

## SOCIAL SCIENCES

### Social support in the personal recourse framework of internally displaced persons

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**Abstract.** The article reveals the results of an empirical study aimed at identifying the role and place of social support in the structure of the personal resources of internally displaced persons. Revealed correlations indicate the existence of trends, fixing the passivity and inertia of aid recipients, which could become the basis for the formation of consumer behavior and the emergence of manifested destructive personality.

**Keywords:** social support, personal resources, internally displaced persons, forced migration.

**The topicality of the problem.** Military activities taking place in the eastern regions of Ukraine drastically influenced the social functioning character of a great amount of people, resulted in the processes of forced migration within the country and as the result the emergence of a great number of internally displaced persons. By the data of independent analytical CEDOS center in the middle of November 2015, there were 1mln 592thsd 362 internally displaced persons [9]. Approximately 25 thousand people are from the Crimea and 1mln 567thsd people – from the East of Ukraine.

According to Ukrainian law *internally displaced person* – is the citizen of Ukraine, a foreigner or a person without a citizenship present on the territory of Ukraine on legal grounds and having the right for permanent residence in Ukraine having been forced to leave or abandon the place of residence as the result or the purpose to avoid the negative outcomes of military conflict, temporary occupation, massive outbreaks of violence, human rights violation and emergency situations of natural or manmade origin [11].

The scientific interest for investigating the problem of social support is inspired by the fact that the situation of forced migration causes a great number of destructive impacts on a person's lifestyle and sets a great number of tasks for the experts in psychology and sociology in finding ways of preserving person's well-being, finding ways out of the stressful psycho-traumatic situations and harmonizing the social life processes in present situation terms.

**Brief review of publications on the topic.** Theoretical-methodological analysis of scientific investigations concerning the problem of forced inner migration of the population makes it possible to separate some factors that produce destructive impact on the personality of internally displaced persons and make impossible effective functioning of the personality, complicate adaptation and reintegration processes of newly arrived persons in the recipient community. Among the typical negative tendencies revealing themselves in the situation of forced displacement, the researchers separate the following:

- high rate of stressful situation and psycho-traumatizing caused by the time limitation for decision-making, inability of physical, material and moral preparation of the individual to the change of the residence place (L. Corel, M. Melnik, V. Nadraha);
- the emergence of identity crisis accompanied by the continuity and integrity of the personality, leading to vast transformation of the idea of the world, taking its

beginning at the moment of birth and having wide range of images, thoughts, beliefs and attitudes (T. Tytarenko, H. Soldatova);

- experiencing negative feelings connected to belonging to this or that social, professional, ethnic, territorial group, which in its turn causes the emergence of negative social identity, depreciation of one's own personality (O. Voznesenska);
- the experience of intercultural shock (acultural stress), revealing itself in complicating intercultural relations with indigenous population, experiencing deprivation and isolation (N. Neikhtz, J. Berry).

The investigation data obtained by Ukrainian scientists [8] studying the social exclusion level among the internally displaced persons show that the social exclusion manifests itself in two dimensions – distributive and relative. The distributive dimension contains material deprivation and scarce access to basic social benefits and relative – limited social involvement and the lack of normative (cultural) integration [4].

By the definition of K. Lai, B. Toliashvili [7] the displacement destroys the social ecology of the person, causes deprivation, social isolation, increases violence risks and the emergence of psychological “poverty trap” (the trap of dependence) and that is why it makes actualizes the urge of support from social environment, preserving social contacts as the key factor of subjective well-being of a person and diminishing stressful feelings. S. Hobfoll [3] pays attention to the point that social support serves as the source of other resources and the lack of it leads to increase of psychological tension and the manifestation of a person's ill-being.

Within the context of scientific approach, one can separate two directions of social support study. The first of them represented mainly by the post-soviet researchers (M. Boiko, O. Paliy, V. Skurativskyi, L. Shumna) *social support* is aimed at making better the quality of living of vulnerable population layers by creating favorable conditions for satisfying their needs. In terms of another approach, highlighted in foreign scientists' publications (S. Bochner, D. Goldsmith, T. Wills) social support – is an active process of interaction between social environment and an individual aimed at providing the latter with different resources for solving his problems. The conceptual peculiarity of the second approach is the fact that socially supportive interaction is based on personal activity of the individual himself.

T. Semyhina points at the given aspect, stating that social support of internally displaced persons should be

aimed at fighting the dependence from humanitarian aid, renewing labor potential, strengthening social-cultural and community ties, forming ability to self-manage effectively, activating and delegating authority (empowerment) [10].

While studying the phenomenon of psychological protection of Ukrainian forced migrants O. Bohucharova [1] states that realizing the active role of forcefully displaced persons in defining their personal being contributes to formation of psychological protection and causes changes in the spectrum of experiencing psychological states – from the withdrawal to trust and coherent position.

Thus the specific character of enclosure the social support process into the course of problem solving, caused by forced migration, should evolve in the subject-subject interaction paradigm, increasing the ability to self-organization and to manage one's own course of life. In conditions of forced displacement, the social support becomes the important resource of preserving psychological well-being of a person and the source of acquiring other resources by the person [2].

According to the developed theoretical model within the boundaries of the investigation, the phenomenon of social support lies in the plane of crossing social and personal resources of a person as on one hand the process of social support is provided by the readiness of the society to give it, and on the other – presupposes vast personal activity of the support recipient.

**The aim of the article** is to reveal the mechanisms of social support in the personal resource framework of internally displaced persons being based on the results of empiric investigation conducted.

**Materials and methods.** Experimental and investigation stage was taking place in November-April 2016. 120 people-forced displaced migrants arrived from the territory of Donetsk and Luhansk regions of Ukraine ensuring the desired minimum and representing general total. The investigation was taking place at the basis of organizations dealing with internally displaced persons: Boyarsky and Borodyanskyi centers of social and psychological rehabilitation, Kaniv and Smilyanskyi centers of social services for families, children and youth, the mission of Social organization “Ukrainian Association of Experts Overcoming the Effects of Psychological and Traumatic Events” of Boryspil.

In order to investigate the phenomenon of social support we selected the diagnostic instrument consisting of: questionnaire of the modes of coping-behavior devised by R. Lazarus and S.Folkman (adapted by T. Kryukova, O. Kuftyak and M. Zamyshlyayeva) [6]; questionnaire “The Interpersonal Support Evaluation List” devised by S. Cohen and H.M. Hoberman (adapted by A. Kholmogorova) [5]; questionnaire “The Loss and Acquisition of Personal Resources”, devised by N. Vodopyanova and M. Stein [12] on the basis of resource concept of S. Hobfoll; author survey aimed at finding the signs of social well-being of respondents: social and demographic characteristics of the respondents, peculiarities of their social and professional status, living conditions and the character of interpersonal relations of the persons under study to the closest social environment.

Statistical data processing was performed by the methods of primary descriptive statistics and correlation analy-

sis at the Pearson criterion with the help of SPSS 20.0 software package.

**Results and their discussion.** Having defined the dominating tendencies and the revealing character of the signs of social well-being, it is possible to describe the real life situation of internally displaced persons. In particular, the most of the subjects under study rent flats (71.7%); they are unemployed (27.5%) or do odd jobs (25%). Compared to the situation preceding the displacement 60% of respondents stated that their living conditions became worse and 52.5% - stated the decrease of professional status. Instead of it has been proved that the displacement itself did not affect family issues of internally displaced persons and relevant stability of interpersonal family relations (55%).

The results generalization by the “The Questionnaire of Coping-Behavior Modes” made it possible to find disadaptive tendencies in strategy choice while overcoming life difficulties by internally displaced persons. 68.3% of respondents possess the disadaptive tendency ( $m = 61.11\%$ ) at the “problem-solving planning” scale; 63.3% ( $m = 72.22\%$ ) at the “finding social support” scale; 57.7% ( $m = 57.14\%$ ) at the “self-control” scale. The less visible disadaptive tendencies are traced at “distancing” scale (53.4%) and “confrontation” (50.1%), the mode of numerical data of coping tension at the given scales is  $m = 66.67\%$  and  $m = 61.11\%$  respectively.

The results obtained reveal the following characteristics of the group under study like aptitude to emotional privacy, distraction, lack of flexibility and immediacy. The majority of internally displaced persons have trouble in self-realization and very often choose not adaptive reaction strategies at environmental effects, reflecting in the signs of hostility, suspicion, impulsive behaviorist manifestations. Alongside with this there is high expectation level regarding getting different kinds of support from the social environment and concentration on personal problems, which very often makes it impossible to use available resources and makes it impossible to decrease general psychological tension, prevents from feeling psychological wellness.

The results analysis at the methodology “The Interpersonal Support Evaluation List” shows that the highest satisfaction rate in the context of life situation of internally displaced persons belongs to “the need of belonging to social environment” and “emotional support”. The feeling of belonging to social environment was rated at the average by 65% of respondents; at highest – 30% ( $m = 18$ ). The evaluation of the needs satisfaction at emotional support from the social environment reached the average rate for 65.8% of respondents and the highest rate for 30% ( $m = 17$  та 18). The obtained result in our opinion is caused by the nature of affective factors which does not anticipate actual substantive work from the side of providing help (social environment) and from the side of help recipients (internally displaced persons). In other words, subjective feeling of “belonging”, “acceptance”, and “attention” is typical for displaced persons cannot mean full emotional comfort and emotional wellness.

“The urge to feel personal inherent value” was low (79.2% displayed average level, 15.8% - low), proving the existence of tendencies to negative or critical self-evaluation and personal faults; “the urge to get instrumen-

tal support from social environment" (75.8% - average level, 17.5%-high), which may show as the absence of proper number of necessary resources (property, material, household, financial etc.) with the representatives of the hosting community and the prevalence of consumer tendencies expected from the given help. This is proved by the found integral number of "social support" within the boundaries of the average scale of test scores from 58.3% of the respondents proving ambiguous attitude of the help recipients to the social support given; instead 26.7% are completely dissatisfied with its level and content and evaluate it very poorly; 15% approve its level and the amount of help from the persons providing it.

Summing up the results by the methodology "The Loss and Acquiring Personal Resources" shows, that personal resource index of the majority corresponds to the average level (45.8%) and lies within the boundaries of the accepted limit. Alongside with this more than one third of the persons under study possess low level of personal resources (35%), which may result in the emergence of negative attitude towards the reality by internally displaced persons and lead to aggravating of social situation of life and destructive states of a person.

The investigation proved that to 19.2% of the respondents the displacement resulted in the growth of resource index. At the qualitative level of changes in life situation, the given tendency manifests itself in the growth of quality and amount of social and intrapersonal resources available to the personality.

The correlation connections discovered show that the presence of support from social environment is the key factor to solving a great deal of problems of internally displaced persons. In particular, there is the direct link between the level of professional status of a person and coping-strategies "self-control" ( $r = 0.418$ ;  $p \leq 0.001$ ) and "looking for social support" ( $r = 0.373$ ;  $p \leq 0.001$ ) and the "resource index" scale ( $r = 0.476$ ;  $p \leq 0.01$ ); the direct link between the character of interpersonal family relations of a person and the "emotional support" scale ( $r = 0.405$ ;  $p \leq 0.01$ ), "instrumental support" ( $r = 0.383$ ;  $p \leq 0.05$ ), "acquired personal resources" ( $r = 0.473$ ;  $p \leq 0.01$ ); direct link between the character of social and housing conditions of the persons under study and the "resource index" scale ( $r = 0.559$ ;  $p \leq 0.001$ ).

The character of the above-mentioned correlation ties shows that under the conditions of following orientation to seeking social support and saving healthy relations with parents and relatives, the ability of respondents to save or raise one's professional status, making better living conditions and satisfying emotional needs grow greatly. If the professional status gets better it results in the growth of personal resource index and strengthens the general experiencing of psychological well-being.

Taking into account the chances of positive influence of social supportive process on a person's life in the state of forced migration, it is important to state probable risks and negative tendencies.

Considering the chances of positive impact of socially supportive process at the life of a person in the state of forced migration, it is very important to state possible

risks and negative tendencies. In particular obvious link between confrontation coping-strategy and integral index of social support ( $r = 0.901$ ;  $p \leq 0.001$ ) shows that persons prone to active use of the above-mentioned behavior strategy is characterized by high level of emotional impulsiveness, non-stability of actions, demonstrative hostility. Altogether, the above-mentioned characteristics may create the image of "victim of circumstances" and force the people around to increase the manifestations of social support. It is worth mentioning that there exists real threat of transfer socially supportive process into destructive path and as a result creating passive personal position of the recipients of support and the absence of orientation at independent functioning, personal growth and development.

Strong desire to get constant help from social environment may testify the inability of the category under study to direct their activities and available resources at problem-solving, the desire to get profit from one's professional status and solve personal problems at others' cost. The proof of this assumption could be the direct correlation links between the data of "instrumental support" scale and coping-strategy "looking for social support" ( $r = 0.621$ ;  $p \leq 0.001$ ), as well as between the "integral social support index" scale and coping-strategy "looking for social help" ( $r = 0.523$ ;  $p \leq 0.001$ ).

The importance of personal involvement into self-organization process and self-help of social support recipient show proven correlation link between the factor "resource index" and coping-strategies "self-control" ( $r = 0.413$ ;  $p \leq 0.001$ ) and "responsibility acceptance" ( $r = 0.455$ ;  $p \leq 0.001$ ). This correlation proves the leading role of personal activeness of internally displaced persons and their ability autonomous activity in the process of overcoming negative impacts, caused by forced migration situation.

**Conclusions.** The results of empiric investigation of social support in the personal relations framework of internally displaced persons made it possible to reveal the essence of socially supportive process as it is which should unfold itself in the "accepting community (help providers) – internally displaced persons (help recipients)" plane. The given process may include the readiness of the help providers to create the conditions for favorable integration of newly arrived inhabitants and the ability of help recipients for active realization and transformation of life situation.

The result obtained testify that alongside with the orientation at providing material and non-material resources from the help providers the important condition of renewing psychological and social well-being of internally displaced persons is their own ability to "personal activeness manifestation" and "taking responsibility for their own lives".

On the contrary to this prolonged passive accepting of social support may serve as the basis for forming consumer behavior among internally displaced persons and cause the emergence of socially destructive personal manifestations.

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#### Социальная поддержка в структуре личностных ресурсов внутренне перемещённых лиц

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**Аннотация.** Статья раскрывает результаты эмпирического исследования, направленного на выявление роли и места социальной поддержки в структуре личностных ресурсов внутренне перемещённых лиц. Выявленные корреляционные связи указывают на существование тенденций, фиксирующих пассивность и инертность реципиентов помощи, что может стать основой для формирования потребительского поведения и появления деструктивных проявлений личности. Военные действия в восточных регионах Украины спровоцировали кардинальные изменения в социальном функционировании большого количества людей, вызвали явление вынужденного переселения (миграции) внутри страны. Данные обстоятельства рассматриваются как психотравмирующие, влияющие на жизненное благополучие личности, вынужденной адаптироваться к новым социальным условиям (Л. Корель, М. Мельник, В. Надрага, Т. Титаренко, Г. Солдатова, Н. Нейхц, Дж. Берри и др.). Важным ресурсом процесса адаптации является социальная поддержка, которая «способствует субъективному благополучию личности и смягчению стрессовых переживаний» (К.Лай, Б.Толиашвили). Проведенное исследование (выборка составила 120 респондентов-внутренних переселенцев) выявила особенности механизма социальной поддержки в структуре личностных ресурсов индивида. Среди дезадаптационных проявлений выявлены: неспособность к планированию решения проблем, эмоциональная закрытость, отказ от социальной поддержки, нарушение самоконтроля, отстраненность, недостаточная гибкость и спонтанность. Вместе с тем, у внутренне перемещённых лиц прослеживается высокий уровень ожиданий относительно помощи извне и сосредоточенность на собственных проблемах, что служит барьером для привлечения имеющихся ресурсов, в т.ч. собственных. Выявленное ориентирование на получение помощи со стороны социального окружения, характеризуется желанием получить выгоду от собственного статуса, решить проблемы за счет других. Вместе с тем, понимание важности личностного включения в процесс самопомощи, ответственности за события собственной жизни, присутствуют. Опасной выявлена тенденция пролонгированного во времени пассивного ожидания социальной поддержки, результатом которой может быть формирование потребительского поведения и деструктивных личностных проявлений.

**Ключевые слова:** социальная поддержка, личностные ресурсы, внутренне перемещённые лица, вынужденная миграция.