



**YOUTH VOICE
JOURNAL**

MARCH 2023

SPECIAL ISSUE

**INEQUALITY, INFORMATIONAL
WARFARE, FAKES AND SELF-REGULATION IN
EDUCATION AND UPBRINGING OF YOUTH**

VOLUME II

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Editor-in-Chief: Dr. Theo Gavrielides
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ISSN: 2056-2969 | www.rj4allpublications.com/yvj | yvj@rj4allpublications.com



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First published in the UK in March 2023 by RJ4All Publications
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Database right RJ4All Publications (maker)
British Library Cataloguing in Publication Data
ISSN: 2056-2969
ISBN 978-1-911634-79-9
DOI: 10.13140/RG.2.2.30896.02567

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WHAT WAR NEVER DESTROYS: FACTORS FOR MAINTAINING HAPPINESS AND RESILIENCE IN YOUNG FAMILIES DURING WAR

Oksana Matlasevych and Maryana Mykolaychuk

ABSTRACT

Satisfaction with marital relations and secure attachment style are among the most significant factors considered one of the significant factors of resilience as a person's ability to successfully cope with stresses and unfavorable circumstances. On the other hand, there are a large number of external factors that in one way or another affect the quality of marital interaction. The most global among them in the last three years is the Covid-19 pandemic and Russia's full-scale invasion of Ukraine. War is a very powerful and global stressor. Large numbers of families are exposed to mass violence, psychological stress, economic damage, etc. War has a particularly negative impact on young people. According to statistics, 75% of mental disorders begin before the age of 24, which, in turn, has a pronounced negative impact on learning, social life and the future of youth. But there are also those young couples who are able to withstand this stress, survive it, adapt and even grow up, despite very unfavorable incidents.

The purpose of the study was to determine indicators of youth resilience and happiness in the sixth month of the war, to find out the distribution of these indicators by gender, place of residence (permanent or refugee), attachment style, indicators of emotional flexibility, and to build a regression model of psychological factors of youth resilience during the war.

Analysis of the results of the study shows that the average estimate of the level of happiness, as well as the average values of resilience indicators among the surveyed young people is quite high. Comparative (multivariate variance) analysis showed that statistically significant differences exist in the indicators of meaning as a component of happiness, depending on place of residence and type of attachment of young people ($F=4,499$; $p=0,038$), and in

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To cite this article:

Matlasevych, O. and
Mykolaychuk, M. (2023).
What War Never Destroys:
Factors for Maintaining
Happiness and Resilience
in Young Families during
War, *Inequality, Informational Warfare, Fakes and Self-Regulation in Education and Upbringing of Youth*, Youth Voice Journal Vol. II, pp. 55-65.
ISBN (ONLINE):
978-1-911634-79-9

the indicators of resilience depending on type of attachment and level of emotional flexibility ($F=4,938$; $p=0,002$). In addition, there were statistically significant differences in measures of engagement, as a component of happiness, in subjects with anxious and secure ($p=0,017$) attachment types.

According to the results of multiple regression analysis, it was concluded that the structure of youth resilience is influenced by cognitive overestimation ($p=0,001$) as one of the strategies of emotional regulation and emotional flexibility of personality.

The study will make it possible to develop recommendations for young couples on how to maintain psychological balance and healthy marital relationships at a time of great stress.

Keywords: resilience, happiness, young spouses, war, attachment type, emotional flexibility.

INTRODUCTION

Stressful events associated with war, such as direct participation in hostilities, the loss of loved ones, the threat of an armed attack, forced relocation from a war zone, reduced quality of life, as well as moral stress under the influence of information about hostilities activate negative emotions and test our coping strategies. Young married people are confronted by the war with issues related not only to their own mental and physical survival and well-being. There are worries about their partner, the question of choosing whether to stay in their usual place of residence, to move, to become a refugee, to part temporarily with a partner, or to learn to adapt in a new family system, which forcibly begins to include parents, relatives for the sake of greater safety.

Anxiety activates expectations and ways of predicting a partner's behavior in response to experiencing one's own stress, which in turn can strengthen or weaken feelings of security and relationship satisfaction. These strategies have been studied by followers of Bowlby's attachment theory such as M. Mikulincer, P. Shaver and others. In adulthood, attachment strategies are activated in response to significant changes (e.g., loss, illness, separation, relocation) or stress (such as war stress), which are perceived as threatening. Their goal is to alleviate stress by seeking support and reappraisal from others important and close to them to help the person cope and adapt to the difficulties experienced. (Mikulincer & Shaver, 2018).

In this context, the study of the resilience factors of young married people in a situation of chronic military stress is one of the important areas of research, because it provides answers to complex questions that have emerged in our society: how risk factors and traumatic events affect the vulnerability to the stress of the individual and the family as a whole; what internal and external mechanisms protect young spouses from stress; why some families go through difficult trials and remain happy, while others cannot cope with even the slightest hardship.

Today there is a paucity of empirical data describing the behavior of young marital partners in difficult situations, as well as the necessary resources to help them cope with these extremely trying circumstances. Considering all the above, we decided to investigate the role of attachment style, marital satisfaction, and emotional regulation strategies in maintaining the resilience and happiness of young people in their sixth month of war.

STRESS, COPING AND MARITAL SATISFACTION IN THE CONTEXT OF RESILIENCE

In general, resilience in modern psychology is studied from two perspectives: as a personality trait that reflects the level of emotional resilience after experiencing stressful traumatic events (Block, Kremen, 1996; Fredrickson, 2001) as a process of successful adaptation to emergencies (Bonano, 2004; Luthar, Cicchetti & Becker, 2000), as the ability to amortize their impact and restore and develop new adaptive resources (Husak, Chernobrovkina, Chernobrovkin, Maximenko, Bogdanov, Boyko, 2017). These lines of research are united by the idea that a high level of resilience, which protects against the negative consequences of crisis (Charney, 2004; Ogińska-Bulik & Kobylarczyk, 2015), can be a protective factor in difficult everyday situations and emergency events (Felcyn-Koczewska & Ogińska-Bulik, 2012, Handzilevska, Kondratiuk, 2021).

Research indicates that the lower the level of war-related anxiety, the higher the level of marital satisfaction (Hojjat et al, 2016). And also that marital satisfaction is the most significant factor of resilience to mental health disorders (anger dysregulation, depression, anxiety and PTSD). This study was conducted among US Army Reserve and National Guard soldiers and indicates that among the resilience factors assessed (pre-deployment preparation, unit social support, marital satisfaction and family support), marital satisfaction has the most convincing evidence

of contributing to resilience (Vest et al, 2017).

External stress significantly affects the stress in the dyad. This is evidenced by the results of studies that have helped to identify the impact of stress on the quality of marital life for women and men. In particular, external stress affects the stress in the relationship, which in turn affects the woman's assessment of the quality of her marriage. And also, the wife's external stress affects the stress in the relationship, which ultimately affects the man's assessment of the quality of the marriage. Based on the results of this study, it can be concluded that external stress correlates with marital functioning and marriage quality in both spouses, regardless of gender. The relationship between external stress and marital functioning is instead mediated by individual stress in the relationship (Ledermann et al, 2010).

The style of marital stress coping affects the quality of marriage and satisfaction with it. Thus, respondents with positive coping strategies, regardless of gender, reported higher satisfaction with their marriages. Positive coping strategies in marriage also contributed to higher levels of unity, as reported by men, and fewer conflicts, as reported by women (Bodemann et al, 2006).

In 2018, Ukrainian researchers V.Khalansky and S.Kravchuk have shown that in a situation of military conflict in Ukraine in comparison with the period before the military conflict: 1) displaced persons from the combat zone and the people currently living in Mariupol emphasize the negative impact of the situation of the military conflict in Ukraine on the well-being of their family members; 2) increased aggressiveness and proneness to conflict has been observed among the participants of the study currently living in Mariupol and among the displaced persons from the combat zone; 3) the situation of the military conflict in Ukraine has been stressful for the study participants and their families, this is especially pronounced persons from the combat zone and the people currently living in Mariupol; 4) irritation and anger in connection with the event – the military conflict in Ukraine – in rather strong and very strong degree have been observed among the participants of the study currently living in Mariupol, among the displaced persons from the combat zone and among the participants residing now in Donetsk (Kravchuk & Khalansky, 2018).

Since the experience of stress has a subjective component, different couples may assess stressors differently. However, according to research, economic status is one of the most common predictors of stress. It is also known that marital support is a mediator between economic hardship and marital distress (Conger et al, 1999).

Other studies indicate that communication between partners, as an indicator of marital relationship quality, influences resilience to mental illness. Those married people who rated the quality of marital communication as high, using clear and consistent messages, open emotional expression, acceptance of their partner's emotions, and joint problem-solving, have higher rates of resilience (Carr, 2012).

Marital attributions influence the relationship between marital satisfaction and life stressors. In one of the studies, it was found that there was an overall negative trend between stress and marital quality, but a more specific pattern was identified. Spouses who made negative marital attributions rated their marriage quality lower than those who tended to make positive attributions in the face of accumulating life stressors (Graham & Conoley, 2006).

Thus, marital satisfaction is mediated by the level of anxiety, economic well-being, quality of communication and attributions, and is a significant factor of resilience in marriage.

Stress and attachment styles in adults in the context of resilience

The quality of marital relationships, marital satisfaction, and marital resilience are strongly influenced by attachment styles in adults. A reliable attachment style, for example, correlates with high levels of resilience (Moore, Cacioli & Marriner, 2014). However, in another study, this correlation was not significant (Bradley & Hojjat, 2016).

In recent studies (Kural & Kovacs, 2021), the attachment type has been considered as a major factor that potentially contributes to resilience. Among the mechanisms of this relationship are emotion-focused or problem-focused coping strategies, which are also driven by attachment strategies.

Explaining this finding, we can say that people with a reliable attachment style trust others, easily rely on others in situations of distress, enjoy communication, do not worry about the fear of rejection, and have a stable positive image of themselves and others. Conversely, people with unreliable attachments are afraid of being rejected and do not rely on their partner's support in situations of distress. Therefore, they have a lower level of resilience to mental disorders.

It is important to note that adults whose marital relationships are mutually supportive, in which they are encouraged to discuss their experiences and feelings, in which they can rely on each other, demonstrate not only

adaptation and resilience in the face of a traumatic event but also post-traumatic growth, positive psychological changes that arise as a result of facing and dealing with extremely difficult life circumstances. This effect, as well as increased resilience, according to research, occurs only after a traumatic event, not during it (Greup et al, 2017).

Therefore, the study of resilience factors in young married people in the war circumstances in Ukraine will be significant for psychological treatment or prognosis of [posttraumatic growth](#).

RESEARCH QUESTIONS AND HYPOTHESES

Two research questions will be addressed in this study.

What are the indicators of resilience in young married people on the sixth months of war in Ukraine?

Is attachment style, marital satisfaction and emotion regulation strategies (emotional flexibility and cognitive reappraisal) a significant predictor of resilience in young families during war?

On the basis of previous discussion, we have formulated four hypotheses in this study.

Hypothesis 1: Young married people will have a high level of resilience in the sixth month of the war.

Hypothesis 2: There are significant differences in indicators of resilience in young married people with different attachment styles.

Hypothesis 3: Emotional flexibility, marital satisfaction and cognitive reappraisal are significant predictors of resilience in young married people.

METHOD

The study was conducted online using Google Forms. Given the purpose and objectives of the study, 6 psychodiagnostic techniques were selected:

- 1) Connor-Davidson Resilience Scale;
- 2) Hayes' scale of emotional flexibility (AAQ-II);
- 3) Gross emotional regulation scale (ERQ);
- 4) A.Lazarus marital satisfaction questionnaire;
- 5) Ukrainian Version of Orientation to Happiness Scale;
- 6) methodology for determining the attachment style (ECR-R).

Theoretical and applied research suggests that resilience is a multidimensional characteristic that varies with context, time, age, gender, and cultural background, as well as within individuals exposed to different life circumstances (Connor & Davidson, 2003). In our study, we used the Connor-Davidson Resilience Scale. This short self-rated measure of resilience is sensitive to change (scores may improve with treatment) and has been tested in a clinical sample (individuals with mental illness have lower resilience scores than the general population).

Emotional flexibility scale is taken from the Acceptance & Action Questionnaire (AAQ-II), developed by F.W.Bond, S.C.Hayes, R.A.Baer, K.M.Carpenter, N.Guenole, H.K.Orcutt, T.Waltz, & R..D.Zettle. (Bond et al, 2011). According to its provisions, psychological health can be defined as psychological flexibility, which is defined as the willingness to experience and not interfere with undesirable personal experiences, fully connecting with the present moment in pursuit of one's goals and values. The AAQ measures experience avoidance and psychological flexibility.

Questionnaire ERQ (Emotion Regulation Questionnaire) was developed by J.Gross taking into account the procedural model of emotional regulation and is aimed at diagnosing two strategies of emotional regulation - cognitive reappraisal and expressive suppression. This model is based on the concept of the process of emotion generation, according to which emotions begin with the evaluation of emotional signals. Accordingly, J.Gross identified 5 groups of regulatory strategies that correspond to different stages of emotional responses: situation selection; situation modification; attention switching; cognitive change; response transformation (Gross, 2015).

To assess the state of marital relations we used *the marital satisfaction questionnaire by A.Lazarus*. This unidimensional scale allows respondents to assess the level of satisfaction with marital relations using a ten-point Likert scale (ranging from 1 = not satisfied to 10 = very satisfied). A higher score indicates greater marital satisfaction.

Numerous studies show that happiness is an indicator of a person's satisfaction in the main areas of his or her life, such as marriage (Clark et al., 2008) or divorce (Lucas, 2005; Gardner and Oswald, 2006), employment

or unemployment (Lucas et al., 2004; Clark, 2006), etc. It has also been found that happiness indicators correlate with low neuroticism (Hayes and Joseph, 2003; Gomez et al., 2012), openness to experience (Schimmack et al., 2004), a sense of control over personal life, self-confidence (Knyazeva, 2011). Therefore, to solve the tasks of our study, we used the *Ukrainian Version of Orientation to Happiness Scale* (Kryvenko & Petryk, 2019).

In modern psychology, there is an opinion expressed by J. Bowlby, and which is developed by modern psychologists of different directions (K. Bartholomew, L.M.Horowitz, R.Bornstein, K.Brennan, Ph.Shaver, M.Mikulincer), that the relationship between a child and a close adult is the prototype of all subsequent human relationships (Bartholomew, 1990). How harmonious and reliable the child's emotional connection with his/her mother was in the first years of his/her life will depend on his/her ability to build a reliable, safe and trusting relationship with a romantic partner, as well as the ability to cope with life difficulties (Mikaelyan, 2011). Therefore, in order to test our hypothesis, we used the *ECR-R* (Fraley, Waller & Brennan, 2000), a measure of the attachment type of adults in relationships with romantic partners.

All selected psychodiagnostic instruments demonstrate good psychometric characteristics.

Statistical processing of the obtained data was carried out using the software «SPSS for Windows», Microsoft Excel 2013. Multifactorial analysis of variance, regression analysis, correlation analysis using Spearman's coefficient were used.

The study involved 89 people aged 18 to 35 years, including:

- 20% of men and 80% of women;
- 19% of people aged 18 to 25 years and 77% of people aged 26 to 35 years;
- 79.8% are married and in an official marriage, 20.2% are single or in an unofficial romantic relationship;
- after the start of the full-scale invasion of Ukraine, 82% remained at home at their permanent place of residence, and 18% of those who went abroad without a partner.

RESULTS

INDICATORS OF RESILIENCE, MARITAL SATISFACTION AND HAPPINESS OF YOUNG PEOPLE IN THE SIXTH MONTH OF THE WAR

As a result of the study, it was found that 79.8% of the subjects have a high level of resilience, 87.6% are emotionally flexible; almost all (96.6%) have high rates of the regulatory strategy «cognitive reappraisal»; at the same time, 15.7% of the subjects demonstrated high rates of the regulatory strategy «suppression of expression»(Fig.1).

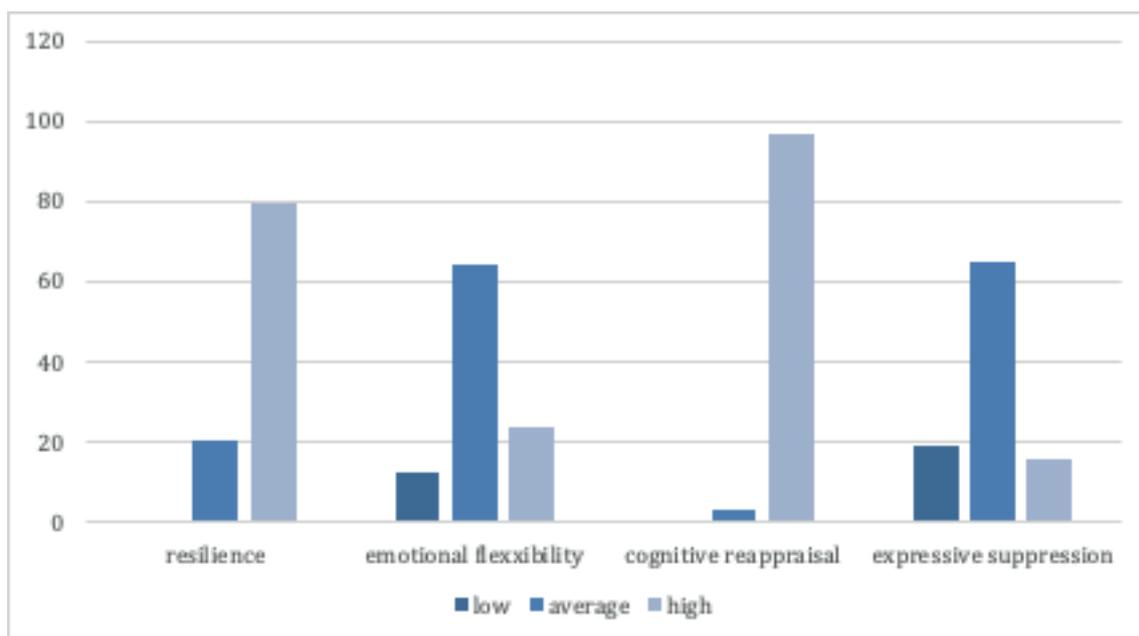


Fig.1 Indicators of resilience, emotional regulation and emotional flexibility of youth

The results indicate that young people in the sixth month of war can cope and recover from stressful and traumatic events. These conclusions are confirmed by high indicators of emotional flexibility and regulatory

strategy «cognitive reappraisal». According to J.Gross, cognitive reappraisal involves a change in thoughts caused by the situation and a change in the assessment of the ability to cope with this situation, its inclusion in a broader context, which in the adaptive case leads to an increase or decrease in the intensity of the current emotion or its replacement with another emotion.

It was also found that 87.6% of young people surveyed are satisfied with their marital relationships. Despite the war, low levels of happiness were found in only 3% of the studied youth. The analysis of indicators on the happiness scale showed that the highest average values were obtained on the scale of involvement (M=17; SD=3.8), while other scales (sense and satisfaction) had the same but slightly lower values (M=15.4; SD sense=4.6; SD satisfaction=4.1) (Table 1).

Table 1

Descriptive statistics of indicators of resilience, marital satisfaction and happiness of the surveyed youth (n=89)

	Min	Max	M	SD
Involvement	8,00	27,00	17	3,8
Sense	6,00	26,00	15,4	4,6
Satisfaction	7,00	25,00	15,4	4,1
Marital satisfaction	38,00	160,00	122	26,6
Resilience	51,00	122,00	95,7	14,3

The analysis of the integral indicator on the happiness scale shows that the average score of happiness among the surveyed youth is M=15.9, which can be considered quite high (maximum score according to the method = 18).

On the scale of personality resilience, the average values (M=95.7; SD=14.3) also belong to the high level (Table 1). No individual received a resilience indicator that would belong to the low level of expression of this trait.

DISTRIBUTION OF INDICATORS OF RESILIENCE, MARITAL SATISFACTION AND HAPPINESS BY GENDER, AGE, PLACE OF RESIDENCE (PERMANENT OR REFUGEE) AND TYPE OF ATTACHMENT.

The survey results showed (Table 2) that men are generally more satisfied with their marital relationships than women. Instead, women are more stable. Referring to the conclusions of previous studies (Mushkevych, Fedorenko, Magdysiuk, Duchyminska, 2018), this can be explained by the fact that women are more critical in assessing their marriage and more demanding of their partner.

As for the distribution by age, Table 2 shows that young couples under the age of 25 are more satisfied with their relationships. At the same time, young people over 25 years old are more stable.

Interesting results were obtained in the context of attachment types. In particular, the highest rates of marital satisfaction were found in young people with reliable and avoidant type of attachment, and the lowest - with anxious and disorganized type.

Table 2

Indicators of happiness, marital satisfaction and resilience of young people depending on different demographic and psychological characteristics (n=89)

M		Involvement		Sens		Satisfaction		Resilience		Marital satisfaction	
		SD	M	SD	M	SD	M	SD	M	SD	
Gender	men	16,67	3,1	15,00	4,8	15,78	3,2	91,83	17,8	135,5	37
	women	17,13	4	15,48	4,5	15,24	4,3	96,65	13,3	128	30,1
Age	up to 25 years old	16,18	2,3	15,29	4,2	12,94	2,8	91,65	12,4	139	37
	26-35 years old	17,2	4,2	15,3	4,7	15,9	4,2	96,4	14,9	126	30,6
Place of residence	Stayed at home	17,15	3,9	15,51	4,6	15,16	4,2	95,34	14,2	128	31,3
	Refugees, abroad	16,50	3,7	14,81	4,5	16,19	3,9	97,19	15,4	132	34
Type of attachment	Avoidant	18,1	1,9	16	3,4	16,3	3,4	98,4	12	108	33,6
	Reliable	17,6	3,9	15,2	4,8	15,5	4,2	96,1	13,7	132	17,9
	Anxious	14,6	3,4	15,1	4,3	14,3	3,8	94,7	17,5	94,5	27,6
	Disorganized	14	2,5	17,2	4,7	14,4	4,6	88,6	20	96	39,9

Comparative (multifactorial analysis of variance) analysis showed that statistically significant differences exist in the indicators of sense (one of the components of happiness), depending on the place of residence and type of attachment of respondents ($F=4.499$; $p=0.038$), as well as in the indicators of resilience depending on the type of attachment ($F=4.938$; $p=0.002$). The data obtained indicate that young people who went abroad after the full-scale invasion of Ukraine have more pleasant and positive impressions and therefore have higher satisfaction scores. Instead, young people who stayed in Ukraine score higher on the criteria of involvement and sense. According to M.Seligman, the «good life» is the result of a person developing and then demonstrating their unique strengths and virtues in relationships and activities. We can conclude that young people who stayed in Ukraine are more absorbed in tasks that are possibly related to ensuring normal functioning. Higher scores on the criterion of happiness such as sense indicate that young people who stayed at home use their characteristic strengths to achieve a higher goal, a higher good.

In addition, there were statistically significant differences in the indicators of involvement as a component of happiness in young people with anxious and reliable ($p=0.017$) attachment types.

FACTORS OF YOUTH RESILIENCE IN WARTIME (REGRESSION AND CORRELATION ANALYSIS)

According to the results of the regression analysis, we can conclude that the resilience of Ukrainian youth during the war is most determined by the regulatory strategy «cognitive reappraisal» ($p=0.001$) and emotional flexibility of the individual ($p=0.012$). At the same time, the influence of cognitive reappraisal on the level of resilience is direct, while emotional inflexibility (according to the methodology) is inverse.

The final regression equation is as follows:

$$Resilience = 63.67 + 1.086 * cognitive\ reappraisal - 5.151 * emotional\ flexibility$$

The obtained model explains 37.1% of the variation in the dependent variable - the level of youth resilience. The rest (62.9%) of the variation in the level of resilience is explained by other factors, including those that were not foreseen by the current study.

Having conducted a correlation analysis of the empirical data obtained using Spearman's coefficient, a moderate relationship between such scales was found:

- resilience - cognitive reappraisal ($r=0,456$, $p=0,001$);
- marital satisfaction - cognitive reappraisal ($r=0.32$, $p=0.002$);
- cognitive reappraisal - suppression of expression ($r=0.347$, $p=0.001$);
- cognitive reappraisal - sense ($r= -0.311$, $p=0.003$);
- avoidance - suppression of expression ($r=0,464$, $p=0,001$);
- anxiety - emotional inflexibility ($r=0,451$, $p=0,001$);
- anxiety - marital satisfaction ($r= - 0,439$, $p=0,001$).

Correlations and their indicators are presented in Fig.2.

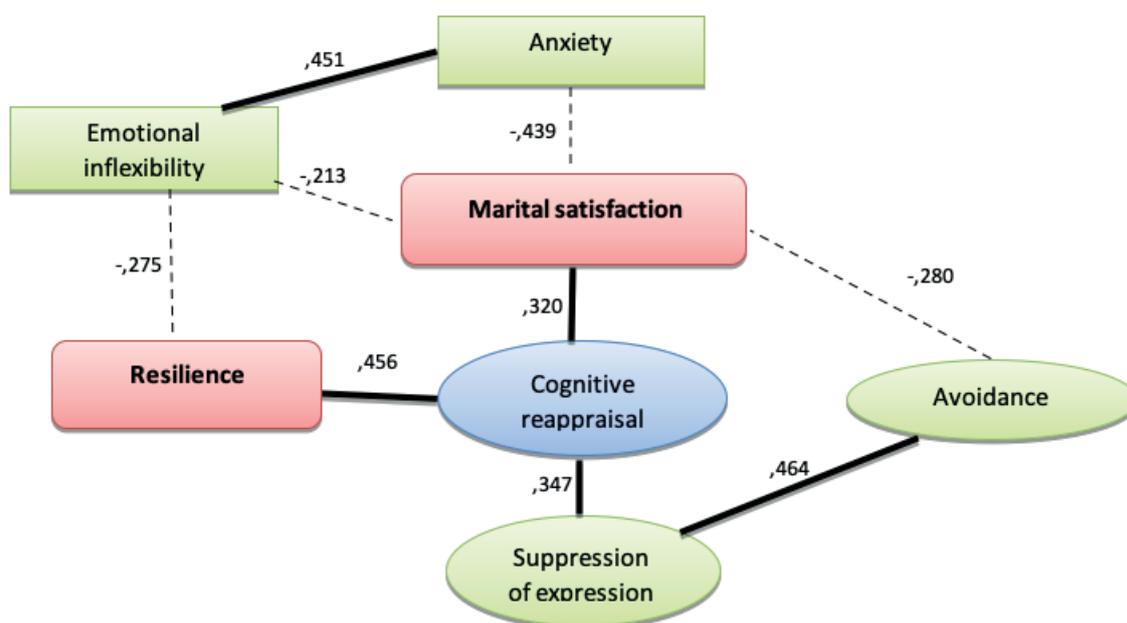


Fig. 2 Relationships between marital satisfaction, resilience, emotional regulation and other characteristics

As we can see, the central characteristic that contributes to the preservation of marital satisfaction and resilience in young people is emotional regulation, in particular its strategy such as cognitive reappraisal. At the same time, such characteristics as emotional inflexibility, anxiety and avoidance do not contribute to the preservation of marital satisfaction and, therefore, - indirectly - to resilience.

DISCUSSION

Analyzing the empirical data we obtained, we saw somewhat unexpected results. In particular, we were surprised that the highest resilience scores were for those with an avoidant type of attachment in relationships ($M=98.4$; $SD=12$). At the same time, Figure 2 shows a close relationship of the regulatory strategy «suppression of expression» with the «avoidance» scale according to the ECR-R methodology ($r=0.464$, $p=0.001$). In general, the «suppression of expression» strategy is considered maladaptive and is used to hide emotions or to influence someone with their reaction. However, in this case, the mentioned strategies can also be considered as a mechanism of family protection (H.Dick, A.Ferreira), in which one or both spouses may refuse to meet their emotional needs in order to maintain family balance. A.Frued already expressed the idea of distinguishing between the defense mechanisms and psychological coping as a mechanism of emotional regulation. She divided these mechanisms

into two vectors: the first is the struggle against an internal threat, the second - against an external one. These ideas were further developed in the works of N. Haan, who identified 10 general mechanisms of «ego protection», each of which can act in two versions: protective (directed «inside») and coping (directed «outside») (Haan, 1977). Phenomenologically, they are difficult to distinguish since both perform the function of reducing emotional tension. But in the case when new demands (wartime conditions, forced resettlement, etc.) are unbearable for the individual, the coping process can take the form of protection.

S.Meyers & S.Landsberger came to similar conclusions in their study: «social support and psychological distress significantly mediated the association between avoidant attachment and marital satisfaction» (Meyers & Landsberger, 2002). H.Handzilevska and V.Kondratiuk have also substantiated in their research that psychological protection mechanisms can perform sanogenic functions of adaptive resources (Handzilevska, Kondratiuk, 2021).

Another explanation for these results may be that avoidance combined with suppression of expression leads to less sensitivity in assessing one's own marital satisfaction or resilience because, in detachment from one's own emotions, everything looks better than it is. Moreover, according to the results of a study conducted by Ukrainian scientists, during the first seven years of marriage, there is a significant increase in such types of marital relations as isolation (indifference), apathy and emotional alienation (Mushkevych, Fedorenko, Mahdysiuk, & Duchyminska, 2018).

CONCLUSION

So, the study made it possible to find out the real level of resilience and happiness of married young people in the sixth month of the war in Ukraine. The analysis of the results of the empirical study showed that the average values of resilience indicators among the surveyed young people are quite high. It means that young people in the sixth month of the war are able to cope and recover from stressful and traumatic events. It was also found that, in general, young people are satisfied with their marital relationships and have high levels of happiness. Men were more satisfied with their marital relationships compared to women. Instead, women are more resilient. Young people over 25 years old also demonstrated greater resilience.

Regarding the experience of happiness, it turned out that young people who went abroad after the full-scale invasion of Ukraine have higher rates of such a component as satisfaction. Instead, young people who stayed in Ukraine have higher scores on the criteria of involvement and sense.

We expected that predictors of young people's resilience would be marital satisfaction and reliable attachment. This hypothesis was partially confirmed. The highest rates of marital satisfaction were found in young people with both reliable and avoidant attachment types. We believe that this fact in war conditions may be associated with the activation of defense mechanisms, as young people have to cope not only with external but also with internal (psycho-emotional) threats.

The most important predictors of resilience of young married people were emotional flexibility and cognitive reappraisal.

Of course, our attempt to analyze the factors of resilience and happiness in young families during the crisis indicates the need for further research in this area, involving a larger number of subjects from different regions of Ukraine, as well as internally displaced persons.

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