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Specific features of re-adaptation of military personnel after leaving the combat zone

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Abstract. The issue of re-adaptation of military personnel after taking part in combat operations is one of the most complex and urgent challenges in the context of modern social and psychological difficulties. Soldiers returning to civilian life after combat often face numerous difficulties, related not only to physical recovery but also to psychological and social reintegration. These include experiencing traumatic stress, alienation, social isolation, and challenges in adapting to a changed reality. The purpose of this study was to analyse the existing research on the issue, as well as to conduct an experimental examination of the manifestations of post-traumatic stress disorder (PTSD), depression, anxiety, and stress in military personnel. The empirical study employed diagnostic methods such as the PTSD Checklist – Military Version (PCL-M), the Perceived Stress Scale, the Beck Anxiety Inventory, and the Beck Depression Inventory. The experimental findings revealed that most combat veterans experience significant psycho-emotional difficulties, including specific signs of PTSD, elevated levels of stress, moderate-to-high anxiety levels, and moderate depressive symptoms indicative of mild-to-moderate depression. Among the study participants, varying levels of depressive symptoms and high psycho-emotional tension were observed, complicating the social adaptation. The findings emphasised that rehabilitation should involve multidisciplinary support, combining psychotherapeutic methods, pharmacological treatment when necessary, and socio-psychological support to foster psychological resilience and social reintegration of veterans. The obtained data can be used to improve rehabilitation methodologies and develop innovative approaches for the effective restoration of veterans' mental health in the future

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INTRODUCTION

The process of returning military personnel to civilian life is complex, involving numerous psychological, social, and physical challenges. The number of veterans who need re-adaptation is steadily growing due to Ukraine's prolonged armed conflict. Combat experience can result in

substantial psychological trauma, such as PTSD (post-traumatic stress disorder), anxiety, depression, sleep disturbances, and other disorders that exacerbate the return to normal life. The social aspects of re-adaptation also play a crucial role. Rebuilding relationships with family and



close ones is often a challenge for service members, as they may struggle to fully understand the veterans' experiences. Communication barriers, societal misunderstanding, employment challenges, and adaptation to civilian life are just some of the obstacles veterans encounter. The presence of unresolved psychological issues can result in social isolation, substance abuse, aggressive behaviour, and even suicidal tendencies. The significance of investigating this issue becomes even clearer as the number of veterans in need of support grows and the complexity of the re-adaptation process increases. Reintegrating service members after combat is a challenging task that involves physical, psychological, and social dimensions. The value of each of these aspects in ensuring a successful transition to civilian life is highlighted in contemporary research.

Author D. Eddie *et al.* (2020) highlighted the matter of early detection and treatment of PTSD, which is a widespread issue among veterans. PTSD arises from combat-related stress and can greatly complicate the re-adaptation process. Research findings indicated that prompt psychotherapeutic intervention and, when necessary, pharmacological support can alleviate PTSD symptoms, enhance veterans' emotional well-being, and ultimately improve their quality of life. The prevention of PTSD from developing into more serious mental health disorders requires early detection and intervention. A. A.A.J. Scoglio *et al.* (2023) stressed the significance of social support in the re-adaptation process. According to the researchers, stable social connections, especially support from family, friends, and loved ones, are crucial in decreasing stress and depression among veterans. Veterans who do not receive such support are at a greater risk of experiencing psychological difficulties like loneliness and isolation, which can further complicate their transition to civilian life. Therefore, integrating family and social networks into the support system is a crucial element of effective re-adaptation.

According to Z. Kisarchuk (2020), the adaptation of military personnel and their families involves several key components: psychological adaptation (understanding the values and norms of civilian life), legal adaptation (familiarisation with legal rights and obligations regarding veterans and their families), and professional adaptation (enhancing existing or acquiring new professional skills). The researcher emphasised the significance of creating programmes that give veterans new professional skills, enabling them to integrate into the civilian workforce. These programmes should include training in fields such as IT, construction, and project management. Moreover, veterans should have access to specialised employment support centres that offer career counselling, job fair participation, and up-to-date labour market information. Furthermore, housing support programmes should be implemented, including housing loans and the creation of specialised residential complexes for veterans. It is vital to raise public awareness of the challenges veterans face when returning home. This can be achieved through information campaigns, media publications, seminars, workshops, and dedicated websites

and social media groups for veterans. Collaboration with the media is particularly crucial for highlighting veterans' issues, organising training sessions for journalists, and producing documentary programmes showcasing veterans' successes and the challenges they encounter during their reintegration into civilian life.

According to O. Ovcharenko (2023), these various forms of support are critical for the successful social adaptation of veterans, enabling them to integrate confidently into civilian life and fulfil their potential in an unfamiliar environment. The reintegration of military personnel is not only an essential aspect of state social policy but also a key factor in ensuring national security. Successful adaptation reduces social tensions, prevents conflicts, and facilitates veterans' active participation in society. The psychological aspect of reintegration is particularly significant, as service members who have experienced combat often struggle with mental health recovery. This can include symptoms of PTSD, depression, social isolation, and aggression. Effective reintegration programmes not only help restore psychological resilience but also support veterans in regaining social functionality, such as interpersonal communication, professional activity, and engagement in community life.

D. Gimeno Ruiz de Porras *et al.* (2024) explored the professional challenges faced by female veterans during their transition to civilian life and examined support systems. The study was based on a qualitative analysis of in-depth interviews with 40 female veterans who took part in military operations over the past decade. The researchers concluded on the need to develop gender-sensitive support programmes and eliminate systemic barriers that hinder professional integration. Moreover, according to V. Troshina (2021), a considerable portion of rehabilitation methods used for veterans primarily focus on temporary symptom relief rather than addressing the underlying causes of PTSD. Many service members struggle when offered only superficial support or therapies that concentrate solely on their past traumatic experiences. This approach often fails to help them properly reprocess their experiences and discover new paths for personal growth. In some cases, it may even worsen their psychological trauma, creating further challenges in their transition to civilian life. N.M. Martin *et al.* (2023) examined the physical health challenges faced by veterans after returning from service. The cohort study tracked 500 veterans over a 10-year period. The researchers emphasised the significance of a comprehensive approach to veterans' physical health post-demobilisation, including regular medical monitoring for early detection and treatment of chronic conditions, integration of physical activity programmes into the readjustment process to reduce the risk of comorbidities, and specialised support programmes for veterans with combat-related injuries.

Reintegration is a complex and multi-layered process that depends on numerous variables, meaning the absence of a single, universal solution for all veterans. L.M. Proudka & O.M. Pasko (2024) examined contemporary psychological aspects of the mental states of military personnel in the

context of adaptation after returning to civilian life from combat zones. The researchers emphasised that “the adaptation process of military personnel after taking part in combat operations is complex and multi-stage, requiring consideration of individual characteristics and prompt psychological support”. The key factors influencing the success of re-adaptation include the level of social support, the presence of post-traumatic stress disorders, and self-regulation ability. The researchers also noted that “effective re-adaptation requires a comprehensive approach that includes medical, psychological, and social components”.

In the study by E. McGlinchey *et al.* (2024) presented a systematic review of research on psychological resilience and reintegration of military personnel after returning from combat operations. The researchers analysed factors that contribute to successful re-adaptation, including social support, individual coping strategies, and psychological aid programmes. They also highlighted the significance of developing individualised approaches to re-adaptation, considering the unique needs of each service member. This systematic review examined the role of psychological resilience in the reintegration process of military personnel after combat deployment. The researchers analysed 25 empirical studies published between 2010 and 2022, focusing on factors influencing successful re-adaptation. L.L. Lira & J. Chandrasekar (2020) presented a meta-analysis investigating the challenges and opportunities related to employment for military personnel transitioning to civilian life. The researchers examined numerous studies to identify the principal obstacles and opportunities veterans encounter during their transition to civilian careers. Overall, the analysis of these studies demonstrated that veteran re-adaptation requires a comprehensive approach, incorporating psychological, social, and physical support, professional reintegration, and opportunities for spiritual recovery. Only such an approach can ensure a successful transition to civilian life, helping veterans overcome challenges and adapt to a new reality. The study theoretically and empirically examined the specific features of military personnel's re-adaptation after their return from combat zones. To fulfil the purpose of this study, the following objectives were outlined:

- to analyse the theoretical foundations of service members' re-adaptation after combat deployment;
- to conduct an empirical study on the psychological and social aspects of military re-adaptation;
- to examine the ways and means of optimising the military personnel's re-adaptation.

LITERATURE REVIEW

The study of military adaptation was based on a wide range of scientific studies that analyse the social, medical-psychological, and socio-psychological aspects of personality adaptation. Both Ukrainian and foreign researchers explored these issues, enabling a comprehensive approach to understanding the challenges veterans face upon returning to civilian life. O. Skrypkin (2020) examined the socio-psychological aspects of the reintegration of Ukrainian service members

after taking part in combat operations in eastern Ukraine. The researchers conducted in-depth interviews with 50 veterans and identified the following key factors influencing successful reintegration: family and community support, professional adaptation, and psychological assistance.

Families must be prepared for a potentially long and complex reintegration process that requires patience, empathy, and a willingness to help veterans navigate the arising challenges (Demchenko *et al.*, 2023). However, support should not be limited to family alone – broader societal acceptance is equally significant. Reintegration becomes much more complicated and can further deteriorate veterans' mental health if society refuses to welcome back veterans, or if stereotypes and discrimination persist. Yu. Bryndikov (2018) emphasised that the experience of combatants taking part in military operations in the east of Ukraine indicates an elevated level of trauma. To enhance combat effectiveness, preserve physical and mental health, and stabilise the psycho-emotional state of service members, there is a pressing need for comprehensive rehabilitation. The researcher presented his perspective on the matter, exploring various aspects of rehabilitation, its types, and potential applications, while also analysing international practices in rehabilitating combatants.

M. Marushchak (2023) highlighted that the psychological adaptation of service members is a complex, multi-level process reflected in their ability to adjust to high-stress, life-threatening conditions. It involves developing psychological resilience to mitigate the effects of these conditions on their mental well-being. M. Tsybaliuk & N. Zhygai-lo (2023) focused on the psychological aspects of the socio-psychological adaptation of demobilised personnel from the Armed Forces of Ukraine and other military formations. Their adaptation is influenced by changes in living conditions and the lack of prior psychological preparation for these transitions. The study highlighted the value of ensuring adaptation to civilian life, as well as preserving and restoring mental health, enabling veterans to contribute meaningfully to society and their families. To support the mental well-being of demobilised service members, the researchers proposed a comprehensive programme aimed at enhancing psychological resilience and improving adaptation conditions. Additionally, practical recommendations were provided to foster socio-psychological adaptation among veterans and former military personnel.

H. Prib *et al.* (2022) analysed the phenomenology of the socio-psychological adaptation process among service members, veterans, and combatants. The researchers emphasised that the nature of this adaptation process largely depends on individual psychological characteristics. They defined the socio-psychological adaptation of combatants as an adjustment to civilian life, shaped by their combat experience and its psychological consequences. The study identified and examined various adaptation types, each associated with specific behavioural strategies among service members, veterans, and combatants: imitation, balancing personal values with societal values, assimilation,

and adaptation through full acceptance. It was noted that after returning to civilian life, service members undergo a period of adjustment to new social dynamics, interactions, and personal development challenges. This phase involves reassessing social roles, partially or fully abandoning past behavioural patterns and strategies, and seeking new ways to integrate into the civilian environment. The study also outlined key areas for medical, psychological, and social support for service members, veterans, and combatants during their adaptation process.

O. Orlovskaya (2020) emphasised that after experiencing combat zones, individuals face the consequences of moral, psychological, and physical strain, which can lead to severe repercussions. Two key strategies for overcoming adaptation challenges were identified: the first strategy involves external assistance, characterised by professional support; the second strategy is internal, relying on family members who help the combatant adjust. The study confirmed that family plays a crucial role as a support resource for combatants during the adaptation period. The purpose of this process is to develop new skills, acquire new professions, and find a renewed sense of purpose in society. Veterans can use psychological healing tools like personal growth and goal-setting to reframe their experiences, derive meaning from them, and build a new identity beyond their military past.

MATERIALS AND METHODS

The research was carried out within the framework of the project implementation – Erasmus+ KA2 “Boosting University Psychological Resilience Wellbeing in (Post-) War Ukrainian Nation (BURN)” (ERASMUS-EDU-2023-CB-HE – 101129379). Project Duration: 01 January 2024 – 31 December 2026. Priority: A stronger Europe in the world. Grant holder: Ternopil Volodymyr Hnatiuk National Pedagogical University, Ukraine. To complete the objectives and fulfil the purpose of this study, theoretical methods included analysis, synthesis, generalisation, comparison, and classification of literature sources were employed. These methods facilitated the acquisition of new scientific knowledge regarding the specifics of re-adaptation processes and their effects on the psychological and social status of military personnel. Additionally, key factors influencing the success of re-adaptation were identified, encompassing psychological, social, and emotional aspects. Furthermore, various approaches to assessing the dynamics of re-adaptation processes were compared, along with the means of supporting service members in their reintegration into civilian life.

Empirical methods included testing, observation, and surveys, such as the PTSD Checklist-Military Version (PCL-M), the Psychological Stress Scale (PSM-25), Beck's Anxiety Inventory (BAI), and Beck's Depression Inventory (BDI). The study was conducted at a Veterans' Rehabilitation Centre in the city of Zaporizhzhia throughout 2024 and involved 70 military personnel who had recently returned from combat zones. The study was conducted following all ethical standards set out in the Declaration of Helsinki (2013). The following assessment tools were used:

The PTSD Checklist-Military Version (PCL-M) is a military-adapted questionnaire consisting of 17 statements related to symptoms of PTSD. Participants rate the extent to which they have experienced each symptom over the past month. While the PCL-M is not used for formal diagnosis, it helps assess the probability of PTSD. A total score of 50 or higher suggests a potential PTSD diagnosis. This tool holds great psychodiagnostic value, as it identifies combat-related stress symptoms. The Psychological Stress Scale (PSM-25) assesses the phenomenological structure of stress experiences. It measures stress levels based on behavioural, somatic, and affective indicators. Designed for individuals aged 18 to 65, the scale is applicable across multiple age and professional groups. Unlike tools that analyse specific stressors or pathological symptoms of anxiety and depression, the PSM-25 evaluates stress as a natural state of psychological tension, providing a pure assessment of stress levels.

Beck's Anxiety Inventory (BAI) is a clinical tool for identifying and measuring the severity of anxiety symptoms. The BAI consists of 21 items, each describing common psychological and physiological symptoms of anxiety. Participants rate their experience of each symptom on a scale from 0 (not at all) to 3 (severely bothered). The total score reflects the overall level of anxiety, making this tool useful for screening individuals aged 14 and older and guiding further psychological interventions. Beck's Depression Inventory (BDI) is a widely used instrument in clinical psychology and psychiatry for detecting and assessing the severity of depressive symptoms. The questionnaire covers emotional state, behavioural patterns, and physical well-being. Summing the scores allows for an evaluation of depression severity, which is essential for treatment planning and rehabilitation.

These methodologies provide a comprehensive assessment of the psychological state of combat veterans, particularly identifying symptoms of PTSD, anxiety, and depression. The application of such tools is crucial for designing effective social and psychological rehabilitation programmes to support veterans affected by combat experiences. The study was conducted with a strong emphasis on ensuring confidentiality and adhering to ethical standards. The purpose of the study, stages, and voluntary nature were fully explained to all participants. Each participant gave their consent either verbally or in writing, acknowledging their understanding of the study's objectives and their right to withdraw at any time without any negative consequences. Researchers ensured privacy by storing all responses in a way that prevented individual participants from being identified. The collected data were securely encrypted and accessible only to authorised researchers. The findings were published and presented in an aggregated form without mentioning any specific individuals. The study implemented these measures to ensure ethical compliance with psychological research standards, guaranteeing the confidentiality and protection of participants' personal information.

RESULTS AND DISCUSSION

The issue of military personnel's re-adaptation after combat operations is multifaceted and requires a comprehensive approach. It is not solely a matter of psychological well-being but also encompasses social integration, cultural adaptation, and economic aspects. Therefore, it is crucial to conduct research that provides a deeper understanding of the adaptation processes and facilitates the development of recommendations aimed at enhancing the effectiveness of rehabilitation programmes. Through theoretical analysis, the study examined the primary mental health disorders experienced by veterans, including post-traumatic stress disorder (PTSD), stress, depression, anxiety, and other psycho-emotional disturbances. The findings highlighted that exposure to combat serves as a significant stressor, often leading to long-term adverse effects on mental health. Additionally, the study underscored the significance of investigating

psychotherapeutic support methods, social adaptation strategies, and medical care for veterans, as these components constitute essential elements of a holistic rehabilitation approach.

Moreover, the research emphasised that successful reintegration into civilian life depends on the availability of tailored psychological interventions, structured social support networks, and accessible healthcare services. The study also compared various models of rehabilitation, identifying key factors that contribute to the effectiveness of re-adaptation programmes. These findings reinforce the necessity of interdisciplinary collaboration among mental health professionals, social workers, and medical practitioners to develop and implement evidence-based strategies for improving the psychological resilience and overall well-being of veterans. Based on the findings obtained from the PTSD Self-Assessment Scale (PCL-M), signs of PTSD were identified among the study participants (Table 1).

Table 1. Results of PTSD symptoms diagnosis among combat veterans

Category	Number of respondents (%)
Normative psychological activity	28.4%
Individual PTSD symptoms	37.3%
PTSD diagnosis	34.3%

Source: developed by the authors of this study

The findings suggest that a considerable proportion of the participants exhibited signs of PTSD, with 37.3% showing individual symptoms, and 34.3% meeting the criteria for a PTSD diagnosis. Only 28.4% demonstrated normative psychological activity, indicating a lower prevalence of symptoms associated with combat-related stress. These findings underscore the need for comprehensive support for veterans coping with trauma from active combat experiences. The analysis of the obtained data revealed the following results: 28.4% of respondents exhibited "normative psychological activity," 37.3% displayed "individual PTSD symptoms", and 34.3% of the participants were diagnosed with "PTSD". These findings form a basis for further development of individualised psychoneurological rehabilitation measures aimed at addressing the traumatic consequences and improving the psychological state of the programme participants. Using the PSM-25 Scale, the level of stress perceptions among combat veterans was assessed across somatic, behavioural, and emotional aspects (Fig. 1).

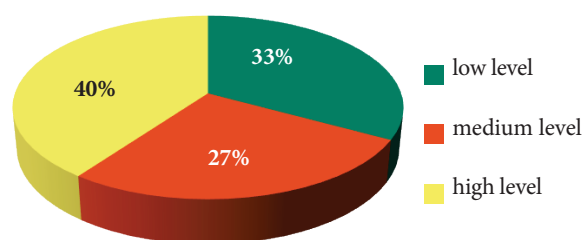


Figure 1. Level of stress perceptions according to the PSM-25 scale

Source: developed by the authors of this study

This chart highlights the varied levels of stress experienced by combat veterans in different dimensions, underlining the need for comprehensive approaches to stress management in rehabilitation programmes. The results indicate significant stress across the three domains (somatic, behavioural, and emotional), emphasising the significance of tailored interventions. According to the findings of the study, the following indicators were found: a low level of stress was observed in 33% of respondents, an average level of stress – in 27%, while a high level of stress was found in 40% of respondents. Based on the BAI results, the following anxiety levels were identified among the combat participants (Fig. 2): a low level of anxiety was recorded in 28.6% of respondents, a medium level – in 35.7%, and a high level of anxiety was present in 35.7% of participants. These findings indicate a significant prevalence of moderate-to-high anxiety among the respondents, suggesting the need for social-psychological support and corrective measures to address anxiety disorder symptoms. The increase in respondents with elevated levels of stress (40%) and anxiety (35.7%) suggests that post-traumatic experiences cause uncertainty and psychological tension. Anxiety can be a significant factor that prevents veterans from functioning in everyday life. Heart palpitations, sweating, and dizziness are common physical symptoms associated with elevated levels of anxiety, which can complicate social adaptation and increase the risk of developing depression. The study results show that anxiety disorders and depressive symptoms are often combined. 28.6% of respondents showed a high level of depressive symptoms.

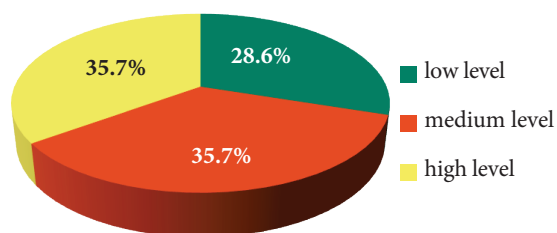


Figure 2. Anxiety levels according to the Beck Anxiety Inventory (BAI)

Source: developed by the authors of this study

Based on the findings of the study using the Beck Depression Inventory (BDI), various levels of depressive symptoms were identified among the combat participants, which allows for an assessment of the depth of depressive experiences within the sample (Table 2). The study found that a low level of depressive symptoms (minimal manifestations or absence of depressive states) was characteristic of 32.9% of respondents, a moderate level of depression (indicating the presence of moderate depressive experiences) was recorded in 40% of participants, and a high level of depression (indicating the presence of deep depressive symptoms that may require clinical attention) was observed in

27.1% of respondents. The findings suggest that depressive states are widespread among combat participants, with many respondents experiencing both moderate and severe depression. The implementation of social-psychological rehabilitation programmes, especially those that use therapeutic techniques to overcome depressive symptoms and enhance emotional well-being of participants, is highlighted by these data. Depression among veterans is a severe issue that requires attention. The elevated level of depression (27.1%) can lead to social alienation, a decrease in functioning in personal and professional life, and an increased risk of suicidal attempts. The level of depression in 40% of respondents indicates moderate depression, which may be a symptom of adaptation disorders related to the transition to civilian life after service. The data collected suggests that most combat veterans face significant psycho-emotional challenges, which necessitate a comprehensive approach to their rehabilitation. The rehabilitation process should include multidisciplinary support, combining psychotherapeutic methods, pharmacological treatment (when necessary), and social-psychological aid, which will contribute to the development of psychological resilience and social adaptation of veterans.

Table 2. Study results using the Beck Depression Inventory (BDI)

Level of depressive symptoms	Percentage of participants (%)
Low level	32.9%
Moderate level	40%
High level	27.1%

Source: developed by the authors of this study

According to the data obtained, the combatants who took part in the study are experiencing severe psychological consequences related to their combat experience. Most respondents need help in adapting to civilian life and restoring their mental health due to the elevated levels of stress, anxiety, and depression that were identified. The significance of a comprehensive approach to the psychosocial rehabilitation of veterans was highlighted, which requires the use of both individual and group therapy methods. K. Semanison *et al.* (2024) concentrated on the physical aspects of re-adaptation, with a particular emphasis on the need for rehabilitation for combat-related injuries. Many veterans suffer from physical wounds sustained during combat, which can be a major barrier to reintegration. Their research emphasised the value of physical rehabilitation in restoring physical functionality and improving emotional well-being. Specialised physical therapy programmes and psychological support are essential in facilitating both physical and mental recovery.

A.H. Boudoukha *et al.* (2017) examined the significance of professional reintegration for veterans. Many service members find it challenging to secure employment and adapt to civilian work environments after returning from combat. Professional reintegration plays a crucial role in fostering self-esteem and financial stability – key factors for successful re-adaptation. Veterans who obtain

employment after service usually experience a lower level of depression and stress. This enhances their confidence and reduces anxiety, making professional reintegration a vital component of a comprehensive approach to re-adaptation. P.N. Smith *et al.* (2016) examined the critical issue of suicidal tendencies among veterans, which represents one of the most severe challenges in the re-adaptation process. The researchers emphasised the necessity of preventive measures, which include specialised programmes for high-risk veterans and accessible psychological support. Veterans who are struggling with severe post-service challenges can be saved by prompt mental health interventions.

R. Pat-Horenczyk *et al.* (2015) investigated the role of spiritual practices in veterans' re-adaptation. Taking part in religious or spiritual activities was found to positively influence the recovery, as it can help reduce stress, anxiety, and depression. Veterans are provided with new coping mechanisms and a supportive environment through these practices. S. Zafar & E.C. Ross (2015) analysed the effectiveness of group therapy for veterans. Veterans can share their experiences, offer mutual support, and foster a sense of understanding by taking part in group therapy sessions. By using this approach, isolation can be reduced, and psychological recovery can be accelerated. Lastly, A. Hendrick *et al.* (2024) explored the effects of physical activity on veterans' mental health. Regular exercise, including sports

and yoga, has been shown to substantially reduce anxiety and depression levels among veterans. Additionally, physical activity improves overall health, which contributes to a more positive outlook on life.

Thus, the readjustment of service members after returning from combat is a complex and multifaceted process that involves not only the recovery of psychological and physical health but also social integration, support in adapting to new living conditions, professional reintegration, and the restoration of social connections.

CONCLUSIONS

The stress of taking part in combat operations can have long-lasting negative consequences for mental health. A prominent aspect of this section was also the study of national and international approaches to the rehabilitation of combat participants, which helped us to establish widespread principles that should underlie the effective rehabilitation programmes. The rehabilitation approach for veterans includes psychotherapeutic support methods, social adaptation, and medical aid, which were given special attention. The theoretical analysis confirmed that the re-adaptation of combat participants requires an individualised approach that accommodates the specific features of each veteran's traumatic experience. This determined the need for further research aimed at the development and testing of such programmes. The empirical research showed that the elevated level of PTSD (34.3%) among the participants is a significant indicator of severe traumatic experiences, which have a long-term influence on the mental health of combat veterans. PTSD is a complex disorder that may manifest through persistent memories of traumatic events, flashbacks, anxiety, aggression, and difficulties in interpersonal relationships. PTSD treatment requires specialised methods, such as cognitive behavioural therapy (CBT), art therapy, emotionally focused psychotherapy, and the possible use of pharmacological treatments to control symptoms.

This indicates the need for the creation of effective rehabilitation programmes that include various therapeutic approaches: cognitive-behavioural therapy to reduce anxiety and depression, therapeutic groups for veterans to reduce isolation, and art therapy to release emotions and

express experiences through creativity. The creation of employment support programmes and social integration initiatives is essential for veterans to slowly return to their normal lives, overcome social barriers, and manage the stress that comes with their transition into civilian society. Early intervention is crucial to prevent the development of severe mental disorders, such as suicidal tendencies or severe forms of depression, which could result from unresolved psycho-emotional issues, as highlighted by these results. To meet the needs of veterans, it is necessary to create rapid-response support that is accessible, including through specialised rehabilitation centres and support groups.

The prospects for future research on this topic involve the development and evaluation of the effectiveness of re-adaptation programmes for combat veterans based on an individualised approach, which factors in the unique nature of each veteran's traumatic experiences. This approach would require a thorough understanding of the distinct psychological, social, and emotional challenges faced by veterans, tailoring rehabilitation strategies to address these specific needs. Future studies should focus on assessing the outcomes of personalised rehabilitation interventions, exploring how various therapeutic modalities, social support systems, and medical treatments can be optimised to improve the overall reintegration process. Specifically, examining the impact of individualised approaches on the reduction of PTSD symptoms, anxiety, depression, and other mental health issues will be critical. Furthermore, research should explore the long-term effects of such programmes on veterans' psychological resilience, social functioning, and overall quality of life.

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CONFLICT OF INTEREST

The authors of this study declare no conflict of interest.

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Особливості реадаптації військовослужбовців після виходу з зони бойових дій

Анотація. Проблема реадаптації військовослужбовців після участі в бойових діях є однією з найбільш складних і актуальних в контексті сучасних соціальних та психологічних викликів. Військові, які повертаються до мирного життя після участі в бойових діях, часто стикаються з численними труднощами, які стосуються не тільки фізичного відновлення, а й психологічного та соціального інтегрування, включаючи переживання стресових травм, відчуження, соціальну ізоляцію та проблеми в адаптації до зміненої реальності. Метою роботи був аналіз робіт з проблеми дослідження, експериментальне вивчення особливостей прояву ПТСР, депресії, тривожності та стресу у військових. В ході емпіричного дослідження використано такі методи діагностики, як шкала самооцінки наявності ПТСР (PCL-M), шкали стресу (PSM-25), тривожності (BAI) та депресії (BDI). Експериментально встановлено, що більшість учасників бойових дій переживають значні психоемоційні труднощі (виявлено окремі ознаки ПТСР, високий рівень стресових відчуттів, середній та високий рівень тривоги, середній рівень депресивності (який вказує на наявність помірних депресивних переживань)). Серед учасників бойових дій було виявлено різні рівні депресивної симптоматики, високий рівень психо-емоційного напруження, що дозволяє оцінити глибину депресивних переживань та ускладнює процес соціальної адаптації. Результати зазначили, що процес реабілітації повинен включати мультидисциплінарну підтримку, поєднуючи психотерапевтичні методи, медикаментозне лікування (за потреби), а також соціально-психологічну допомогу, що сприятиме розвитку психологічної стійкості і соціальної адаптації ветеранів. Отримані дані можуть бути використані для вдосконалення методик реабілітації та створення нових підходів для ефективного відновлення психічного здоров'я ветеранів у майбутньому

Ключові слова: ПТСР; тривожність; стрес; відновлення; психологічне здоров'я