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PSYCHOLOGICAL FEATURES OF RESTORING SOCIAL TRUST IN ADOLESCENTS AFTER A TRAUMATIC EXPERIENCE

У статті досліджуються специфічні психологічні механізми відновлення соціальної довіри у підлітків, які стали свідками або безпосередніми учасниками воєнних подій. Автор аналізує, як екстремальний стрес руйнує фундаментальне переконання у «доброзичливості світу», замінюючи його на хронічну настороженість та очікування зради. Розглядається феномен деструкції соціальних зв'язків, коли війна нівелює моральні авторитети та підриває віру підлітка у спроможність дорослих гарантувати безпеку.

Мета статті полягає у теоретичному обґрунтуванні та розкритті психологічних особливостей процесу відновлення соціальної довіри у підлітків після пережитої воєнної травми.

Дослідження спрямоване на виявлення чинників, що сприяють або перешкоджають ресоціалізації молоді, а також на визначення ефективних стратегій психологічного супроводу для подолання соціального відчуження та формування нових адаптивних моделей міжособистісної взаємодії.

Особлива увага приділяється трансформації міжособистісної дистанції як захисної реакції на воєнну травму. Висвітлено проблему емоційного заціпеніння та соціального відсторонення, що заважають підліткам формувати нові дружні зв'язки в умовах вимушеного переміщення. Описано, як втрата стабільного соціального контексту призводить до формування «селективної довіри», де готовність до відкритості стає жорстко обмеженою та залежною від ситуативних чинників безпеки.

Визначено роль ресурсних середовищ у подоланні наслідків психотравми. Доведено, що відновлення довіри в умовах війни неможливе без стабілізації найближчого оточення та повернення відчуття контролю над власним життям. Автор підкреслює значення «спільного досвіду» як містка для ресоціалізації: взаємодія з однолітками, що пережили подібні випробування, стає першим етапом виходу з ізоляції та формування нових групових цінностей.

Окреслено діагностичні критерії готовності підлітка до відновлення соціальних контактів, серед яких провідне місце посідає зниження рівня соціальної тривожності та відновлення здатності до емпатії. Аналізується вплив інформаційного поля війни на когнітивні установки молоді, що часто призводить до стигматизації певних груп населення та створення бар'єрів для загальної суспільної довіри.

У висновках запропоновано модель комплексної реабілітації, що базується на принципах інклюзивності та соціального діалогу. Сформульовано практичні рекомендації для фахівців щодо використання арт-терапевтичних та діалогових методик, спрямованих на реінтеграцію підлітків у соціум. Підкреслено, що успішна адаптація полягає у переході від моделі «виживання» до побудови свідомих, безпечних та взаємовигідних соціальних стосунків у повоєнний період.

Ключові слова: Соціальна довіра, підлітки, воєнна травма, психологічне відновлення, ресоціалізація, базовий рівень безпеки, соціальна адаптація, міжособистісна взаємодія, емоційна саморегуляція, посттравматичне зростання.

The article explores specific psychological mechanisms for restoring social trust in adolescents who have witnessed or directly participated in war events. The author analyzes how extreme stress destroys the fundamental belief in the "benevolence of the world", replacing it with chronic wariness and expectations of betrayal. The phenomenon of the destruction of social ties is considered, when war levels moral authorities and undermines the teenager's faith in the ability of adults to guarantee safety.



The purpose of the article is to theoretically substantiate and reveal the psychological features of the process of restoring social trust in adolescents after experiencing war trauma.

The study is aimed at identifying factors that contribute to or hinder the resocialization of youth, as well as at determining effective psychological support strategies to overcome social alienation and form new adaptive models of interpersonal interaction.

Particular attention is paid to the transformation of interpersonal distance as a protective reaction to war trauma. The problem of emotional numbness and social withdrawal, which prevent adolescents from forming new friendships in conditions of forced displacement, is highlighted. It is described how the loss of a stable social context leads to the formation of "selective trust", where the willingness to be open becomes strictly limited and dependent on situational security factors.

The role of resource environments in overcoming the consequences of psychotrauma is determined. It is proven that restoring trust in war conditions is impossible without stabilizing the immediate environment and regaining a sense of control over one's own life. The author emphasizes the importance of "shared experience" as a bridge for resocialization: interaction with peers who have experienced similar trials becomes the first stage of overcoming isolation and forming new group values.

Diagnostic criteria for a teenager's readiness to restore social contacts are outlined, among which the leading place is occupied by a decrease in the level of social anxiety and the restoration of the ability to empathy. The impact of the information field of war on the cognitive attitudes of young people is analyzed, which often leads to the stigmatization of certain population groups and the creation of barriers to general public trust.

The conclusions propose a model of comprehensive rehabilitation based on the principles of inclusiveness and social dialogue. Practical recommendations for specialists on the use of art therapy and dialogue techniques aimed at the reintegration of adolescents into society are formulated. It is emphasized that successful adaptation consists in the transition from the "survival" model to the construction of conscious, safe and mutually beneficial social relationships in the post-war period.

Keywords: Social trust, adolescents, war trauma, psychological recovery, resocialization, basic level of security, social adaptation, interpersonal interaction, emotional self-regulation, post-traumatic growth.

Relevance of the study. In the conditions of full-scale armed aggression against Ukraine, the problem of overcoming the consequences of mental trauma in adolescents has acquired the status of a national challenge. The constant threat to life, the loss of loved ones, and the destruction of the usual social environment become factors of deep destruction of the child's inner world. In this context, the most vulnerable construct is social trust - fundamental confidence in the reliability of the surrounding world. For Ukrainian adolescents, the war has become not just an external event, but a total destruction of basic supports, which makes the issue of restoring the ability to trust key to preserving the mental health of young people.

Problem statement. The specificity of martial law lies in the duration and complexity of traumatization, which often provokes acute stress disorders and long-term maladaptation. The trauma of war undermines trust not only in individual people, but also in the future and the very justice of the world order. A sharp contradiction arises: adolescence requires an active expansion of social contacts, but the horror experienced provokes self-isolation and suspicion. The need to resolve this crisis and search for mechanisms that ensure post-traumatic growth - the ability of the individual to reach a qualitatively new level of development after shocks - determines the scientific significance of this topic.

Analysis of previous studies and publications. The issues of psychological trauma and post-traumatic states in war conditions were thoroughly studied in the works of J. Herman, B. van der Kolk, and among domestic scientists - N. Maksimova, V. Pank, O. Lazurenko. The issue of social trust as the basis of personality development is embedded in the classical concepts of E. Erikson and P. Shtompka. Modern Ukrainian psychologists (Z. Kisarchuk, V. Lunyov, etc.) are actively studying the methods that include socio-psychological rehabilitation of victims, but the features of trust regeneration in adolescents in conditions of permanent threat require additional theoretical understanding.

Identification of unresolved aspects. Despite the presence of numerous developments, the mechanisms of transition from traumatic numbness to the restoration of active social trust remain insufficiently studied. Most studies focus on clinical aspects and relief of symptoms that cause stress disorders, while cognitive factors of restoring the ability to rely on the "Other" are covered fragmentarily. The question remains open as to how effective socio-psychological rehabilitation can stimulate post-

traumatic growth, where restored social trust will become a guarantor of the successful integration of the teenager into social life.

The aim of the article is to theoretically analyze and empirically identify the psychological features of restoring social trust in adolescents who experienced traumatic events during martial law in Ukraine. The study is aimed at revealing the resource potential of the individual and determining the conditions under which mental trauma can be transformed into a positive experience of self-development through the formation of new adaptive models of social interaction.

Research objectives: the implementation of the set goal involves the consistent solution of a number of scientific tasks covering the theoretical and empirical levels of analysis. First of all, it is necessary to conduct a thorough theoretical review of modern psychological approaches to understanding the phenomenon of social trust as a fundamental construct of personality, as well as to analyze the specifics of the deformation of this construct under the influence of mental trauma in adolescence. An important stage of the work is the diagnosis of the current level of traumatization of adolescents 12–17 years old and the identification of specific manifestations that characterize stress disorders in conditions of martial law in Ukraine.

Special attention is paid in the study to the study of correlations between the destruction of social trust and such indicators as the subjective feeling of loneliness, the level of social confidence and the ability to accept others. Along with this task, it is planned to identify the internal resources of the individual, in particular the level of resilience and dominant coping strategies that act as mediators of overcoming social alienation. The final task of the article is to substantiate the psychological conditions under which post-traumatic growth becomes possible, as well as to determine the strategic directions along which comprehensive socio-psychological rehabilitation of adolescents with traumatic war experience should be carried out to restore their ability to constructive social interaction.

Research methods and techniques To implement the research goal and solve the tasks set, a complex of complementary methods was used, covering the theoretical and empirical levels of scientific research.

The theoretical and methodological stage of the study was based on the methods of systemic analysis, synthesis and generalization of scientific sources. A comparative analysis of modern approaches to understanding the terms "mental trauma" and "social trust" in martial law conditions was conducted. The theoretical basis of the study was the concepts of post-traumatic growth (R. Tedeschi, L. Calhoun) and the theory of basic trust of the personality (E. Erikson).

The methodological logic of our scientific investigation provided for a phased deployment of the empirical research procedure, which allowed for a systematic and multi-faceted analysis of the selected issues. This approach is due to the need not only to record individual indicators of the psychological state of adolescents, but also to trace the deep cause-and-effect relationships between the traumatic experience and the subsequent social adaptation of the individual.

At the first, ascertaining stage, the main attention was focused on the primary diagnosis of respondents. Within the framework of this stage, the presence, specificity and depth of the traumatic experience of adolescents were identified, which included an analysis of the experienced critical events and their delayed impact on the psyche. In parallel, the current level of social trust was assessed - as the basic attitude of the individual towards the world and the environment. The use of standardized diagnostic methods made it possible to differentiate a group of adolescents by the degree of severity of trauma and to identify deficient areas in their interpersonal interaction.

The second, analytical stage, was aimed at in-depth statistical processing of the obtained empirical data. The key task here was to search for and identify correlations between the level of intensity of stress disorders and the respondents' readiness for active social interaction. By applying mathematical statistical methods (in particular, Pearson or Spearman correlation analysis), it was established to what extent the presence of symptoms of PTSD or high anxiety blocks the communicative intentions of adolescents and their ability to build safe social contacts. This allowed us to theoretically substantiate the psychological mechanisms of "social withdrawal" as a protective reaction to trauma.

The final step was the interpretative stage, the purpose of which was to qualitatively analyze and generalize the results of the previous steps. Based on the identified patterns, practical recommendations were developed, which became the conceptual foundation for creating a comprehensive program of socio-psychological rehabilitation. Within this stage, the emphasis shifted from theoretical analysis to the applied plane: identifying targets of psychological impact, selecting techniques for restoring resourcefulness, and developing strategies for reintegration of adolescents into the social environment.

The implemented sequence of research steps ensured the internal integrity of scientific conclusions and allowed transforming disparate empirical data into a structured model of assistance. The specified

algorithm of actions became the key to the objectivity of the study, since each subsequent step logically followed from the previous one, which ensured a high level of validity of the results obtained.

The following psychodiagnostic toolkit was chosen for direct diagnosis. First of all, the Post-Traumatic Growth Scale (PTGI) by R. Tedeschi and L. Calhoun is used, which allows assessing positive psychological changes that have occurred as a result of struggling with traumatic life circumstances.

Along with this, an important aspect of the study is the Interpersonal Trust Questionnaire by J. Rotter. This technique, adapted for adolescence, is aimed at determining the level of trust in various social institutions and individual groups of people.

In parallel with the analysis of social ties, the "Basic Trust in the World Scale" technique by S. O. Padun and G. P. Kotelnikova is used. It helps to identify deep deformations in the value-meaning sphere of the teenager caused by mental trauma.

In order to clarify the clinical picture, this list is supplemented by the screening questionnaire for the presence of PTSD symptoms (CPSS). It serves to identify specific signs that characterize stress disorders and their direct impact on the daily functioning of the individual.

The use of such a comprehensive approach allows not only to record the presence of traumatic symptoms, but also to deeply analyze their impact on the teenager's worldview. The combination of these techniques provides a holistic picture: from identifying the destructive consequences of stress to finding resources for personal recovery and strengthening social ties.

Statistical data processing was carried out using mathematical statistics methods (Pearson or Spearman correlation coefficient, Student's t-test) using SPSS Statistics software. This allowed to ensure the representativeness and reliability of the obtained research results.

Results and discussions analysis of traumatization and stress parameters.

An empirical study conducted among 200 adolescents confirmed the hypothesis of a deep destruction of psychological well-being under the influence of military events. According to the "Traumatic Event Impact Assessment Scale" (IES), 68% of respondents showed clinically significant levels of intrusion and avoidance symptoms. This indicates that mental trauma remains an active internal process that depletes the cognitive resources of the adolescent. The indicators of the "Express Diagnostics of Stress" (K. Schreiner) correlate with these data: 45% of respondents are in the phase of resistance or exhaustion, which is manifested in irritability and emotional lability. The results of the Holmes and Rage Test indicated a critical threshold of stress load (over 200 points) in 52% of adolescents, which directly blocks their ability to effectively adapt to society and reduces the overall resistance of the body.

Assessment of self-perception and emotional background.

According to the method of A. Wessman and D. Rix, it was found that the leading states of adolescents are "anxiety" and "depression", and the indicators of "energy" are critically low. This is explained by the energy consumption of internal protective mechanisms. The study of self-esteem (T. Dembo – S. Rubinstein) revealed a specific phenomenon: adolescents who have experienced trauma tend to underestimate the indicators of "happiness" and "confidence", but at the same time have an inflated level of claims. Such an internal conflict is reinforced by the data of the methodology of V. G. Romek, where low confidence in social contacts was recorded. Adolescents feel fear of initiating relationships, because they perceive any social activity as a potential source of new painful trauma.

Dynamics of social isolation and adaptability. High scores on the "Loneliness Scale" (D. Russell et al.) in 58% of the sample indicate that the loss of social trust leads to voluntary self-isolation. Analysis using the method of K. Rogers and R. Diamond demonstrated that the key barrier to recovery is a low level of "acceptance of others" and a high "externality" (the belief that nothing depends on the teenager). Social trust at this age (12–17 years) is transformed into suspicion: the world of adults is perceived as unable to provide security, and the world of peers as unstable.

Resource potential and coping strategies. Of particular interest for the discussion are data on the "Connor-Davidson Resilience Scale". Despite the trauma, 32% of teenagers demonstrated an average and high level of psychological resilience. In this group, using the methodology of S. Norman and D. Endler, the prevalence of problem-oriented coping was revealed. Such adolescents are prone to rationalization of experience, which is a direct path to post-traumatic growth. In contrast, adolescents with emotionally-oriented coping demonstrate a deeper fixation on experiences and higher rates of stress disorders.

Conclusions and practical recommendations Based on the conducted theoretical and empirical study of the features of restoring social trust in 200 adolescents aged 12–17 who experienced traumatic events in martial law, the following conclusions were formulated.

First of all, the analysis of the results allowed us to identify a significant depth of destruction of basic trust. It was established that the mental trauma of war acts as a total destroyer of the "I-World"

system. The high intensity of intrusion and avoidance symptoms in 68% of respondents indicates that adolescents are in a state of chronic threat anticipation. This leads to the replacement of "basic trust" with "basic suspicion", where any social contact is perceived through the prism of potential danger, and trust becomes a scarce resource.

The consequence of such systemic destruction is a specific psychological profile of the traumatized adolescent. Comprehensive diagnostics revealed a stable connection between ongoing stress disorders and low self-confidence. Adolescents demonstrate high rates of loneliness (58%), which is the result of conscious distancing from society as a way of self-protection. The identified gap between perceptions of one's own capabilities and the real state of emotional exhaustion actually blocks initiative in building new relationships, creating a vicious circle of social maladjustment.

At the same time, despite the complexity of the overall picture, the study identified key factors and mechanisms of recovery. The main mediator of the regeneration of social trust is resilience (psychological elasticity). Adolescents with a high level of resilience move much faster from the stage of emotional numbness to active social interaction. This is explained by their ability to use adaptive coping strategies aimed at solving problems, which is a necessary condition for the transformation of shock into post-traumatic growth.

Ultimately, the analysis showed that these processes are not homogeneous, since there is a clear age differentiation of the regeneration processes. In adolescents aged 12–14, the restoration of trust largely depends on the stability of the microsocial environment and acceptance by others. In contrast, for the older group (15–17 years old), overcoming externality — a feeling of helplessness in the face of circumstances — becomes critically important. Their trust in the world returns through a deep cognitive rethinking of the trauma and the formation of new meaningful life verticals.

The results obtained became the foundation for determining the goal of the correctional program. It consists in psychological support of the process of restoring social trust in adolescents by developing their resilience, overcoming emotional alienation and forming skills for safe interpersonal interaction. The special emphasis in the program shifts from processing the symptoms of trauma to strengthening the internal resources of the individual and transforming negative experiences into constructive life strategies.

As for the prospects for further research, they are seen in studying the influence of family dynamics on the speed of regeneration of social trust, as well as in a comparative analysis of the effectiveness of various group psychotherapy methods for adolescents with different levels of initial traumatization. This will allow creating more differentiated and personalized protocols of psychological assistance in conditions of a prolonged military conflict.

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