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**SOCIAL AND PSYCHOLOGICAL CHARACTERISTICS OF PERSONAL  
ALIENATION OF OLDER PEOPLE DURING THE WAR**

В умовах війни люди похилого віку є вразливою категорією населення, яка зазнає не лише матеріальних втрат, а й значних психологічних та соціальних викликів. Спостереження та вивчення соціально-психологічних особливостей особистісного відчуження цієї групи людей є актуальним завданням, оскільки може визначити якість їхнього життя та сприяти розробці ефективних програм підтримки. У статті представлено дослідження соціально-психологічних чинників особистісного відчуження людей похилого віку в умовах війни. Проаналізовано та розглянуто основні підходи до розуміння поняття відчуження. Описано авторську модель виникнення особистісного відчуження у людей похилого віку в умовах війни, яка демонструє механізм і процес виникнення та розвитку особистісного відчуження у людей похилого віку, а також розглянуто особливості переживання особистісного відчуження людьми похилого віку під час війни. Модель особистісного відчуження включає: зміну соціального статусу, збільшення кількості незайнятого часу, зменшення кількості соціальних контактів і зниження соціальної активності, які, в свою чергу, призводять до переживання невідповідності соціальним нормам і стандартам, що викликає обмеження власних ресурсів і призводить до особистісного відчуження. У статті також представлено та обговорено авторську структурну модель особистісного відчуження людей похилого віку. Запропонована структурна модель визначає соціально-психологічні та психологічні чинники, що характеризують особистісне відчуження людей похилого віку. До соціально-психологічних чинників віднесено: відмову від участі у суспільних активностях, зниження соціальної відповідальності та соціальне дистанціювання. До психологічних чинників особистісного відчуження належать: замкнутість, дезадаптивність, послідовність у досягненні цілей, життєві цілі, інтерес до життя, усвідомлена самотність, емоційне неприйняття сьогодення, негативна оцінка минулого, тривожність. Особистісне відчуження призводить до втрати суб'єктності, що через скорочення соціальних контактів і соціальну ізоляцію ще більше посилює переживання особистісного відчуження літніми людьми.

**Ключові слова:** відчуження, особистість, старість, літні люди, самотність, спілкування, старіння, похилий вік, міжособистісна взаємодія, ізоляція.

In times of war, the elderly are a vulnerable category of the population that experiences not only material losses but also significant psychological and social challenges. Observing and studying the social and psychological characteristics of personal alienation of this group of people is an urgent task, as it can

determine the quality of their lives and contribute to the development of effective support programmes. The article presents a study of the socio-psychological factors of personal alienation of the elderly. The authors analyse and consider the main approaches to understanding the concept of alienation. The article describes the author's model of the emergence of personal alienation in the elderly, which demonstrates the mechanism and process of the emergence and development of personal alienation in the elderly, and also considers the peculiarities of experiencing personal alienation by the elderly during the war. The model of personal alienation includes: a change in social status, an increase in the amount of unoccupied time, a decrease in the number of social contacts and a decrease in social activity, which in turn lead to the experience of non-compliance with social norms and standards, which causes a limitation of own resources and leads to personal alienation. The article also presents and discusses the author's structural model of personal alienation of the elderly. The proposed structural model identifies the socio-psychological and psychological factors that characterise the personal alienation of the elderly. The socio-psychological factors include: refusal to participate in the affairs of society, reduced social responsibility and social distancing. The psychological factors of personal alienation include: isolation, maladaptability, consistency in achieving goals, life goals, interest in life, conscious loneliness, emotional rejection of the present, negative assessment of the past, and anxiety. Personal alienation leads to a loss of subjectivity, which, due to the reduction of social contacts and social exclusion, further intensifies the experience of personal alienation by older people.

**Keywords:** alienation, personality, old age, elderly people, loneliness, communication, aging, old age, interpersonal interaction, isolation.

**Introduction:** The rapidity of social changes in modern society increases instability, uncertainty and unpredictability of life and requires a rethinking of many social problems of a person in modern society. The modern information society and life in it has its own specifics, and with the availability of various means and opportunities for communication, people are increasingly beginning to neglect direct interpersonal communication and interaction. Such communication is especially meaningful and important for older people, and in the absence of such communication, an elderly person may face personal alienation. A person's experience of their life in the modern world shows that the problem of alienation is no longer an abstract construct embodied in philosophical concepts. The new social reality proves that innovative technologies, equipment and other manifestations of progress cannot eliminate the problem of alienation, or, on the contrary, only worsen it. Post-industrial society shows the multifaceted nature of the problem of alienation, which manifests itself at all levels of human existence, and the transformations taking place in society give rise to new forms and types of alienation. Alienation becomes especially specific in the elderly, as all of the above-mentioned problems that accompany alienation are compounded by age-related personal characteristics. In old age, alienation and its development are influenced by changes in the social situation, when a person retires, the amount of unoccupied time increases, the number and quality of interpersonal relationships change, social and labour status changes, the adaptive potential of the individual decreases, etc. In view of the above, the problem of studying the socio-psychological factors of personal alienation of older people is of particular importance.

**Theoretical basis of the study:** The concept of alienation emerged and was studied in the mainstream of philosophy (T. Hobbes, J.-J. Rousseau, Hegel, K. Marx, L. Feuerbach, M. Hess, etc.). In philosophy, alienation has been understood at different times as: the process of deindividuation of social relations that arose in connection with the transfer of individual rights to the state; for Hegel, the category of alienation characterises a person's specific attitude to the reality created by him in a bourgeois legal society; and Feuerbach, in turn, considers religion as a certain alienation of the human essence, the reasons for which he sees in psychological states - feelings of dependence and fear.

The sociological approach to the study of personal alienation is revealed in the works of (E. Durkheim, F. Tönnies, O. Spengler, M. Weber, G. Simmel, R. Merton, G. Marcuse, etc.) In particular, the prominent sociologist E. Durkheim points to the loss of a sense of unity among members of industrial society and the growth of individualism. G. Simmel, in turn, focused on the intellectualisation of social life and the alienation of the individual from social and cultural developments. M. Weber paid special attention to the bureaucratisation of social organisation, which was accompanied by the loss of individual freedom.

In turn, the psychological aspect of alienation is revealed in the studies of: E. Fromm, K. Jaspers, M. Heidegger, M. Simen, J. Ray, S. Muddy, S. Freud, S. Rubinstein, A. Leontief, D. Leontief, K. Abulkhanova-Slavskaya. A prominent representative of the Frankfurt School and humanistic psychoanalysis, E. Fromm, considered alienation to be the main factor in the capitalist society of his time,

according to the scientist, man created a world of man-made things that had never existed before, but everything he created towers and dominates over him [4]. According to K. Jaspers, technical alienation has become central, as technology increasingly fills the subjective being of man. He believed that the way out was to develop communication, to have individual and intimate communication, and to oppose any fanaticism. In his turn, distinguishing between "real" and "unreal" existence, M. Heidegger considers alienation as a form of human existence in the impersonal world of everyday life. According to M. Simen, alienation is the state of an individual in society, characterised by social isolation, sometimes self-distancing, and apathy to social life [3].

The period of war, in turn, can have a significant impact on the psychological state of older people, leading to an increased sense of personal alienation. Here are some possible aspects of this phenomenon:

1. Loss of loved ones: War can cause severe losses in the lives of older people, such as the loss of family members, friends or their home area. This can lead to a sense of loss of connection with the world and other people.

2. Fear and anxiety: The threat of war can cause fear and anxiety, especially among older people who may feel more vulnerable and less able to protect themselves and organise their own security.

3. Evacuation and loss of routine: Displacement due to war or evacuation can cause a loss of routine and familiar living conditions, which can lead to a sense of loss of control over one's life.

4. Social isolation: War can lead to the destruction of social structures and the loss of connections with family and friends. This can lead to feelings of loneliness and alienation.

5. Physical limitations: Physical limitations that already exist among older people can exacerbate their feelings of helplessness and alienation, especially in times of war.

6. Post-traumatic stress: The events of war can cause post-traumatic stress, which can manifest itself in the form of painful memories, increased anxiety and feelings of alienation from others.

7. Uncertainty about the future: Uncertainty about the future and the lack of prospects for improvement can lead to feelings of loss of control and uncertainty, which can contribute to alienation.

In order to help older people in times of war, it is important to create conditions for psychological support, ensure access to medical care and create an environment where social ties can be restored and a sense of security can be restored.

The topic of personal alienation is not new to psychological thought; this concept has been actively studied and developed, but no clear structure of the social and psychological components of personal alienation of older people has been identified.

The phenomenon of alienation has been considered since the nineteenth century, but in the twentieth century, the focus of scientific thought was already on those forms of alienation where the subject is a person who has been "dehumanised", deprived of his or her essential characteristics, the ability to choose relevant goals and realise their own potential. Focusing on certain forms of alienation required formulating a definition of the concept of alienation and its forms. The complexity of the concept of alienation is caused by the ambiguity of its interpretation. The most developed and substantiated are, in particular, social and psychological interpretations of this phenomenon. Social philosophy interprets alienation as a social process characterised by the transformation of human activity and its results into an independent force, dominating and hostile to it. Psychology defines alienation as a psychological defence in the form of isolation, separation of special zones within the mind that are associated with traumatic factors.

We consider personal alienation of older people as a complex process of gradual destruction (reduction) of social and psychological contacts between the individual and the society around him/her, which consists in setting limits to their own resources, and is accompanied by negative experiences of non-compliance with social norms and standards. The above definition clearly identifies two main aspects of personal alienation: social and psychological. A detailed consideration of each of these aspects will allow us to thoroughly investigate its components, which in turn will reveal the specifics and peculiarities of the process of alienation of the individual in old age.

Alienation is a general characteristic of society that determines the isolation of its members from each other and from society as a whole. In particular, E. Durkheim and F. Tennyson note the loss of a sense of community by members of industrial society, the growth of individualism in them, unlike representatives of traditional society. This idea was further developed into the concept of anomie, which describes the state of alienation caused by industrialisation [1]. According to O. Spengler, alienation increases as culture transforms into a civilisation ruled by soulless intellect, impersonal forms of social relations that suppress the creative principle of the individual. Similar processes were described by M. Weber, who paid special

attention to the formalisation of social organisation, its bureaucratisation, which was accompanied by the loss of individual freedom. G. Simmel emphasised the intellectualisation of social life and the alienation of the individual from social and cultural formations, his transition to a rational one-dimensionality. R. Merton developed the concept of anomie by E. Durkheim's concept of anomie and used it to analyse deviations in behaviour (deviant behaviour). Weber's theory was given a second life in the works of the Frankfurt School [3]. The Frankfurt School sees the cause of alienation in the dominance of rationality, which has become an ideology of human domination over both nature and man. Representatives of the school saw the way to overcome alienation in the spread of a worldview that would be based on critical thinking and would expose various forms of false consciousness. Existentialists considered the main source of alienation to be the transformation of technology into an independent force that exists according to its own laws, in particular, according to K. Jaspers, technical alienation became central as technology increasingly fills the subjective being of man. He believed that the way out was in the development of communication, in individual and intimate communication, and in opposition to any fanaticism. Distinguishing between "real" and "unreal" existence, Heidegger considers alienation as a form of human existence in the impersonal world of everyday life. From his point of view, alienation is manifested in the performance of social roles by an individual, in his submission to social norms of behaviour, thinking, and language [5]. B. Hancock and P. Sharp also draw attention to the social component of alienation. Hancock and P. Sharp, who studied the relationship between alienation, life satisfaction and the structure of society. They note that alienation is, at least in part, a social function and depends on life satisfaction. High levels of life satisfaction and social status are much less likely to contribute to alienation. However, a high level of life satisfaction and low social status are more conducive to the development of alienation than low life satisfaction and high social status. According to scientists, the genesis of the problem of personal alienation, especially for older people, lies in the limitations imposed by the conventionally formed structure of society [8].

The theories discussed above confirm the social nature and manifestation of personal alienation, as various scholars have argued in different periods of time, alienation can be caused by many factors: peculiarities of communication, social interaction, labour activity, scientific and technological revolutions, social processes, etc.

Based on the above views, the study identified a number of social characteristics of personal alienation of older people (Table 1).

*Table 1*

Social characteristics of personal alienation of older people

<b>High level of personal alienation</b>	<b>Social characteristic</b>	<b>Low level of personal alienation</b>
Loneliness	Social distancing	Sociability
Social dependence	Social inclusion	Independence
Isolation	Social interaction	Social activity
Low social status	Social status	High social status
Loss of control over one's life	Resettlement and evacuation	Adaptation to new conditions

We considered social distancing as the organisation of a person's own living space, in which an elderly person is sociable and feels comfortable among people, or vice versa, experiences loneliness. Social inclusion was considered as a characteristic that reflects the economic preconditions for the development of alienation, when a person can be economically independent or economically dependent. Social interaction involved determining the level of involvement of an individual in the life of the surrounding society, when an individual can be socially active or experience isolation. The social status of the individual was singled out as a separate characteristic in view of the study by B. Hancock and P. Sharp, who found that high or low social status can have a significant impact on the person's experience of alienation.

In turn, a number of scholars interpret alienation exclusively from a psychological point of view, and argue that this concept has little to do with the social structure of society (Fromm-Reichman 1959). The psychological analysis of this phenomenon makes us shift the focus from the peculiarities of social interaction of an alienated person to his or her inner world. According to M. Syman, alienation is a state of an individual in society, characterised by social isolation, sometimes self-removal, and apathy to social life [4]. However, alienation may not always be accompanied by social isolation. It is possible to be among people, interact with them, and at the same time feel powerless, psychologically isolated, and uninvolved in what is happening. This problem is exacerbated by the feeling of losing one's individuality, the awareness

of inner loneliness in society and at the same time dependence on it. The situation of alienation significantly transforms the level of self-esteem, adaptive capacities of the psyche, communication skills, worldview, life experience, and the perception of the individual by others. Being in the process of personal alienation, the individual experiences a restructuring of many basic psychological constructs. Another psychological construct affected by alienation, according to I. Miluska, is the process of self-identification [9]. A person is a component and part of society, and therefore only through social interaction can he or she express themselves, realise their intellectual and creative potential, and gain life experience. M. Cordwell, speaking about the alienation of the elderly, gives the following interpretation: alienation is a gradual deepening of the self and withdrawal from the affairs of the outside world that accompany the natural process of aging; the fact of alienation of the individual from society, its problems and the frantic rhythm of life is harmonious and fully justified from a moral and ethical point of view [2, p. 210]. Thus, partial or complete social isolation is perceived as a natural step in ontogenesis. The phenomenon of alienation as a loss of the meaning of life is considered in the works of A. Leontief, S. Rubinstein and their followers (D. Leontief, K. Abulkhanova-Slavskaya, etc.). Thus, A. Leontief calls alienated such activity in which only the motivating motives are preserved, and S. Rubinstein speaks of the possibility of overcoming the alienation of the ideal through its realisation, which leads to overcoming the alienation of man from man and to authentic life. In existential psychology, the concept of alienation correlates well with the concept of existential vacuum (V. Frankl) and is used in the works of such scholars as: E. van Dorzen, A. Langley, et al. S. Muddy, based on the works of J.-P. Sartre and E. Fromm, describes alienation as an existential malaise, the essence of which is a person's refusal to make a creative choice in favour of the uncertainty associated with the realisation of the unique meaning of his or her own life, as a result of which the latter becomes conformist, fulfilling biological needs and social roles. S. Freud associated the phenomenon of alienation with the pathological development of the individual, for whom social culture is something distant, hostile to his or her natural environment. Self-alienation, according to Freud, leads either to a neurotic loss of one's own self - depersonalisation - or to a loss of the sense of reality of the world around us - derealisation. The main psychological signs of alienation in the worldview of a modern person are: a sense of powerlessness before fate; understanding of the lack of meaning of existence, the inability to achieve the expected result by any actions; perception of the environment as a world where mutual social obligations are not fulfilled, institutionalised culture is destroyed; a sense of loneliness and exclusion of a person from existing social ties; a sense of loss of the "true self", self-alienation [7]. Alienation is also evidenced by a number of subjective phenomena: dissatisfaction with life in general or its individual spheres, feelings of powerlessness, anomie, nihilism or cynicism towards social values, feelings of isolation, and a sense of loss of meaning. The concept of "meaning" allows us to explain the range of cognitive, emotional and behavioural phenomena traditionally associated with alienation.

The above allowed us to identify a number of psychological characteristics of the experience of personal alienation by older people (Table 2).

*Table 2*

Psychological characteristics of personal alienation of older people

<b>High level of personal alienation</b>	<b>Social characteristic</b>	<b>Low level of personal alienation</b>
Low	Sociability	High
Reduced adaptability	Adaptability	Developed adaptability
Emotional acceptance	Nature of experiences	Emotional acceptance
Low	Motivation	High
High	Anxiety	Low
Negative	Evaluation of the past	Positive
Sense of uncertainty	Assessment of the future	Ability to plan

In determining the psychological characteristics of personal alienation, we have identified extreme positive and negative forms of their expression, the analysis of which will reveal the peculiarities of personal alienation in the elderly. Thus, sociability, as a psychological characteristic of a personality, will remain at a high level with low or no experience of personal alienation, while with a high level of personal alienation, sociability will be low. Adaptability, as a psychological characteristic, although reduced, may remain at the same level or be low, depending on the age characteristics of the individual, which will complicate the process of social interaction. Speaking about psychological characteristics, special attention

should be paid to the nature of the individual's experiences, how he or she experiences his or her retirement and new social and personal status; in this context, emotional acceptance or emotional rejection is considered. The motivational sphere of the individual is especially relevant for consideration in this situation, since a high level of motivation to continue life, to give it meaning and purpose, can determine the presence or absence of personal alienation. When analysing the psychological characteristics of personal alienation, it is necessary to take into account the personality anxiety, because a high level of personal or situational anxiety will determine the personality of the experience of personal alienation by older people. An important psychological characteristic is the personal assessment of one's own past; with a positive assessment of one's own past, a person will experience less regret for the past and better perceive the present reality, while with a negative assessment of the life lived, a person may get stuck on thoughts of lost opportunities and a wasted life.

The presented social and psychological characteristics should be considered inseparably, which will contribute to a comprehensive disclosure of the structure and specifics of personal alienation of older people. The above characteristics are elements of interrelated components of personal alienation: emotional, behavioural and cognitive.

**Results and discussion:** We consider personal alienation to be a complex phenomenon that is reflected in the emotional, communicative and behavioural spheres of the individual. The emotional component of personal alienation is reflected in: the nature of the elderly person's experiences, anxiety level and social distancing. The behavioural component of alienation is reflected in: adaptive capabilities of the individual, motivation, social inclusion and social interaction. The cognitive component of personal alienation is manifested in the relevance of social status, sociability and assessment of the elderly person's own past. Analysing the three components, the degree of their manifestation and their characteristics, we can talk about the socio-psychological features of personal alienation in the elderly.

The personal alienation of older people during wartime can be caused by a variety of social and psychological factors. Below are some of the characteristics that may contribute to this phenomenon:

Social characteristics:

1. Loss of social ties: War can result in the loss of loved ones or displacement, which can lead to a breakdown of social ties and reduced support.
2. Evacuation and loss of home environment: Displacement or evacuation can cause a loss of attachment to one's home place and contribute to feelings of alienation in the new environment.
3. Economic instability: War often leads to economic instability, which can worsen social well-being and lead to feelings of alienation due to financial hardship.
4. Disruption of social roles: War can lead to disruption of traditional social roles, especially in cases of loss of family members or loss of social status.

Psychological characteristics:

1. Traumatic experiences: Witnesses of war, in particular older people, may experience traumatic events that lead to psychological trauma and a sense of alienation from the world around them.
2. Post-traumatic stress: Post-traumatic stress disorder can lead to changes in mental health, including feelings of alienation, insecurity and fear.
3. Fear and anxiety: The threat of war can cause fear and anxiety, which can lead to isolation and avoidance of social contact.
4. Loss of self-esteem: Loss of a role in society or physical disability can lead to a loss of self-esteem and feelings of alienation from others.
5. Social isolation: Factors of war can contribute to social isolation, where older people feel separated from social events and interactions.
6. Rejection by society: Older people may experience a situation where society is rejecting or insensitive to their needs and experiences.
7. Fear of the future: Uncertainty about the future and fear of further conflict can lead to feelings of helplessness and alienation.

To improve the situation, it is important to develop psychosocial programmes and support groups for older people aimed at reducing social isolation and improving psychological well-being. It is also important to create conditions to restore social ties and support war veterans in overcoming the traumatic effects of the conflict.

**Conclusions and prospects for further research:** Alienation indicates that individuals in a modern post-industrial society have a sense of detachment from the social environment and dissatisfaction

with it; a sense of moral decline in society; a sense of powerlessness in the face of omnipotent social institutions; impersonality, dehumanisation of large, bureaucratised social organisations, etc.

Personal alienation has a social nature and origin and is reflected in the psychological sphere of the individual. The identified socio-psychological characteristics allow for a more thorough study and analysis of the specifics and features of personal alienation in older people. An alienated person is characterised by: a sense of powerlessness, a feeling that his or her own fate is out of control and is determined by external forces; a sense of the meaninglessness of existence and the inability to achieve the desired result even as a result of any active activity. As a result, in the process of personal alienation, a person sets limits to his or her own capabilities due to non-compliance with social standards and requirements of society, which in turn is negatively experienced by the individual on a deeply emotional level.

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