

## Contents

List of tables . . . . .	11
Preface . . . . .	17
Chapter 1: Context of military operations in Ukraine . . . . .	19
1.1 Geopolitical and historical background of military operations in Ukraine . . . . .	19
1.2 Alternative forms of warfare . . . . .	22
1.2.1 Hybrid warfare . . . . .	23
1.2.2 New generation warfare . . . . .	26
1.2.3 Proxy war . . . . .	28
1.2.4 Information warfare . . . . .	29
1.3 Socio-demographic aspects of the conflict in Ukraine . . . . .	32
1.3.1 Crisis . . . . .	32
1.3.2 Situation of civilians during the war in Ukraine . . . . .	34
Chapter 2: Research methodology . . . . .	37
2.1 Research problem . . . . .	37
2.2 Description of the study group . . . . .	38
2.3 Research methodology . . . . .	41
2.4 Tools for measuring psychosocial variables . . . . .	42
Chapter 3: Description of how resources are distributed as people adapt to war operations . . . . .	47
3.1 Perceived importance of resources . . . . .	49
3.1.1 Perceived importance of object resources . . . . .	50
3.1.2 Perceived importance of condition resources . . . . .	51
3.1.3 Perceived importance of energy resources . . . . .	52
3.1.4 Perceived importance of personal resources . . . . .	53

3.2 Experienced resource gains . . . . .	54
3.2.1 Object resource gains . . . . .	55
3.2.2 Condition resource gains . . . . .	57
3.2.3 Energy resource gains . . . . .	58
3.2.4 Personal resource gains . . . . .	58
3.3 Experienced resource losses . . . . .	59
3.3.1 Object resource losses . . . . .	60
3.3.2 Condition resource losses . . . . .	61
3.3.3 Energy resource losses . . . . .	62
3.3.4 Personal resource losses . . . . .	62
 Chapter 4: Relationships between resource distribution and approaches to coping with war . . . . .	 65
4.1 Theoretical context of the correlation between resource distribution and preferred coping strategies . . . . .	 65
4.2 Relationships between considering specific resources as important and preferred coping strategies . . . . .	 70
4.2.1 Correlations between considering specific resources as important and coping strategies . . . . .	 71
4.2.2 Correlations between considering financial resources as important and coping strategies . . . . .	 72
4.2.3 Correlations between considering condition resources as important and coping strategies . . . . .	 74
4.2.4 Correlations between considering energy resources as important and coping strategies . . . . .	 76
4.2.5 Correlations between considering individual resources as important and coping strategies . . . . .	 78
4.3 Relationships between experiencing resource gains and preferred coping strategies . . . . .	 81
4.3.1 Correlations between gains in various resources and coping strategies . . . . .	 81
4.3.2 Correlations between gains in financial resources and coping strategies . . . . .	 83
4.3.3 Correlations between gains in condition resources and coping strategies . . . . .	 84
4.3.4 Correlations between gains in energy resources and coping strategies . . . . .	 86
4.3.5 Correlations between gains in individual resources and coping strategies . . . . .	 87

4.4 Relationships between experiencing resource losses and preferred coping strategies . . . . .	90
4.4.1. Correlations between losses in various resources and coping strategies . . . . .	90
4.4.2 Correlations between losses in financial resources and coping strategies . . . . .	91
4.4.3 Correlations between losses in condition resources and coping strategies . . . . .	93
4.4.4 Correlations between losses in energy resources and coping strategies . . . . .	94
4.4.5 Correlations between losses in individual resources and coping strategies . . . . .	95
4.5 Testing resource distribution variables as predictors of coping . . .	97
4.5.1 Predictors of task-oriented coping . . . . .	97
4.5.2 Predictors of passive coping . . . . .	99
4.5.3 Predictors of using support in problem situations . . . . .	100
4.5.4 Predictors of avoidance behaviour in problem situations . . .	102
4.5.5 Predictors of religious orientation in difficult situations . . .	103
4.5.6 Predictors of acceptance of experienced problems . . . . .	104
4.5.7 Predictors of using humour in problem situations . . . . .	105
4.6 Practical implications . . . . .	106
 Chapter 5: Relationships between resource distribution and multidimensional consequences of being caught up in war . . . . .	 111
5.1 Theoretical context of correlations between resource distribution and multidimensional consequences of involvement in military conflict . . . . .	111
5.2 Relationships between considering specific resources as important and severity of multidimensional consequences of being caught up in war . . . . .	115
5.2.1 Considering specific resources as important and the severity of the consequences of involvement in military conflict . . . . .	115
5.2.2 Considering specific object resources as important and the severity of the consequences of involvement in military conflict . . . . .	117
5.2.3 Considering specific condition resources as important and the severity of the consequences of involvement in military conflict . . . . .	119

5.2.4 Considering specific energy resources as important and the severity of the consequences of involvement in military conflict . . . . .	121
5.2.5 Considering specific personal resources as important and the severity of the consequences of involvement in military conflict . . . . .	123
5.3 Relationships between experiencing resource gains and the severity of multidimensional consequences of being caught up in war . . . .	126
5.3.1 Gains in various resources and the severity of the consequences of involvement in military conflict . . . . .	126
5.3.2 Gains in object resources and the severity of the consequences of involvement in military conflict . . . . .	128
5.3.3 Gains in condition resources and the severity of the consequences of involvement in military conflict . . . . .	130
5.3.4 Gains in energy resources and the severity of the consequences of involvement in military conflict . . . . .	131
5.3.5 Gains in personal resources and the severity of the consequences of involvement in military conflict . . . . .	133
5.4 Relationships between experiencing resource losses and the severity of multidimensional consequences of being caught up in war . . . . .	136
5.4.1 Losses in various resources and the severity of the consequences of involvement in military conflict . . . . .	136
5.4.2 Losses in object resources and the severity of the consequences of involvement in military conflict . . . . .	138
5.4.3 Losses in condition resources and the severity of the consequences of involvement in military conflict . . . . .	141
5.4.4 Losses in energy resources and the severity of the consequences of involvement in military conflict . . . . .	143
5.4.5 Losses in personal resources and the severity of the consequences of involvement in military conflict . . . . .	145
5.5 Predictors of the consequences of experienced stress . . . . .	149
5.5.1 Predictors of somatic issues . . . . .	149
5.5.2 Predictors of mental problems . . . . .	151
5.5.3 Predictors of psychotic symptoms . . . . .	152
5.5.4 Predictors of depression symptoms . . . . .	153
5.5.5 Predictors of post-traumatic stress disorder (PTSD) . . . . .	154
5.5.6 Predictors of post-traumatic growth (PTG) . . . . .	155
5.6 Practical implications . . . . .	156

Contents	9
Conclusion . . . . .	161
Bibliography . . . . .	163