



# The Influence of Social and Individual Determinants on the Ukrainian Military During Wartime

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## Abstract

Considering the impact of social determinants on the capacity and well-being of Ukrainian military personnel is critical in military conflicts. This study aims to investigate the influence of social and individual factors on the activity level, determination, and resilience of Ukrainian military personnel during wartime. A qualitative method was chosen to conduct the study. The study involved 130 military personnel who were divided into two groups: those in active combat zones ( $n = 50$ ) and those in military hospitals for treatment and rehabilitation ( $n = 80$ ). According to the study, individuals in active combat zones perceive life as a manifestation of the potential received at birth. It was also observed that military personnel receiving treatment and rehabilitation in a hospital understand “life” as a connection with loved ones and close acquaintances. According to the survey results, many respondents from both groups identified their relatives as the military’s primary vital connection during the war. The military’s understanding of “life” and their associations also play a role in determining their need for assistance. In both groups, it can be observed that social determinants, such as relatives and friends, significantly influence the activity of servicemen and women. Individual determinants, such as attitude towards life and the ability to perform under war conditions, are among the factors that impact the military. The study’s practical significance in developing the socio-humanitarian, educational, and cultural spheres is reflected in the formation of awareness of the military and their psycho-emotional conditions in military operations.



## Keywords

military personnel, war, relatives, life perception, social environment

The interaction of a human and society depends on historical and social systems, influencing factors and mechanisms that are interrelated with social determinism (Lande, 2014). Social determinism is an element that aims to substantiate human actions and behaviour that are interconnected with the conditions of the social environment (Lawless, 2017). Determinacy can be characterised by understanding the processes that directly occur in the world at a given time or may occur in the future. It also depends on the presented algorithm's definition of problem-solving approaches. The complexity of the deterministic process is due to interactions with people in the economic, political and other spheres (Gomza, 2022). In terms of war, the social determinants of the military personnel must also be determined considering the stabilisation of parameters and their self-organisation to reveal the internal processes and contradictions that have arisen in conditions of instability (Heinz et al., 2017). Military policies and practices have the potential to impact social determinants, which can subsequently affect the health and well-being of military personnel. As noted by Smith (2022), social determinants play a crucial role in this connection. Bahadori et al. (2015) proposed a comprehensive conceptual framework for the social determinants of military health in Iran. The framework encompasses various structural and social, economic and political contextual factors such as governance, politics, economic processes, culture, and functioning of social systems. Additionally, it covers the structural determinants of military personnel health, including education, income, gender, ethnicity, and employment status. The organization and hierarchy within the armed forces, as well as an individual's psychological resilience in combat situations, are important factors that can affect combat effectiveness. Additionally, loyalty between soldiers can contribute to cohesion and combat effectiveness, which is a crucial aspect (van der Meulen et al., 2020). Psychological resilience and coping with stress are important for maintaining the health of soldiers. It can be challenging to evaluate the effect of stress on each soldier and their capacity to perform complex cognitive actions in the presence of constantly changing stressors (Flood & Keegan, 2022). Sefidan et al. (2021) recognize military resilience as a protective factor against stress. Georgescu et al. (2023) suggest that military resilience may be influenced by factors such as emotional stability, mindfulness, having a sense of purpose, and a lower severity of somatic symptoms of stress. According to Doody et al. (2022), the family environment is generally considered a supportive factor for the military's ability to perform military activities. However, in some cases, it can also be an additional stressor that negatively affects the military. Therefore, it is recommended to promote the well-being of military families, as both parties require support (Mancini et al., 2020). Obuobi-Donkor et al. (2022) have identified a range of factors that may influence the development of post-traumatic stress disorder and other stress-related problems among military per-

sonnel, including social support, demographic status, trauma, individual traits, physical and psychological factors. Furthermore, [Mooney and Price \(2022\)](#) have highlighted the importance of individual psychological factors, such as attitude to life, human potential, and the ability to live one's own life, in contributing to human resilience. Nevertheless, it cannot be denied that the circumstances in which the military operates have a considerable influence ([Bekaroğlu & Barnes, 2021](#)).

The term "life" is a philosophical concept that is often discussed in a holistic and religious context. It reflects the interaction between a person and the divine principle, which is interconnected with the human essence. The scientific concept of "potential" is a relatively new development, reflecting the relationship between material and spiritual values that impact the development of society ([Mooney & Price, 2022](#)). Studies on social potential focus on identifying indicators for change and adaptation to existing conditions. This indicator aims to determine a person's capabilities based on external and internal factors ([Mooney & Price, 2022](#)). The attitude to "own life" of the military's personnel aims at determining the originality of inner experiences, interconnected with the psychological, social, and moral aspects of a person's life ([Walton, 2019](#)).

The presented concepts and attitude to it are interconnected with the dynamism of society's development and individuals' independence, which are connected with dangers and experiences in war ([Rimaitė-Beržiūnienė, 2022](#)). The concepts reveal the possibilities that can develop in war under the influence of negative and positive impacts for each individual. They have their values, and philosophical beliefs, so the concepts "life", "potential", and "own life" can have different meanings ([Miller, 2022](#)). Nevertheless, they can be transformed for each individual due to changes in social goals. A positive understanding of the concept's "life", "potential", and "own life" is reflected in the awareness of the military, the desire for the designated goals and victory, and the level of trust in the military leadership ([Pham et al., 2022](#)). The danger to life is determined not only by general concepts but also depends on one's understanding of the war's objectives and the attitude towards the invaders and colleagues ([Liu et al., 2019](#)). Considering this, the issues of the moral and psychological condition of the military personnel in terms of war should organically correlate with the comprehensive provision of the military ([Levy & Leaning, 2022](#)). Support for the moral and psychological state can be carried out by various social groups and military teams contributing to forming spiritual potential.

This study aims to investigate the influence of social and individual factors on the activity level, determination, and resilience of Ukrainian military personnel during times of conflict.

### Research Objectives

- Examining of the significance of some social and individual determinants for two distinct military groups (those in active combat zones and those in military hospitals for treatment and rehabilitation);

- Analyse the presence and orientation of vital life connections for both groups during wartime, assessing the ability of military personnel to maintain individual lives;
- To investigate the correlation between servicemen's life perceptions and their dependence on external support from relatives, associates, and the state;
- Explore how Ukrainian servicemen associate their life activities, resilience, and security with their behaviour in war conditions;
- To develop recommendations to enhance military personnel's awareness of their motives and encourage energy-saving behaviour.

## Literature Review

Military personnel are more susceptible to dangerous situations than civilians (Britt et al., 2020; Hruby et al., 2021). Military action may have behavioural health risks to the military that result from the presence of a life-threatening situation, the deaths of other military and the impact of other military events (Bogaers et al., 2022; Sommer et al., 2022). Such conditions can contribute to mental health disorders and lead to depression, anxiety, insomnia, and aggression (Agius & Grech, 2022; McCunn et al., 2021). Post-traumatic stress disorder can occur in the military due to trauma and can be reflected in the mental and physical state (McCunn et al., 2021). This process is also reflected in sensitivity and depression, which affect the need for or lack of support. Many military personnel focus not on their condition but on the fulfilment of assigned tasks, which can lead to closeness and, in the future, can be reflected in emotional exhaustion and aggressiveness (Blore et al., 2015). The unwillingness to share the emotions that are formed in the conditions of military operations contributes to their accumulation, aggravating the mental state (Hoggatt et al., 2015). The outbreak of hostilities on February 24, 2022, on the territory of Ukraine in connection with the Russian invasion, was reflected in the emotional well-being of the military and civilians (Gomza 2022; Syse, 2022). Emotions associated with fear, burnout, and loneliness influenced medicine use and were reflected in eating behaviour. It has been concluded that the presented emotions are more displayed in women than in men (Kurapov et al., 2023). The lack of necessary support is associated with burnout and decreased resilience (Kurapov et al., 2023). Inadequate elaboration on the emotional state of military personnel can influence changes in attitudes towards life and a reluctance to utilise their inherent potential (Krauss et al., 2021). Military personnel often do not seek psychological help independently (Bogaers et al., 2022). Gowinnage and Arambepola (2020) proved that life acceptance depends on psychological processing and the presence of socialisation, regardless of the degree of physical damage. Accordingly, to level the negative consequences of hostilities and the resulting emotional trauma, it is necessary to pay attention to the psychological preparation and rehabilitation of military personnel (Agius & Grech, 2022).

Psychological support is considered necessary to complement military aid in achieving military objectives, thereby enhancing military potential. Improved interaction among military personnel through effective communication and discussion of actions is believed to enhance their adaptability to military operations, reduce the impact of stressful situations, and improve the quality of goal attainment (Harutyunyan, 2022). According to Lande's (2014) research, it was found that military personnel over the age of 35 with families tend to have a better psychological state. Family support during the war is essential for military personnel. For example, viewing family photo albums is one of the elements of stabilising the emotional state of military personnel and has a positive effect on maintaining family values and relationships based on the contrast between war and everyday life (Zelče, 2021). An inverse relationship was also found: emotional trauma in military family members with varying severity injuries (Solomon et al., 2022). The dependence of women's participation in military service on marital status has been studied (Robert et al., 2019). According to a recent study by Choulis et al. (2021), it appears that the conscription system and the level of societal support for the military may have a notable influence on task performance. These factors are of great importance for the implementation of defence policy, military interventions abroad, and participation in military alliances. The literature analysis suggests that the studies presented primarily focus on examining the psycho-emotional state of service personnel in combat situations. However, there appears to be a gap in exploring the impact of social and individual factors on their motivation to live, perform their duties, and pursue personal growth after their military service. The study's significance is rooted in the scarcity of available sources regarding the effects of social and individual determinants on the ability to live and meet obligations during and after military service.

## Method

The research was conducted using both qualitative methodology and a survey. The authors have developed a semi-structured questionnaire consisting of eight questions. The questions required detailed answers and "yes" and "no" answers. The questionnaire questions were developed using Joseph Nuttin's motivational induction approach. The questions allowed for free-form answers and the expression of one's vision of the situation (Hounshell, 2022). The questionnaire aimed to investigate a person's vital goals and fundamental values, which are correlated with their motives for activity. Incomplete sentences in the form of questions are proposed to identify conscious motives, both immediate and distant, that can be associated with military personnel's lives over a prolonged period. The aim is to gain insight into the generalised motives that direct their lives, for example: "In the first hours of the outbreak of hostilities on the territory of Ukraine, I was feeling..." (first question of the questionnaire); "In conditions of war/extreme situations of life, first of all, I need help in..." (sixth question of the questionnaire); "The

concept of “life” for me means...” (eights question of the questionnaire). This method is a variant of the Joseph Nuttin technique’s projective method of incomplete sentences (Hounshell, 2022). This allowed us to explore the range of formulations in which military personnel expressed their intentionality when completing these incomplete sentences.

The questionnaire included questions that were relevant and meaningful to military personnel, which may have contributed to respondents’ honesty. To minimise elements of subjectivity in the assessment and interpretation of results, subjective assessments are excluded unless clearly identified as such. The study examined the relationship between military personnel’s definition of life, their own life, and the need for help in war conditions. It was found that there is a link that determines servicepersons’ behaviour and activities towards preserving life during war. For this purpose, a correlation was made between the respondents’ answers to questions No. 8 (defining the category of life), No. 3 (defining the category of one’s own life), and question No. 6 (need for help in war or extreme living conditions). The survey was conducted using a poll in the Google Forms service; the answers were processed in Google Tabs.

## Participants

The study analysed 130 military personnel who were divided into two groups. Group 1 consisted of 50 permanent military personnel, some of whom had been in active hostilities. Group 2 consisted of 80 military personnel who had sustained injuries of varying severity in the active hostilities zone and were undergoing treatment and rehabilitation in an army hospital during the study period. The age range of the military personnel involved in the study was between 19 and 52 years, and both men and women were included. This was due to the nature of the experiment, which involved military operations and the selection of respondents who were not too seriously injured and were able to answer the questionnaire, despite the constantly unforeseen situations during hostilities. The key criterion for selecting respondents was participation in the hostilities of the military conflict in Ukraine in 2022 and the opportunity to answer the questionnaire questions.

## Research Stages

The study was conducted in April–May 2022, during the second and third months of the Russian invasion of Ukraine. The first stage involved analyzing scientific literature and developing a questionnaire. The second stage consisted of conducting a survey. In the third stage, data was analyzed, interpreted, and practical recommendations were developed based on the results obtained.

## Ethics

Respondents provided consent to participate in the survey and agreed to disclose the results while maintaining the anonymity of personal data. Ethical issues were intertwined with ensuring a level playing field in military research, which was achieved through adherence to provisions (ICC/ESOMAR, 2016).

## Results

Analysis of the answers allowed us to explore the definition of the philosophical concept of the category “life” as an individual determinant of Ukrainian military members. The results are shown in Table 1.

**Table 1**

*Determination of the Categories of “Life” for Different Military Groups*

Subcategory	Group No. 1, % (persons)	Group No. 2, % (persons)
Abstract-rational	18.00% (9)	10.00% (8)
Religious-creationist	4.00% (2)	1.25% (1)
Referential-functional	56.00% (28)	20.00% (16)
Social	22.00% (11)	28.75% (23)
No answer	—	40.00% (32)

The results indicate that military group No. 1 primarily aligns with the referential-functional subcategory of the concept of “life”. This subcategory portrays life as a measure of the potential that a person is born with and how they can realize it through their efforts, even in limited circumstances. Most of the military personnel from group No. 2 belong to the social category of life definition, which reflects their relationships with relatives and close acquaintances. The support of loved ones is considered important for their treatment and rehabilitation. The third subgroup, in terms of the significance of both military groups, is abstract-rational. This subgroup characterises life as an abstract concept that reflects the state of a person and does not have an unambiguous interpretation. It can mean anything opposite to the idea of “death”, etc. Fewer military personnel believe that the concept of “life” can be interpreted through the religious-creationist subcategory that life is a gift from God. Furthermore, some servicemen in group No. 2 did not provide answers as they were unable to decide on an accurate interpretation.

The article investigated whether military personnel can maintain a personal life during wartime. The aim of this is to regulate emotions and experiences such as fear, resentment, and hopelessness. This emotional adjustment mustn’t lead to isolation from society. The study was conducted on two military groups (see Table 2).

**Table 2***Determination of the Ability of the Military to Live Their Personal Lives in Terms of War*

Answer rate	Military group No. 1, %	Military group No. 2, %
Yes	2.00% (1)	13.75% (11)
No	22.00% (11)	22.50% (18)
Mostly yes	36.00% (18)	21.25% (17)
Only in the direction of developing my potential, abilities	10.00% (5)	8.75% (7)
I do not have my personal life; there is only a duty to my relatives, the country	26.00% (13)	30.00% (24)
I do not have my personal life; there is only a duty to the leadership of the state	4.00% (2)	3.75% (3)

The results showed that 36% of the No. 1 military group stated that they can maintain their personal lives, while 26% reported not having personal lives and only fulfilling their duty to their relatives and country, especially during times of war. The presented category of military personnel deviates from their typical peacetime lives to protect their native country. 22.5% of group No. 2 ( $n = 18$ ) are unable to live under war conditions, as all their energies are directed towards fighting the invaders, leaving no opportunity to focus on personal or everyday matters. Few military personnel claims that they do not have personal lives due to their obligation to the state's leadership. To explore the concepts of "life", "potential", and "personal life" in the context of work, it was determined which connections are essential for the Ukrainian Military in times of war (Figure 1).

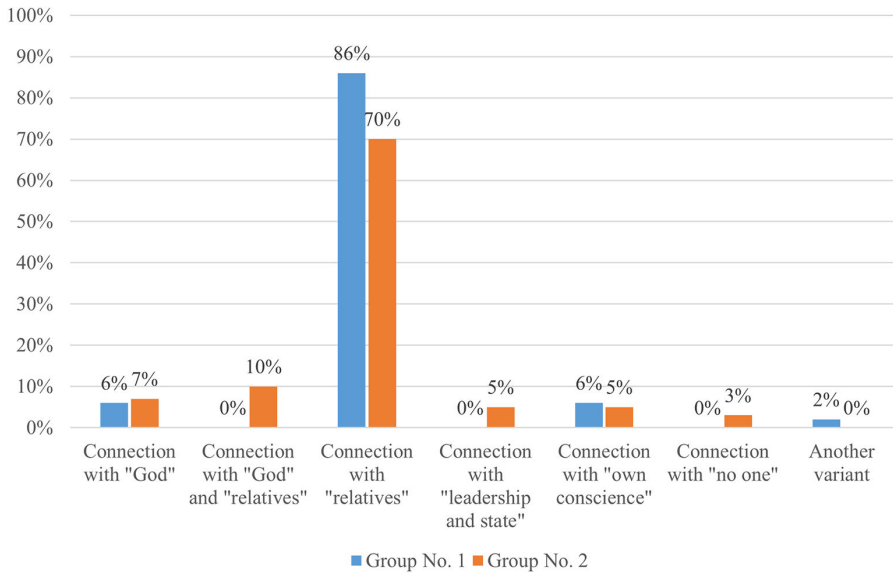
When comparing the results obtained from the two participant groups, it was found that for military group No. 1, connection with relatives was deemed more important. This is because relatives can provide support and inspiration to continue military missions, and they also provide a sense of security knowing that their loved ones are safe and not in danger. Only 6% of the military personnel in group No. 1 ( $n = 3$ ) preferred a connection with God and their conscience, as their focus is on military operations and having faith in their own strength. The answer "with no one" received the least number of responses due to the lack of desire to receive information that does not correlate with military operations. Therefore, the most significant social determinant affecting the effectiveness of the Ukrainian military in war conditions is relatives, while the individual determinant is faith in God.

The analysis investigated whether there is a correlation between the concept of "life" and the need for military assistance by examining respondents' answers to certain questions and their dominant responses (refer to Table 3).



**Figure 1**

*Determination of the Primary Vital Connection of the Military in War*



**Table 3**

*Interrelation Between the Studied Determinants*

Question number in the questionnaire	Question formulation	Dominant answer			
		Group No. 1 Military personnel in the active combat zone, n = 50 (%)		Group No. 2 Military personnel in treatment, rehabilitation, n = 80 (%)	
2	The primary aspiration during the war...	willingness to live	44.00% (22)	willingness to live	40.00% (32)
8	The content of the category "Life" (Life is ...)	individual-potential phenomenon (referential-functional)	70.00% (35)	collective phenomenon (blood family, social definition/concept)	27.50% (22)
3	The content of the maxim "to live your own personal life" (Personal life is ...)	to develop their own potential (abilities, talents, etc.)	44.00% (22)	to be helpful to the relatives	38.75% (31)
		to be helpful to the relatives	24.00% (12)	to develop own potential	26.25% (21)
		to be responsible for the maximally complete development of own abilities and the fulfilment	16.00% (8)	to satisfy any own desires	20.00% (16)

Question number in the questionnaire	Question formulation	Dominant answer			
		Group No. 1 Military personnel in the active combat zone, <i>n</i> = 50 (%)	Group No. 2 Military personnel in treatment, rehabilitation, <i>n</i> = 80 (%)		
		of corresponding functions contrary to prohibitions			
4	Being able to live personal life during the war	mostly there is	36.00% (18)	I don't have my personal life, only duty to my family, country	30.00% (24)
5	The primary, vital communication for military personnel in terms of war	relatives	88.00% (44)	relatives	70.00% (56)
6	The need for help	I don't need help	30.00% (15)	I don't need help	48.75% (39)
		relatives	36.00% (18)	relatives	18.75% (15)
		state (medicines, ammunition, car, information, solutions)	14.00% (7)	state (medicines, ammunition, car, information, solutions)	3.75% (3)
		loved ones (social assistance)	2.00% (1)	loved ones (social assistance)	13.75% (11)
7	The presence of communication and support from in military during the war	yes	56% (28)	yes	65.00% (52)
		stronger than expected	20% (10)	stronger than expected	10.00% (8)

An analysis of the dominant responses among various respondent groups indicates that the need for assistance is influenced by how the military perceives “life” and with whom they associate their lives. If a military member has minimal need for help from those around them and has a strong desire to live and develop their potential, their level of activity, stamina, and commitment to this direction will increase, and vice versa.

Thus, social determinants are related to individual ones. In particular, the need for help—which is the action of others doing someone’s work or duties for them—is due to how the military understands the concept of “life” and what they associate their personal life with (such as potential or other people), rather than the experience of relationships.

## Discussion

The study examined the impact of social and individual factors on the performance of servicemen during the military conflict in Ukraine. Feasible sources of psychological support for military personnel have been identified to enhance their duties and quality of life (Schmitz & Hamann, 2022). Personality is an essential factor in the social determi-

nants of the military, particularly their definition of the meaning of life (as answered in questionnaire No. 8). Analyzing and grouping these answers, as well as studying their correlation with responses to other questions, allowed for a clear definition. If an individual has a strong desire to live and develop their potential, and they do not require assistance, their activity and resilience indicators will be high. Additionally, their opinions on whether they lived through the war will also be high. This complements the research of [Hruby et al. \(2021\)](#) and [Agius and Grech \(2022\)](#) about the importance of indicators of character, strength of will (individual determinant) of military personnel and their impact on the consequences of the stresses and traumas of war. The need for help is determined by how the military understands the meaning of life and with whom or with what they connect their lives (interconnection of individual and social determinants). Most of the military pointed to the connection with relatives as the main thing in the war. Military operations are reflected in the definition of military positions about life and interaction with loved ones ([Agius & Grech, 2022](#); [Solomon et al., 2022](#); [Talbot et al., 2022](#)). The interaction between military personnel and their relatives can help to mitigate potential risks ([Chin & Zeber, 2020](#); [Talbot et al., 2022](#)). This suggests the need for recommendations aimed at improving the emotional and psychological well-being of military personnel, particularly those undergoing rehabilitation or serving in combat zones.

Military personnel often exhibit signs and symptoms of post-traumatic stress disorder (PTSD) as a result of physical and psychological injuries ([McCunn et al., 2021](#)). This can manifest in their behaviour and reluctance to seek help. According to [McCunn et al. \(2021\)](#), the military typically does not seek help on its own, and seeking support is directly linked to the self-control of military personnel. Professional intervention can help to mitigate the negative effects of stressful situations on military personnel ([Sommer et al., 2022](#); [Zhang et al., 2022](#)). To achieve this, it is necessary to ensure adequate social interaction among military personnel and to facilitate communication with their families, which can optimize their mental and physical well-being.

The ability to demonstrate freedom of action that is not influenced by social, cultural, economic, or political pressures reflects one's determinability ([Pells, 2022](#)). Military interaction and professional training of military leaders may contribute to improved mental health and positive attitudes towards life ([Goggin et al., 2018](#)). This study investigates the necessity of psychological support and the correlation between the comprehension of the concept of "life" as an individual determinant and the influence of social determinants. Research has shown that religiosity and faith in God are crucial for military personnel in times of hostilities. According to the conclusions of the research conducted by [Cesur et al. \(2020\)](#) and [Stern and Ben-Shalom \(2020\)](#), the growth of religiosity is interconnected with physical and psychological health, allowing one to survive the aftermath of participation in hostilities and injuries (physical and psychological) and their consequences. [Gucciardi et al. \(2021\)](#) found that psychological resilience is an important

indicator for performing long and complex combat missions. This study also provides data on the impact of social determinants on resilience. [Shahrabani and Garyn-Tal \(2019\)](#) state that servicemen with high resilience levels and varied combat experiences require support from their families. The military's resilience and training reflect the application of instructions and social support. During military training, discussions promote an understanding of risk factors for health and well-being ([Mann & Brinkley, 2021](#)).

Social determinants simultaneously affect the morale of servicemen and at the same time increase the responsibility for their lives in combat situations (the personal identity, professionalism and social expectations of military personnel may change in the context of war. Chronic stress and different combat environments can affect the personal and social functioning of military personnel ([Xue et al., 2015](#)). [Naphan and Elliott \(2015\)](#) proved that cohesion, hierarchy and responsibility in it, combat experience and social cohesion in units as elements of social determinants are of great importance in combat tasks. Other social determinants, such as family and relationships, as well as personal factors like one's understanding of the concept of life and faith in God, can also impact the effectiveness of task performance and the comprehension of life by military personnel. The obtained results form the basis for developing recommendations that influence the formation of a humanistic worldview among military personnel. This worldview implies high consciousness, responsibility for actions, and the ability to work effectively in a team. The recommendations can be used by military unit leaders and rehabilitation centres.

## Conclusions

The concept of "life" as an individual determinant is defined by all servicepersons as the main value, a form of manifestation of the purpose of their activity, "assigned" by the respondents, and is understood most often not as a gift of God, but as "personal". Group No. 1 prioritizes the referential-functional definition of the category "life", while group No. 2 reveals the dominance of two groups of the concept "life" ('collectively-social' and 'referential-functional'). Based on the results of the first group, it appears that the reference-functional group has a higher priority in defining the concept of 'Life' among military personnel in active combat zones. This suggests that the respondents are aware of their personal responsibility for life, which involves realizing and developing their full potential as individuals. Being responsible for what happens to a person's life, a human being is the only one who can change something in the direction of fullness of life, i.e. maximising the development of potential as a set of properties and abilities. That is, it is largely influenced by individual determinants. According to the survey results of respondents in the second group, two categories of the concept "life" dominate: life is a collective phenomenon, and the life of an individual is a manifestation of a certain state of the collective body, the biological world/object. It is largely influenced by individual determinants. Life is a phenomenon that is both structural and referential, associated

with the realization of a person's inner strength and potential, as well as the full set of attributes that are perceived by a person as belonging to themselves. This includes both social and individual determinants, with the latter having a significant influence on one's understanding and attitude towards life.

The awareness of life as a collective phenomenon during the war makes it impossible for military personnel to realise their primary aspiration—to live their own lives. This includes being helpful to people, developing their potential, satisfying any of their desires, and being a participant in social interactions that would not harm military personnel and those around them. Personal life is narrowed to an external order and the fulfilment of functions that partially manifest and realise a person's potential, which does not contribute to the fullness of the military's life or preservation. For military personnel, "living personal life" means maximising their potential, fulfilling functions that correspond to their potential, even despite prohibitions from outside, and, most importantly, taking personal responsibility for fully disclosing their potential.

The study revealed a relationship between the groups defining the categories "life" and "personal life" (questionnaires No. 8 and 3) and the types of assistance that respondents require (questions in questionnaire No. 6). This enabled the identification of objects in the social network recognized by the respondents as vital for them during the war. The study focused on the relationships of military personnel, with particular emphasis on their ties with relatives. Interestingly, the respondents reported not requiring much assistance from their relatives during the war, indicating a recognition of their right to privacy and their ability to form healthy social bonds for self-preservation through self-development. Most military people don't need anyone's help to save their own lives; for a small fraction of people, the support of relatives is important.

As a result, there is a prospect to find out the significance of social and individual determinants of Ukrainian servicemen. Regardless of the dominant group defining the category "life" (reference-functional and blood-family, social), servicemen's connection with relatives was vitally important. Therefore, it is important to consider the need to establish the institution of family, recognizing the significance of familial relationships in supporting the aspirations of military personnel to live fulfilling lives and develop their potential.

The individual determinant that defines the activity, stability and preservation of life of servicemen both in the zone of active combat operations and during treatment and rehabilitation is "love for life". This means maximizing one's potential by performing functions that correspond to one's own potential. The concept of "love for life" refers to an individual's desire to develop their potential and take personal responsibility for their growth. This contributes to the manifestation of their abilities and the formation of a spectrum of functions that they can perform without harm to their health, regardless of their surrounding circumstances. The study examined how certain values, such as

“love for life” and “desire to develop personal potential”, can influence other variables, including the need for help, vital connection, value orientations, and psychological state.

Practical recommendations have been developed for the behaviour of military families and for the formation of a humanistic vector of the military worldview based on the obtained research data. These recommendations can be used by the leadership of military personnel and rehabilitation centres.

## Practical Recommendations

According to the obtained data, communication with loved ones (a social determinant) is crucial for the military during a war. The study authors have developed practical recommendations for military families to improve resilience, mental health, and stabilize the psycho-emotional state of the military:

- The emphasis should be on positive aspects that can contribute to the stabilisation of the psycho-emotional state of the military.
- Exclusion of a detailed discussion of the news that may hurt the psycho-emotional state of the military.
- Situations should be discussed that inspire and give strength to move on (for example, describe support for children who are raising money to help the armed forces of Ukraine through small concerts, playing checkers, etc.).
- Eliminate the feeling of guilt that you can be safe and a loved one (soldier) is in combat, which will reduce the burden on the military and contribute to their military tasks.
- One should be able to listen to the military, understand his situation and concentrate on needs that can help calm him down and provide the necessary assistance.

The authors proposed recommendations for developing the humanistic vector of the military worldview. This involves developing individual determinants, such as high awareness, responsibility for one’s actions, and the ability to work in a team. These recommendations can be used by military personnel leadership and rehabilitation centres:

- It is necessary to provide training for the psychological preparation of the military, which will help them cope with stress in terms of war.
- Discussion of situations that are interrelated with fear and stress, as well as the definition of behaviour when they occur; it is necessary to study the features of fear identification, as well as to identify approaches that will help reduce the negative impact.
- To ensure the cohesion of the military in the team, which contributes to the achievement of goals and the successful completion of tasks and is reflected in the social equality of participants within one unit.
- For the psychological stability of the military, it is necessary to ensure the switching of attention, which can be implemented through individual tasks.

## Scope of Practical Significance of the Research Results

1. Educational sphere: In the process of training future military personnel, military educational institutions need information about the life (fundamental) values, ideals, beliefs of those servicemen who have experience of combat operations or even gave their lives for the future of the nation.
2. Public administration: In the formation of executive and military authorities, it is important to have a pool of personnel with beliefs and principles oriented towards the preservation and development of life in general and of the individual in particular, which determines their active professional activity and a high level of patriotism.
3. Social and humanitarian sphere: In the development of social programmes, in particular for military families, which are the key to the resilience and mental health of military personnel who defend not an abstract idea of society, but a family, the Motherland, consisting of concrete living, once-born, interconnected people.
4. The educational and cultural sphere: In the formation of a humanistic vector of the serviceman's worldview that promotes a high level of awareness of the interconnectedness of each person, responsibility for one's actions, the ability to live together with others, to constantly improve as a person and a professional, and to live among the living.
5. Spiritual and Religious Sphere: Increasing the psychological and physical resilience of armed forces personnel depends on strengthening their religiosity. Servicepersons will understand through whom (relatives), from whom (God) they have received their life and potential. This will create a more responsible attitude towards life, potential and the obligation to preserve and develop them. Religiosity contributes to the realisation that both life and potential are the basis of a serviceman's (person's) personality, its foundation, a necessary condition for achieving the fullness of life, happiness, which cannot be lost, for which one must fight, which makes one invincible.
6. Practical and psychological (mental) sphere: In the development of rehabilitation programmes for military personnel, promotion of mental health of military veterans and military personnel just starting their service.

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