaranteed. Risk acceptance gives the belief that everything that happens contributes to development. In this case, a person is always ready to act even without guarantees of success, overcoming fear, ignoring comfort and safety. The severity of these components helps to reduce internal tension in stressful situations through sustainable stress management.

D. Ivanov (2023) presents a model of the structure of personality hardiness, focusing on its components such as emotional, volitional, cognitive, moral, and behavioral. The emotional component includes emotional stability, stress resistance, balance, satisfaction with activities, and an optimistic outlook on life. The volitional component is described through the prism of such qualities as determination, initiative, independence, determination, perseverance, endurance, and resistance. The cognitive component includes control, risk acceptance, beliefs, expectations, attributions, and self-attitude. The moral component is represented by humanistic values, and the behavioral component is represented by active interaction with others.

It is determined that in the case of risk acceptance, impulsivity and aggressive tendencies lead to satisfaction of higher needs, as well as tolerance of uncertainty, pain, mistakes, and death. These traits indicate that hardiness is not only the ability to survive difficult moments, but also an active influence on one’s own development and attitude to life.

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increase, and manifestations of confrontational coping become more acute. However, at the same time, the indicator of the “escape-avoidance” coping strategy decreases, since risk is always associated with maximum acceptance and inclusion in the situation, and not always associated with awareness of the consequences of the impact on a particular person.

Thus, the results of the empirical research (see Tabl. 2) confirm that in order to increase the level of hardiness not only in war, but also in general, it is worth paying attention to the formation of hardiness. The obtained indicators made it possible to identify the main components of hardiness and to propose a number of techniques that can be effectively used to build hardiness of individuals, namely:

- reconstruction of the situation. Stressful situations set by the trainer are recreated in the imagination. During this reconstruction, a person better understands the sources of conflict, their mistakes, and chooses more effective ways to overcome the situation;
- focusing technique, which consists in finding emotional reactions that are poorly understood and interfere with decision-making by turning to the “inner meaning” to achieve emotional insight;
- compensatory self-improvement. If it is not possible to resolve a particular stressful situation, we turn to a tangential situation that can be resolved.

The proposed techniques make it possible to work through and accumulate social experience in crisis situations. Therefore, reconstructions of life difficulties contribute to the formation of hardiness, which will further shape the subjective perception of difficult life situations and determine a person’s life path.

Analyzing the results of the study and relying on numerous scientific researches, hardiness is interpreted as an integral property of the individual, combining a set of personal and behavioral characteristics as a personal resource that helps to adapt to difficult situations, an energy-saving mechanism based on the vitality of the individual, as well as a set of attitudes and dispositions of the individual.

Based on the results of the theoretical analysis of scientific sources, a model of personality confrontation of coping. The results of this research confirm that to increase the level of hardiness in war, and general, it is worth paying attention to the formation of hardiness. The obtained indicators made it possible to identify the main components of hardiness and to propose a number of techniques that can be effectively used to build the hardiness of individuals, namely:

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Based on the results of the theoretical analysis of scientific sources, a model of personality
hardiness was compiled, which contains the main blocks (personal, cognitive), but the basic emphasis was placed on the block of vitality (energy component, which is basic in the formation of hardiness) and existential-value, which is especially important during a crisis, as it involves a semantic component, awareness of the value of life and the desire to preserve it.

Since response remains important in crisis situations, the peculiarities of the relationship between hardiness and coping strategies of the individual are investigated. The study shows that the level of hardiness allows one to effectively cope with difficult life situations, affects the degree of protection of a person from the negative effects of stressful situations and the ability to overcome problems. Hardiness makes it possible to perceive life problems as less threatening and respond to them with more positive and constructive emotions, not to avoid social relationships, which is obviously one of the key conditions for effective life in war.

Undoubtedly, one can agree with the theses and research results that hardiness is the main resource of an individual and an energy-saving mechanism based on vitality, however, the structure of vitality should be investigated in more detail as it is the basis of the formation of hardiness and it has not been carried out in most scientific works. Also, the empirical research proved the correlation between hardiness and coping strategies, but it was determined for men who participate in military operations.

It should be noted that the peculiarities of the manifestation of hardiness components were identified in men who were at different places of military operations and performed tasks of varying complexity, which has not been presented in relevant modern research. However, it is worthwhile to study in more depth the respondents’ age characteristics and the manifestations of hardiness components and coping characteristics within these age groups, as well as to determine this specificity in accordance with the tasks performed (intelligence service, volunteers, etc.).

It was generalized that in the conditions of military operations, coping strategies dominate among persons involved in them, which are

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precisely the resources of the individual's vital energy and overcoming difficult situations of challenge that become the norm of war. Therefore, there are coping strategies related to acceptance of responsibility, self-control, and problem-solving planning. These copings become an important basis for hardiness, as they give a sense of control and influence over the situation, reduce the level of powerlessness and generate motivation for action. At the same time, problem-solving planning as a coping strategy activates cognitive processes, gives an internal sense of confidence, and reduces stress and anxiety. The dominance of such copings makes it possible to feel a resource, which is essential when participating in hostilities. The components of hardiness and dominant coping reflect the behavioral, energetic, and value blocks of the hypothetical model of individual hardiness in crisis situations.

Conclusions

Thus, as a result of the research, based on the theoretical analysis of scientific sources, a model of personal hardiness in crisis situations was compiled. The main components of the model are the energy component (vitality), the personal block (includes such qualities as stress resistance, resistance, resilience, determination, etc.), the behavioral block (coping in crisis situations) and the existential and value component (individual meanings, values, love of life).

As a result of processing the data of the empirical research, the dominance of such components of hardiness as engagement and control and a low level of risk acceptance was determined. The dominance of the coping strategies “acceptance of responsibility” and “control” was revealed.

The correlation analysis of the results of the empirical research proved the existence of a direct correlation between “engagement” and “acceptance of responsibility” and “problem-solving planning”, as well as “risk acceptance” with such coping strategies as “confrontational coping” and “escape-avoidance”.

In further research, attention should be directed to studying the influence of the existential and value components on the formation of personal hardiness in crisis conditions.
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Список використаних джерел

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