



**Міністерство освіти і науки України
Глухівський національний педагогічний університет
імені Олександра Довженка
Університет Нігде Омера Халісдеміра
Міжнародна академія прикладних наук в Ломжі
Ханчжоу Дін'їн Закордонних Освітніх послуг Ко., Лтд
Український державний університет
імені Михайла Драгоманова
Ізмаїльський державний гуманітарний університет
Університет Григорія Сковороди в Переяславі
Рада молодих учених при Сумській ОДА
Наукове товариство Глухівського НПУ ім. О. Довженка**

**ГЛУХІВСЬКІ НАУКОВІ ЧИТАННЯ – 2025.
АКТУАЛЬНІ ПИТАННЯ СУСПІЛЬНИХ ТА
ГУМАНІТАРНИХ НАУК**

ЗБІРНИК МАТЕРАЛІВ

**XV Міжнародної науково-практичної інтернет- конференції
молодих учених і студентів**

10-12 листопада 2025 р.

Глухів – 2025

**HLUKHIV SCIENTIFIC READINGS – 2025.
TOPICAL ISSUES OF SOCIAL AND HUMAN
SCIENCES**

**Proceedings
of the XV International Scientific and Practical Internet
Conference for Young Scientists and Students
November 10-12, 2025**

Hlukhiv – 2025

combining individual support, educational initiatives, and community engagement to foster respect, empathy, and resilience among students.

References:

1. Holyardyk N.A. Psychological features of the influence of competitive behavior on relationships and learning of students of higher educational institutions: Author's abstract of Ph.D. thesis in psychology. State Border Guard Service of Ukraine, National Academy of the State Border Guard Service of Ukraine named after B. Khmelnytsky. Khmelnytskyi, 2012. 16 p.
2. Kachmar O.V. Mobbing as a form of psychological violence in the workplace. *Actual Problems of Philosophy and Sociology*. Konotop, 2016. pp. 58–61.
3. Khmelnycha T. Mobbing in the student environment and ways of prevention. *Bulletin of Lviv University. Series: Psychological Sciences*. 2019. Issue 5. pp. 79–85.
4. Nazarchuk K.Ye. Bullying as a form of social deviation among students. Abstract. Mykolaiv, 2021. pp. 1–10.
5. Potapchuk Ye.M., Adamchuk O.V. Causes of mobbing in the military collective. *Problems of Extreme and Crisis Psychology*. Khmelnytskyi, 2013. Issue 14, Part I, pp. 261–268.
6. Tinin D.G. The concept and essence of mobbing, ways to overcome it. *Scientific Bulletin of Dnipropetrovsk State University of Internal Affairs*. 2021. No. 1 (110). pp. 171–176.
7. Tinin D.G., Krysko V.A. Harassment in the cadet environment in higher educational institutions with specific training conditions: differentiation between «mobbing» and «bullying». *Scientific Notes. Series: Pedagogical Sciences*, (209), 2023, pp. 290–296. <https://doi.org/10.36550/2415-7988-2022-1-209-290-296>.

Drohobytska Oksana,

Master's student, Department of Clinical and Rehabilitation Psychology

Vasyl Stefanyk Carpathian National University

Supervisor – *Candidate of Psychological Sciences, Prof. Hasiuk Myroslava*

FEATURES OF COLLECTIVE TRAUMA IN THE CONTEXT OF THE CURRENT RUSSIAN-UKRAINIAN WAR

The Russian Federation's invasion of Ukraine on February 24, 2022, was not only a gross violation of international law, but also caused deep collective trauma to Ukrainian society. Large-scale destruction, numerous human casualties, the forced

displacement of millions of people, and a constant state of uncertainty create conditions for long-term consequences that require scientific study and the development of effective psychological support strategies.

Collective trauma occurs when a large group of people experience a shared, traumatic event or series of events that disrupt their normal existence, social connections, and psychological health. A characteristic feature of collective trauma is that it can occur in people who are not even directly involved in the event. In addition, it is prolonged in time, as it becomes embedded in the historical memory of society [4, p. 235]. Interestingly, the most severe collective traumas are those caused by humans [3, p. 69]. Given the importance of this issue, we aim to trace the characteristics of collective trauma in the context of the current Russian-Ukrainian war and develop recommendations for overcoming its negative consequences.

At the present stage, the characteristics and consequences of collective trauma are being actively studied by researchers in the field of mental health. Among them are P. Gornostay [1], V. Klymchuk [2], O. Korolovich [3; 4], O. Chaban and others [5]. According to the authors of the article «Collective Trauma of the Ukrainian Population: Realities, Prospects, and the Possibility of Studying the Transgenerational Aspect», the collective trauma currently experienced by Ukrainians has its own specific characteristics that distinguish it from, for example, the traumas of the Holodomor, World War II, or the Holocaust. Its distinctive features include the following factors: 1) almost unlimited access to information thanks to the internet, as a result of which news quickly reaches the entire population of the country, regardless of location; 2) visual information (photos and videos of the consequences of shelling, rocket strikes, etc.) leads to a stronger fixation of horrific events in the memory (this has a particularly negative impact on children, who are more prone to fantasizing than adults); 3) the unwillingness of most Ukrainians to accept inhumane actions from those who were considered a «brotherly nation» just yesterday; 4) problems with electricity supply due to strikes on critical infrastructure disrupt the rhythm of

life for the population, further increasing stress levels and the risk of developing mental illness; 5) the prognostic incompleteness of the effects of post-war trauma [5].

In our view, overcoming collective trauma requires a comprehensive approach that includes: ensuring broad access to psychological assistance for all categories of the population, especially those who have experienced combat, occupation, captivity, or the loss of loved ones; organizing support groups for people who have been affected by similar traumatic events (group therapy); disseminating information among the general population about self-regulation techniques such as breathing exercises, meditation, and relaxation; providing social support to people who have lost their homes, jobs, and social connections; organizing educational events that help preserve national identity and a sense of community, etc. Particular attention should be paid to the psychological state of children, who are most vulnerable to traumatic experiences, as well as vulnerable groups (people with disabilities, the elderly, internally displaced persons).

Information hygiene plays an important role in preventing collective trauma or overcoming its consequences, so it is necessary to avoid excessive consumption of negative news, especially from unverified media sources. It is recommended to limit the time spent on social networks, as they can increase anxiety and fear through sensational headlines, hostile news posts, etc.

Thus, the study of collective trauma in the context of the Russian-Ukrainian war is not only a scientific necessity but also an important step towards the recovery and healing of Ukrainian society. Collective trauma presents us not only with the problem of preserving the mental health of Ukrainian society, but also with serious social challenges, including a potential increase in aggression and the destruction of social cohesion. In addition, the Ukrainian experience can be useful for other countries facing the consequences of military action and violence.

References:

1. Gornostai, P. Psychology of collective trauma : monograph; National Academy of Pedagogical Sciences of Ukraine, Institute of Social and Political Psychology. Kropyvnytskyi : Imex-LTD, 2023. 336 p.

2. Klimchuk V. Psychology of Post-Traumatic Growth: monograph / National Academy of Pedagogical Sciences of Ukraine, Institute of Social and Political Psychology. Kropyvnytskyi : Imex-LTD, 2020. 125 p.
3. Korolovych O. Dynamics of collective trauma in the context of transgenerational ties in the family system. *Psychological Prospects Journal*. 2023. Issue 42. P. 68-81.
4. Korolovych O. The phenomenon of transgenerational trauma in the light of contemporary Ukrainian realities. *Habitus*. 2023. Issue 52. Pp. 234-238.
5. Frankova I., Chaban O., Petrenko G., Tokarchuk A. Collective trauma of the Ukrainian population: realities, prospects, and the possibility of researching the transgenerational aspect. *Psychosomatic Medicine and General Practice*. 2023. Vol. 8. No. 3. URL: <https://uk.e-medjournal.com/index.php/psp/article/view/442>.