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COPING RESOURCES AMONG CIVILIANS WITH DIFFERENT LEVELS OF SUBJECTIVE WELL-BEING DURING THE WAR

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This study explores the impact of various personal characteristics on subjective well-being through regression analysis and structural equation modeling. One of the most unexpected and significant findings is that the resilience component "engagement" accounts for the largest percentage (53%) of the variability in subjective well-being, indicating that the more a person is "engaged" in life and social interactions, the more subjectively well they feel. Structural equation modeling has provided a clearer understanding of the factor structure of personal characteristics and the direction of their influences. The factor named "Strength of the Self" emerged as the most influential, affecting all other factors related to coping resources. Subjective well-being is integrated into this factor alongside dispositional optimism, resilience components (engagement, control, risk acceptance), and self-confidence. The study concludes that subjective well-being is largely determined by the interplay of these characteristics, with "engagement" being the most significant contributor. Furthermore, subjective well-being, in interaction with these traits, influences other personal qualities that enhance an individual's adaptive potential.

The findings also highlight that individuals with high subjective well-being show significantly better results across most coping resources, including resilience, self-esteem, self-attitude, and optimistic attributional style. In contrast, those with low subjective well-being exhibit higher levels of internal discontent, preference for avoidance coping strategies, and greater use of the defense mechanism "regression." Additionally, the research reveals a more pronounced general tension in psychological defenses among the "unwell" group, although a higher expression of the "denial" defense mechanism is observed in the "well" group. This suggests a possible protective role of certain defense mechanisms in maintaining subjective well-being.

Key words: subjective well-being, resilience, engagement, structural equation modeling, coping resources.

Introduction and current state of the problem research. The ongoing war between russia and Ukraine, which began in 2014, has profound psychological implications for both civilians and military personnel. The psychological responses to the war, including stress, anxiety, depression, and post-traumatic stress disorder (PTSD), necessitate effective coping strategies to manage stress and maintain mental health. The war period is a time of deep social and psychological upheaval, affecting the lives of everyone, especially civilians. During such times, coping resources become vital for ensuring both mental and physical health. Studying the coping resources among civilians with varying levels of subjective well-being is relevant and important,

as it helps us better understand how individuals adapt to extreme conditions and what factors contribute to their survival and well-being.

In Ukrainian psychology, the study of personal resources often draws on stress and coping theories developed in global science, adapting them to the national context. One of the key approaches is the stress resilience resource model developed by Lazarus and Folkman [1], which is applied in Ukrainian research to analyze psychological resources in crisis situations.

Ukrainian researchers, such as T. Tytarenko, focus on socio-psychological resources, such as support from family, friends, and social networks [2, p. 46]. Of particular interest is the role of spiritual and cultural values as coping resources, which is reflected in the works of V. Pylypenko and O. Melnyk [3, p. 28].

During wartime, stressors include physical dangers, loss of loved ones, separation from family, and the destruction of homes and social structures. These factors lead to intense psychological stress, requiring the application of various coping strategies.

Coping strategies are cognitive and behavioral efforts aimed at managing internal and external demands that are perceived as taxing or exceeding an individual's resources [1]. There are various classifications of coping strategies, but the most common include problem-focused coping (aimed at changing the situation) and emotion-focused coping (aimed at regulating emotions).

The war triggers a wide range of psychological reactions, such as acute stress, anxiety, depression, PTSD, and other psychosomatic disorders. These reactions can be both short-term and long-lasting, depending on individual and situational factors.

Research shows that during wartime, individuals are more likely to use different coping strategies depending on the level of stress and available resources. For example, military personnel may lean more towards active strategies, such as planning and self-regulation, while civilians may more often seek social support.

Some scholars have found that active coping strategies, such as seeking information, social support, and active planning, are effective for stress management during war. Meanwhile, passive strategies, such as avoidance and denial, can exacerbate mental health conditions and lead to increased anxiety and depression [4].

In Ukrainian science, coping strategies used by individuals to overcome stress are widely studied. For example, research by N. V. Chekhova indicates that during war, the most effective coping strategies are active planning, seeking social support, and positive reinterpretation [5, p. 70].

Other studies, such as those by I. Korol, demonstrate that the choice of coping strategies is influenced by the level of subjective well-being. Individuals with higher well-being levels are more likely to use active and constructive coping strategies, while those with lower well-being levels tend to resort to avoidance and passive observation [6, p. 98].

Subjective well-being in Ukrainian studies is considered an important indicator of psychological health and adaptation in difficult conditions. According to research by L. Koval, subjective well-being includes three main components: emotional well-being, life satisfaction, and psychological well-being [7, p. 20].

Research shows that the level of subjective well-being can significantly change under the influence of traumatic events such as war. However, individuals with high levels of psychological resources and support can maintain or even improve their subjective well-being.

Throughout life, an individual's well-being trajectory is established and modified by various factors. It is noted that young people are one of the vulnerable social categories in the context of preserving their health and psychological well-being, especially in conditions of social instability and uncertainty [8, p. 90]. Psychological resources are seen as means of transforming the

perception of such conditions and play a key role in mastering them and maintaining subjective well-being. Subjective well-being reflects the well-being of various aspects of life and includes the evaluation and attitude of the individual towards themselves and their life. It also implies the activity of the subject, which determines the pursuit of self-realization, conviction in the possibility, and ability to influence situations and master them.

The relevance of studying coping resources among civilians during wartime is driven by several factors:

1. Prolonged War Factor: The war in Ukraine has been ongoing for more than two years, leading to significant human suffering and necessitating effective coping strategies.
2. Psychological Consequences of War: The war has serious psychological effects on the civilian population, including post-traumatic stress disorder (PTSD), depression, anxiety, and other mental health disorders.
3. Need to Support Population Well-being: Identifying and developing coping resources aid in the creation of psychological support and rehabilitation programs, thereby improving the quality of life for individuals in crisis situations.Research Aim

The aim of the study is to identify the differences in the expression of psychological indicators that contribute to successful coping in individuals with varying levels of subjective well-being.

Research Objectives

1. To compare indicators of self-attitude, resilience, necessary coping strategies, optimism, and defense mechanisms among individuals with different levels of subjective well-being.
2. To determine the relative contribution of various personal characteristics, considered as coping resources, to the experience of subjective well-being.
3. To identify the directionality of the relationships between indicators of subjective well-being, resilience, self-attitude, optimism, optimistic attributional style, and chosen coping strategies.Subject of Research

The subject of the research is the expression of coping resources in individuals with different levels of subjective well-being.

Object of Research. The object of the research includes indicators of subjective well-being and coping resources (resilience, self-attitude, optimism, optimistic/pessimistic attributional style, coping strategies, defense mechanisms).

Research Sample. The study involved 88 participants aged 17 to 25 years, who were students from various courses and specialties at different higher education institutions in Ukraine, including 50 women and 38 men. All participants took part in the study remotely.

Empirical Research Methods. The following psychodiagnostic methods were used to collect empirical data:

1. “Subjective Well-Being Scale” (Perrudet Badoux, Mendelssohn, Chiche).
2. “Self-Attitude Methodology” (MIM).
3. “Resilience Test” by S. Maddi.
4. “Coping Strategies Questionnaire” (CSQ) by R. Lazarus.
5. “Life Style Index” (LSI) by G. Kellerman and R. Plutchik.
6. “Dispositional Optimism Test” by M. Scheier and C. Carver.
7. “Optimism Test” by L. M. Rudin (adaptation of M. Seligman’s Attributional Style Questionnaire).Methods of Statistical Data Processing

The methods used for statistical processing of the obtained data included analysis of variance (ANOVA), regression analysis, and structural modeling. Through ANOVA, the magnitude of coping resources was examined depending on the level of subjective well-being; regression analysis was used to assess the relative “contribution” of each unique indicator to subjective

well-being; and structural modeling was employed to analyze the grouping of personal characteristics (considered as coping resources) and subjective well-being factors, as well as their unidirectional interaction structure (causal relationships) in the optimal model.

Research Procedure. The participants were individually sent electronic forms with the psychodiagnostic tools, which they filled out independently and returned via email. For data analysis using ANOVA, the entire sample was divided into three groups ("low well-being," "average," and "high well-being") according to the level of subjective well-being at the 30th (50.7 points) and 70th (68 points) percentiles. From the total sample of 88 participants (50 women, 38 men), 23 individuals (10 women and 13 men) were included in the "high well-being" group, 37 individuals (20 women and 17 men) in the "average" group, and 28 individuals (20 women and 8 men) in the "low well-being" group.

Empirical Research Results. As a result of ANOVA, it was found that the "high well-being" group exhibited higher scores on most coping resources compared to the "low well-being" and "average" groups.

Below are histograms (Figures 1-3) that illustrate the most notable differences in coping resource indicators among groups with different levels of subjective well-being.

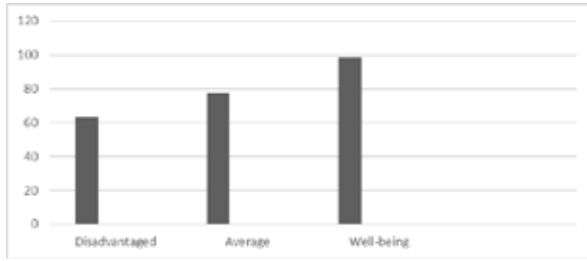

Fig. 1. ANOVA Data on the Role of Resilience Depending on the Level of Subjective Well-Being

Note: On the x-axis are the levels of subjective well-being (groups: "low well-being," "average," "high well-being"); on the y-axis is the expression of resilience. The data obtained for the groups: low well-being – 62.39; average – 78.81; high well-being – 99.1.

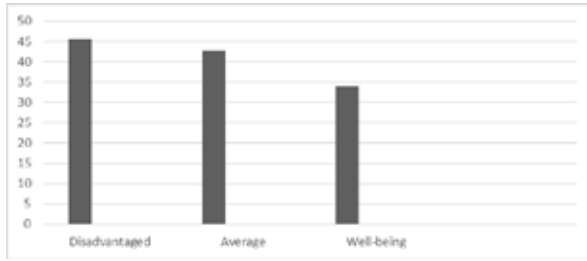

Fig. 2. ANOVA Data on "Overall Defense Tension" Based on Levels of Subjective Well-Being

Note: On the x-axis are the levels of subjective well-being (groups: "low well-being," "average," "high well-being"); on the y-axis is the expression of "overall defense tension." The data obtained for the groups are as follows: low well-being – 45.68; average – 43.34; high well-being – 34.22.

In the "low well-being" group, overall defense tension scores are higher than in the "average" and "high well-being" groups. However, the overall trend is disrupted by the mechanism of "denial," where higher values are observed in the more "well-being" group.

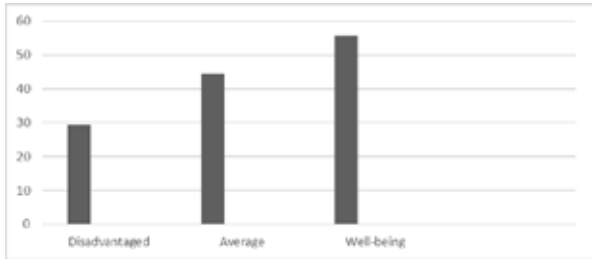

Fig. 3. ANOVA Data on the Defense Mechanism "Denial" Based on Levels of Subjective Well-Being

Note: On the x-axis are the levels of subjective well-being (groups: "low well-being," "average," "high well-being"); on the y-axis is the expression of the "denial" mechanism. The data obtained for the groups are as follows: low well-being – 28.48; average – 42.22; high well-being – 53.88

Results of Regression Analysis. The regression analysis revealed three unique variables that contribute the most to subjective well-being. The indicators of "engagement" and "risk acceptance" (components of resilience), as well as the "self-governance" indicator (a component of self-attitude), collectively explain nearly 56% of the variance in subjective well-being, with "engagement" making the largest contribution. Importantly, the Durbin-Watson criterion value is close to two, which further supports the validity of the data.

Structural Modeling Results. Coping resource characteristics were grouped into five main factors, named "I Power," "Self-Regulation," "Autosympathy," "Correction of Negative Experiences," and "Optimism."

The final 5-factor model performs well, with a probability level of 0.1, which is above the minimum required 0.05.

Subjective well-being was included in the "I Power" factor, alongside other characteristics: all components of resilience (engagement, control, risk acceptance), dispositional optimism, a component of self-attitude – self-confidence, and others. Table 1 presents the indicators with the highest weights in this factor. As shown, dispositional optimism and all indicators of resilience have the greatest weight (Table 1).

Influence of the "I Power" Factor. The "I Power" factor influences all other factors, positively affecting the "Autosympathy," "Self-Regulation," and "Optimism" factors, while negatively influencing the "Correction of Negative Experiences" factor.

The "I Power" factor has the greatest impact on characteristics grouped under the "Self-Regulation" factor, which includes indicators such as positive reappraisal, reflected self-attitude, and closedness (with positive weights) and confrontational coping (with negative weight).

The "I Power" factor negatively affects characteristics grouped under the "Correction of Negative Experiences" factor, which includes indicators such as positive reappraisal, acceptance of responsibility, self-control, seeking social support (with positive weights), and personalization of bad events (with negative weight).

The "I Power" factor positively influences characteristics grouped under the "Optimism as an Attributional Style" factor, which includes indicators such as the stability of good events, the breadth of good events, and the personalization of good events. Additionally, the "I Power" factor positively impacts the "Autosympathy" factor.

Table 1

Indicators Included in the "I Power" Factor. Standardized Regression Weights

Factor	Indicators Included in the Factor	Estimate (Rating)
I Power	Dispositional optimism	0.93
	Control (resilience)	0.93
	Engagement (resilience)	0.87
	Acceptance of risk (resilience)	0.72
	Subjective well-being	0.69
	Arrogance	0.64
	"Escape avoidance" coping	-0.60
	Internal conflict (self-attitude factor)	-0.50
	Self-blame (self-attitude indicator)	-0.35

ANOVA Data. Individuals with higher levels of subjective well-being indeed exhibit higher scores on most coping resource characteristics: components of resilience and overall resilience, optimistic attributional style indicators, positive components of self-attitude, and coping strategies such as "self-control" and "problem-solving planning." The most intriguing result came from the defense mechanisms. Despite our assumption that overall defense tension would be more pronounced in the subjectively "low well-being" group (45.68 in the "low well-being" group compared to 34.22 in the "high well-being" group, differences at $p = 0.063$), the "high well-being" group showed higher values for the "denial" defense mechanism (53.88 in the "high well-being" group compared to 28.48 in the "low well-being" group, differences only at $p = 0.042$). This mechanism manifests in the denial of traumatic reality and conflicts, and as research shows, it is effective in reducing physiological and subjective arousal before a threat, which may explain its prevalence among people with relatively higher subjective well-being. The obtained data support the hypothesis that some distortion of reality can contribute to maintaining subjective well-being. Studies on coping behavior and psychological defense in health and illness have revealed a stable combination between productive coping, such as "problem-solving planning," and defense mechanisms like "denial" and "compensation." In the early stages of perceiving a problematic situation, partial disregard ("denial") of anxiety-provoking negative information enhances a person's stress resistance and subsequently helps in constructively resolving the problem.

A rather unexpected and most significant result of the regression analysis was that the resilience component of "engagement" explains the largest percentage (53%) of the variability in subjective well-being, which has the greatest impact on it. This suggests that the more a person is "in contact" with other people and with life, and the more they are "engaged" with everything that is happening (regardless of the complexity of life situations), the more subjectively well-being they experience.

The use of structural equation modeling has led to a clearer understanding of the factor structure of many human characteristics and the direction of their effects. Information about the interconnections of these characteristics within factors has been obtained. The identified relationships and the comparison of our data with the results of other researchers may become the subject of a special analysis.

Subjective well-being turned out to be one of the components of the main, strongest factor, named "Self-Power." This factor influences all other factors that combine human characteristics that we consider as coping resources.

The inclusion of subjective well-being indicators into this factor allows us to state that the experience of subjective well-being is determined by the interaction of a number of personality characteristics, primarily dispositional optimism, resilience indicators, self-confidence, and the

tendency to avoid difficulties, among others. On the other hand, along with these characteristics, subjective well-being influences other personal properties that ensure a person's ability to cope with life difficulties.

Conclusions

1. Confirmation of Hypothesis through ANOVA: The hypothesis that individuals with high levels of subjective well-being demonstrate higher scores on most coping resources has been confirmed. The most significant differences were observed in indicators of resilience (all components), self-respect, self-attitude (self-respect, autosympathy), optimism as an attributional style, and preference for the coping strategy "problem-solving planning." Conversely, individuals with low levels of subjective well-being showed higher scores on self-attitude indicators such as "internal discontent," a preference for the coping strategy "escape-avoidance," and the use of the defense mechanism "regression."

2. Expression of Psychological Defenses: A more pronounced overall tension in psychological defenses was found in the subjectively "low well-being" group. The positive role of certain defense mechanisms in experiencing subjective well-being was identified: individuals with high levels of subjective well-being had higher scores on the expression of the "denial" defense mechanism.

3. Key Contributors to Subjective Well-Being: The most significant contributions to the experience of subjective well-being come from self-attitude and resilience characteristics. Regression analysis revealed that "engagement" and "risk acceptance" (components of resilience), as well as "self-governance" (a component of self-attitude), collectively explain more than half of the variance in subjective well-being, with "engagement" making the largest contribution.

4. Interconnections and Influences: The existence of interconnections and mutual influences between subjective well-being and characteristics considered as personal coping resources has been established. Subjective well-being emerged as a component of the factor named "I Power." This factor also includes indicators of dispositional optimism, resilience components (engagement, control, risk acceptance), self-confidence (a component of self-attitude), and others. In interaction with these personal traits, subjective well-being influences other characteristics that ensure the individual's adaptive potential.

These findings highlight the complex interplay of personal characteristics that contribute to subjective well-being and its role in enhancing coping and adaptation abilities.

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РЕСУРСИ ПОДОЛАННЯ У ЦИВІЛЬНИХ ОСІБ З РІЗНИМ РІВНЕМ СУБ'ЄКТИВНОГО БЛАГОПОЛУЧЧЯ В ПЕРІОД ВІЙНИ

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У дослідженні розглянуто вплив різних особистісних характеристик на суб'єктивне благополуччя за допомогою регресійного аналізу та моделювання структурними рівняннями. Одним із найбільш важливих висновків є те, що саме компонент життєстійкості «залученість» пояснює найбільший відсоток (53%) мінливості суб'єктивного благополуччя, що вказує на те, що чим більше людина «залучена» у життя та соціальні взаємодії, тим більше суб'єктивно благополучною вона себе почуває. Використання методу моделювання структурними рівняннями дозволило отримати більш чітке розуміння факторної структури особистісних характеристик та напрямків їх впливу. Фактор під назвою «Сила Я» виявився найбільш впливовим, впливаючи на всі інші фактори, пов'язані з ресурсами подолання. Суб'єктивне благополуччя інтегроване в цей фактор разом із диспозиційним оптимізмом, компонентами життєстійкості (залученість, контроль, прийняття ризику) та самовпевненістю. Дослідження показало, що суб'єктивне благополуччя значною мірою обумовлене взаємодією цих характеристик, причому «залученість» є найбільш значущим фактором. Крім того, суб'єктивне благополуччя, взаємодіючи з цими властивостями, впливає на інші особистісні якості, які підвищують адаптаційний потенціал індивіда.

Отримані дані також підкреслюють, що у осіб із високим рівнем суб'єктивного благополуччя спостерігаються значно кращі результати за більшістю ресурсів подолання, включаючи життєстійкість, самоповагу, самовідношення та оптимістичний атрибутивний стиль. Навпаки, у осіб з низьким рівнем суб'єктивного благополуччя вищі рівні внутрішньої невлаштованості, перевага стратегій копінгу уникнення та більш виражене використання захисного механізму «регресія». Дослідження також виявило більш виражену загальну напруженість психологічних захистів у «неблагополучної» групи, хоча у «благополучної» групи спостерігалася вища вираженість захисного механізму «заперечення». Це свідчить про можливу захисну роль деяких механізмів захисту у збереженні суб'єктивного благополуччя.

Ключові слова: суб'єктивне благополуччя, життєстійкість, залученість, моделювання структурними рівняннями, ресурси подолання.