

СЕКЦІЯ 1

АКТУАЛЬНІ ПРОБЛЕМИ СУЧАСНОЇ ПСИХОЛОГІЧНОЇ НАУКИ: СУЧАСНІ ПРАКТИКИ НАУКОВИХ ДОСЛІДЖЕНЬ

MODERN FAMILY RESILIENCE: RESOURCES FOR RECOVERY AND SUPPORT

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The modern Ukrainian family faces unprecedented challenges due to full-scale war, forced displacement, socio-economic instability, and constant psychological pressure. Resilience emerges as an integral characteristic encompassing individual, interpersonal, and systemic resources for recovery. In the family system, resilience acquires a multidimensional nature [4]. It is not the sum of individual traits but an emergent property arising from interaction, manifested through stability, transformation, and integration of adversity [2].

Recent research indicates an evolution in scientific perspectives on the nature of resilience – from interpreting it as an individual characteristic to understanding it as a systemic property. In the context of family resilience, the concept developed by F. Walsh acquires particular significance. Walsh views family resilience not as a stable trait but as a dynamic process of recovery and growth following crises, traumas, or prolonged stressful conditions. Walsh shifts the focus from pathology (what the family cannot do) to its functional capabilities (how the family can adapt and become stronger) [7].

Empirical studies confirm the family environment's crucial role in fostering resilience, especially during wartime. A study of 60 internally displaced adolescents (13–17 years) found that emotional support, trust, and family cohesion positively affect adaptation to stress [6]. Thus, family atmosphere, not just individual traits, determines successful coping with trauma.

The issue of parent-child relationships as a context for resilience development deserves special attention. Research confirms that parenting methods and the quality of these relationships significantly determine adolescent resilience [8]. In the context of war,

when parents themselves are under stress, it is particularly important to recognize that their emotional state and style of interaction with their children directly influence the development of resilience in the younger generation.

The American Psychological Association identifies several key conditions for resilience development: the presence of support and interpersonal connections, physical self-care, mindfulness practice, avoiding negative distractions, and finding purpose [5]. In the family context, this means that shared activities promoting emotional release (hobbies, creative projects, physical activity), regular communication and support, as well as jointly defining family values and goals, serve as powerful recovery resources.

External resources – community support and psychological assistance – are also vital. Social support facilitates adaptation to stress. In wartime, programs for families who lost homes or loved ones are crucial, underscoring the need for targeted studies on psychological stability in educational and social environments.

Secure attachment to parents is a fundamental resource for children's resilience. In wartime, maintaining emotional connection even from a distance provides children with a sense of security essential for coping with stress.

The eco-facilitative approach to understanding resilience offers a new perspective for working with families in crisis. This approach is based on understanding resilience as a natural property of open dynamic systems and involves supporting the rhythm of its self-development [3]. An essential point here is recognizing the system's natural capacity for self-organization, supporting spontaneous processes of its transformation, and working with existing conditions as a resource. The focus of eco-facilitative support changes according to the context and ensures the support of natural transformation processes within the relationship system. For professionals working with families, this implies a necessary shift away from directive strategies of «forming» resilience toward creating conditions in which the family system can actualize its own, often hidden, recovery resources.

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Sciences of T.H. Shevchenko National University «Chernihiv Colehium» are the trainers of the UNICEF-approved «Stress-Free Parenting» program [1]. It includes six sessions: parenting value, age crises, stress management, helping a child in stress, language of acceptance, positive parenting resources. According to parent feedback, the topics addressed in this training program help parents better understand how to cope with parenting challenges and build relationships that foster the formation and development of secure attachment in children. Upon completing the «Stress-Free Parenting» program, parents have the opportunity to join a parent club aimed at providing psychological support for parents.

In conclusion, the resilience of the modern Ukrainian family is a complex, multidimensional phenomenon encompassing individual, interpersonal, and systemic resources for recovery and support. In times of war, the family's ability not only to withstand stressful influences but also to transform itself, integrating the experience of overcoming adversity, becomes particularly crucial. Key recovery resources include psychosocial support, family cohesion, effective communication, tolerance for uncertainty, and the ability to seek external help.

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