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### **STUDY OF THE STRUCTURE OF PSYCHOLOGICAL HEALTH OF VOLUNTEERS IN WARTIME**

Актуальність дослідження психологічного здоров'я волонтерів під час війни обумовлена зростаючими викликами, які супроводжують їхню діяльність. Волонтери, що активно допомагають постраждалим, стикаються з високими рівнями стресу, емоційним виснаженням і ризиком розвитку посттравматичних розладів. Їхній стан напряму впливає на якість надання допомоги, тому підтримка психологічного благополуччя волонтерів є не лише індивідуальною, а й суспільною необхідністю. У статті представлено теоретико-емпіричний аналіз структури психологічного здоров'я волонтерів, що працюють в умовах військових конфліктів. Психологічне здоров'я визначається як багатокомпонентна структура, що включає емоційну стабільність, соціальну підтримку, мотивацію, резильєнтність і здатність до саморегуляції. Визначено, що психологічне благополуччя волонтерів є динамічним станом, який залежить від внутрішніх характеристик (емоційна стійкість, здатність адаптуватися до змін, управління стресом) і зовнішніх чинників (підтримка соціального оточення, доступ до ресурсів). Акцент зроблено на необхідності комплексного підходу до підтримки психологічного стану волонтерів, який включає як індивідуальну, так і групову допомогу.

Емпірична частина роботи містить результати анкетування, спрямованого на аналіз основних аспектів психологічного здоров'я волонтерів. У дослідженні брали участь волонтери з різними напрямками діяльності: допомога військовим, цивільним особам і тваринам. Виявлено, що 70% респондентів регулярно відчувають емоційне виснаження, тоді як лише 40% мають змогу відновлювати свої сили щодня. Найпоширенішими стратегіями подолання стресу є техніки релаксації (40%), спілкування з близькими (30%) та фізична активність (20%). Водночас 10% волонтерів повідомляють про відсутність ефективних механізмів боротьби зі стресом, що вказує на необхідність спеціалізованих програм навчання технік саморегуляції.

Особливу увагу приділено феномену «вторинної травматизації», коли через постійний контакт із травматичними подіями волонтери самі стикаються із симптомами посттравматичного стресу (ПТСР). Це підкреслює важливість забезпечення як професійної психологічної допомоги, так і формування підтримуючого соціального середовища.

Психологічне здоров'я волонтерів є багатогранною структурою, яка включає взаємопов'язані компоненти, що забезпечують їхню стійкість та ефективність у діяльності. Одним із ключових елементів є емоційна стабільність, яка передбачає здатність зберігати спокій і самоконтроль у стресових ситуаціях, а також ефективно регулювати власні емоції. Не менш важливим є рівень когнітивної гнучкості, що дозволяє адаптуватися до нових обставин, мислити стратегічно і знаходити креативні рішення в умовах невизначеності. Соціальна компетентність забезпечує вміння ефективно взаємодіяти з іншими, підтримувати, співпереживати та будувати довірливі стосунки, що особливо важливо для роботи в команді та допомоги людям. Рівень стресостійкості є важливим для волонтерів, адже їхня діяльність часто супроводжується високим емоційним і фізичним навантаженням. Ця якість дозволяє витримувати тривалі навантаження без

втрати ефективності та збереження психічного здоров'я. Також значну роль відіграють особистісні ресурси, такі як самооцінка, впевненість у собі, мотивація та усвідомлення своєї ролі в суспільстві, які є джерелами внутрішньої сили. Психологічне здоров'я тісно пов'язане з фізичним благополуччям, тому регулярний відпочинок, фізична активність і збалансоване харчування допомагають підтримувати сили та знижувати вплив стресу. Окрім цього, важливим фактором є соціальна підтримка з боку колег, друзів чи родини, яка допомагає зменшити психологічне навантаження і створює умови для емоційного відновлення. Таким чином, структура психологічного здоров'я волонтерів формується завдяки гармонійній взаємодії емоційних, когнітивних, соціальних і фізичних аспектів, а також підкріплюється зовнішньою підтримкою та внутрішньою мотивацією. Збалансований розвиток цих компонентів є основою успішної волонтерської діяльності та збереження особистого благополуччя.

Стаття наголошує, що волонтерська діяльність має як позитивні, так і негативні аспекти. З одного боку, вона сприяє розвитку особистісних якостей, таких як відповідальність, креативність, життєстійкість та здатність орієнтуватися в ресурсах. З іншого боку, вона створює високі ризики емоційного вигорання, які вимагають адекватної профілактики. Недостатність часу, енергії чи ресурсів залишається поширеною проблемою, що знижує ефективність діяльності волонтерів.

**Ключові слова:** психологічне здоров'я, волонтери, емоційне виснаження, резильєнтність, управління стресом, соціальна підтримка, мотивація, вторинна травматизація, емоційне вигорання, професійне вигорання.

The relevance of studying the psychological health of volunteers during wartime is due to the growing challenges that accompany their activities. Volunteers who actively help victims face high levels of stress, emotional exhaustion, and the risk of developing post-traumatic disorders. Their condition has a direct impact on the quality of assistance, so supporting the psychological well-being of volunteers is not only an individual but also a social necessity. The article presents a theoretical and empirical analysis of the structure of psychological health of volunteers working in military conflicts. Psychological health is defined as a multicomponent structure that includes emotional stability, social support, motivation, resilience and the ability to self-regulation. It has been determined that the psychological well-being of volunteers is a dynamic state that depends on internal characteristics (emotional stability, ability to adapt to change, stress management) and external factors (support from the social environment, access to resources). The emphasis is placed on the need for an integrated approach to supporting the psychological state of volunteers, which includes both individual and group assistance.

The empirical part of the paper contains the results of a questionnaire aimed at analyzing the main aspects of volunteers' psychological health. The study involved volunteers with different areas of activity: helping the military, civilians, and animals. It was found that 70% of respondents regularly feel emotionally exhausted, while only 40% are able to recuperate on a daily basis. The most common strategies for coping with stress are relaxation techniques (40%), communication with loved ones (30%) and physical activity (20%). At the same time, 10% of volunteers report a lack of effective mechanisms for coping with stress, which indicates the need for specialized programs to teach self-regulation techniques.

Particular attention is paid to the phenomenon of "secondary traumatization," when volunteers themselves face symptoms of post-traumatic stress disorder (PTSD) due to constant contact with traumatic events. This emphasizes the importance of providing both professional psychological assistance and a supportive social environment.

The psychological health of volunteers is a multifaceted structure that includes interrelated components that ensure their resilience and effectiveness in their work. One of the key elements is emotional stability, which implies the ability to remain calm and self-controlled in stressful situations, as well as to effectively regulate one's own emotions. Equally important is the level of cognitive flexibility that allows you to adapt to new circumstances, think strategically and find creative solutions in the face of uncertainty. Social competence provides the ability to interact effectively with others, support, empathize and build trusting relationships, which is especially important for teamwork and helping people. The level of stress resistance is important for volunteers, as their activities are often accompanied by high emotional and physical stress. This quality allows them to withstand prolonged workloads without losing efficiency and maintaining mental health. Personal resources, such as self-esteem, self-confidence, motivation, and awareness of one's role in society, also play a significant role as sources of inner strength. Psychological health is closely linked to physical well-being, so regular rest, physical activity, and a balanced diet help maintain strength and reduce the impact of stress. In addition, social support from colleagues, friends, or

family is an important factor, helping to reduce psychological stress and creating conditions for emotional recovery.

Thus, the structure of psychological health of volunteers is formed through the harmonious interaction of emotional, cognitive, social and physical aspects, and is reinforced by external support and internal motivation. The balanced development of these components is the basis for successful volunteering and personal well-being.

The article emphasizes that volunteering has both positive and negative aspects. On the one hand, it contributes to the development of personal qualities such as responsibility, creativity, resilience, and the ability to navigate resources. On the other hand, it creates high risks of emotional burnout that require adequate prevention. Lack of time, energy, or resources remains a common problem that reduces the effectiveness of volunteers' activities.

**Key words:** psychological health, volunteers, emotional exhaustion, resilience, stress management, social support, motivation, secondary traumatization, emotional burnout, professional burnout.

**Statement of the problem.** The relevance of the topic of psychological health of volunteers in wartime is extremely important in modern realities, especially given the ongoing military conflicts and their impact on society. Volunteers who actively help victims often face high levels of stress, emotional exhaustion, and the risk of developing post-traumatic disorders. Their condition has a direct impact on the quality of assistance provided, so caring for their psychological well-being is not only a matter of personal but also social importance. War conditions require volunteers to constantly mobilize resources, so they need to receive support and access to psychological assistance. Research on this topic allows us to identify the main problems and develop effective support strategies. In addition, it helps to reduce the risks of professional burnout among volunteers and contributes to their long-term performance. The relevance of the topic is also emphasized by its importance for social stability and recovery in the post-conflict period. Thus, the study of the structure of psychological health of volunteers is a key aspect of supporting society in the face of military challenges.

**The purpose of our article** is to provide a theoretical and empirical analysis of the structure of psychological health of volunteers in wartime. Виклад основного матеріалу.

Psychological health is defined in psychological science as a state of inner well-being that allows a person to effectively cope with stress, work productively, and realize their potential. It is not only the absence of mental disorders, but also the ability to maintain harmonious relationships, adapt to changes, and overcome life's challenges. The main criteria for psychological health are emotional stability, self-acceptance, self-realization, and autonomy. In scientific research, it is often viewed as a dynamic state that changes depending on external and internal factors. Psychological health also includes a balance between personal needs, social demands, and life values. Maintaining it is considered an important aspect of a person's overall well-being.

The activities of volunteers during the war have a number of features that are reflected in scientific works [3; 5; 6]. In particular, researchers note that volunteering in the context of armed conflict contributes to the resilience of both volunteers and those they help. Active participation in volunteering develops responsibility, creativity and the ability to navigate resources and ways to mobilize them [2; 3].

At the same time, in times of war, volunteers face increased risks to their own safety and health [4; 6]. Scientists also emphasize the importance of legal protection of volunteers during war. In particular, they analyze the rights of volunteers to security, inviolability and social guarantees, which are critical to ensuring effective and safe volunteer activities [7; 10].

In addition, researchers draw attention to the need to support the psychological health of volunteers, as they often face emotional burnout and stress [3; 5; 6]. Understanding the structure of volunteers' psychological health will make it possible to develop a high-quality system of psychological support and training in self-regulation techniques, which are important aspects of ensuring the resilience of volunteers in war [5; 7].

Thus, scientific works emphasize that volunteer activity during war is complex and multifaceted, requiring proper support, legal protection and attention to the psychological well-being of volunteers [2; 3; 6]. Volunteer activity is a key component of society's support in a military conflict, but it has a significant impact on the psychological health of participants. Modern research, such as the works of R. Lazarus (stress theory) [1], T. Hobfall (resource theory) [2], and Ukrainian researchers (in particular, V. Moskalenko and O. Melnyk) [3], emphasizes that volunteers are often exposed to chronic stress due to high emotional involvement, lack of resources, and a significant amount of tasks.

For example, a study by the Center for the Study of Posttraumatic Stress at Harvard University found that more than 40% of volunteers in crisis situations develop mental recognition, anxiety, and depression [4]. In the Ukrainian context, since the outbreak of war in 2022, the number of cases of professional development among volunteers has been increasing, which confirms the work of scholars such as O. Shevchenko [6] and other Ukrainian researchers, including V. Moskalenko and O. Melnyk [3], who study the specifics of volunteers' adaptation to conditions of chronic stress and high emotional stress. Their works emphasize the importance of developing such qualities as resilience, emotional stability and self-regulation, which are key to ensuring effective volunteer activities [3; 6]. Scientists also emphasize the need to implement support programs that help to increase the level of professional competence of volunteers and ensure their long-term functioning in war conditions [5; 6].

Attention is also focused on the phenomenon of "secondary traumatization", when volunteers, due to constant contact with people who have experienced traumatic events, begin to experience symptoms of PTSD (post-traumatic stress disorder) themselves [9]. For example, O. Savychenko and co-authors studied the difficulties and resources of mental health of Ukrainian volunteers during the war. Attention is focused on three areas of volunteering: helping the military, civilians, and animals [5]. The researcher's empirical study focuses on the general state of mental health of volunteers, psychological difficulties and resources. Mental health depression is associated with disorders such as depression, anxiety, sleep disorders, stress, and burnout, while flourishing is associated with stress management, emotional regulation, and post-traumatic growth [5].

T. Shevtsova presented the results of an empirical study of the psychological self-preservation of volunteers with different lengths of service. It was determined that with increasing experience of volunteering, the level of subjective stress increases and the sense of psychological security decreases [6]. At the same time, there is a higher level of presence and search for meaning in life, which can serve as a resource for overcoming the negative effects of stress [6].

A study conducted in 2024 aimed to assess the extent and characteristics of the prevalence of neurotic and stress-related disorders among volunteers during the Russian-Ukrainian war [8]. It was found that the main risk factors are a sense of lack of perspective, inability to adapt to a new environment, deteriorating living conditions, and interpersonal conflicts [8]. These factors increase the vulnerability of volunteers to the development of mental disorders, which emphasizes the need to implement psychological support systems and raise awareness of their own mental health [8].

The methodological recommendations of L. Karamushka emphasize the importance of stress management, interaction with the social environment, involvement in useful professional and volunteer activities, as well as self-realization as key components of supporting the mental health of an individual during war [7]. The author emphasizes the need for a multilevel approach to psychological intervention, which includes work at the level of the individual, group, organization and community [7].

In general, scientific research shows that volunteering during war is accompanied by significant psychological challenges that can negatively affect the mental health of volunteers [3; 5; 6; 8]. At the same time, the presence of meaning in life, effective coping strategies and social support are important resources for maintaining their mental well-being [5; 6]. This emphasizes the need to study the structure of volunteers' psychological health and to develop and implement specialized psychological support programs aimed at increasing the resilience and adaptive capabilities of volunteers in difficult wartime conditions [7; 8]. The psychological health of volunteers is a multifaceted structure that includes interrelated components that ensure their resilience and effectiveness in their work. One of the key elements is emotional stability, which implies the ability to remain calm and self-controlled in stressful situations, as well as to effectively regulate one's own emotions. Equally important is the level of cognitive flexibility that allows you to adapt to new circumstances, think strategically and find creative solutions in the face of uncertainty. Social competence provides the ability to interact effectively with others, support, empathize and build trusting relationships, which is especially important for teamwork and helping people.

The level of stress resistance is important for volunteers, as their activities are often accompanied by high emotional and physical stress. This quality allows them to withstand prolonged workloads without losing efficiency and maintaining mental health. Personal resources, such as self-esteem, self-confidence, motivation, and awareness of one's role in society, also play a significant role as sources of inner strength. Psychological health is closely linked to physical well-being, so regular rest, physical activity, and a balanced diet help maintain strength and reduce the impact of stress. Another important factor is social support from colleagues, friends, or family, which helps reduce psychological stress and creates conditions for emotional recovery. Thus, the structure of volunteers' psychological health is formed through the

harmonious interaction of emotional, cognitive, social and physical aspects, and is reinforced by external support and internal motivation. The balanced development of these components is the basis for successful volunteering and personal well-being. We have created a structure of psychological health of volunteers (Table 1).

**Table 1**

**Structure of psychological health of volunteers**

<b>Category</b>	<b>Components</b>	<b>Type</b>
<b>Emotional Stability</b>	Managing emotions,	Internal
	Maintaining calm under pressure	
<b>Coping Mechanisms</b>	Use of relaxation techniques,	Internal
	Psychological tools for self-help	
<b>Social Support</b>	Connections with friends and family,	External
	Support from colleagues or peers	
<b>Motivation</b>	Belief in the importance of their work,	Internal
	Goals and values	
<b>Resilience</b>	Ability to adapt to changes,	Internal
	Coping with the environment	
<b>Stress Management</b>	Time planning,	Internal
	Relaxation during work	

Internal components include personal characteristics and individual skills that determine a volunteer's ability to self-regulate and adapt.

Consider emotional stability. Controlling emotions, such as anxiety, fear, or anger, is critical for volunteers working in stressful environments. The ability to remain calm ensures effective decision-making even in critical situations.

As for coping strategies, the effective use of relaxation techniques (meditation, breathing exercises) and psychological self-help tools (emotional journals, cognitive behavioral approaches) helps to reduce stress levels.

Motivation as a component is quite important. Believing in the importance of one's work and clearly defining goals is the basis of intrinsic motivation, which helps to maintain high performance even when volunteers are physically and mentally exhausted.

The next component is resilience. The ability to adapt to changing conditions and resilience to stress are key elements that allow volunteers to remain effective in difficult circumstances.

The stress management component is also important. Scheduling time and activities for emotional relief (hobbies, exercise) helps to preserve the volunteer's internal resources.

As we can see from our table, the vast majority of internal components of volunteers' psychological health are internal. As for the external components, they reflect the influence of the social environment on the volunteer's psychological state. Social support is the component that is responsible for connections with

family, friends and colleagues, which are important sources of emotional resources. Social support provides a sense of belonging, security and compassion, reducing the risk of isolation.

Regarding the relationship between internal and external components. Internal components create the basis for a volunteer's resilience, while external factors reinforce these resources by creating a supportive environment. For example, strong social support can compensate for the lack of internal coping strategies, and a high level of internal motivation allows for more efficient use of external resources.

The psychological health of volunteers in wartime is the result of a complex interaction of internal (emotional stability, coping strategies, motivation, resilience, stress management) and external (social support) factors. To ensure their resilience to challenges, a systematic approach is needed, including teaching self-regulation skills, creating a supportive social environment, and providing resources for recovery. Further research could focus on the development of support programs for volunteers that address their specific needs.

We created a questionnaire to study the peculiarities of the structure of psychological health of volunteers working in war conditions. Block 1: Emotional state. The block consisted of questions aimed at assessing the level of emotional exhaustion of volunteers, the frequency of stressful experiences and the effectiveness of emotion management. It allowed us to identify the most common emotional challenges faced by respondents. Block 2: Social support. The purpose of this block was to study the level of social support that volunteers receive from family, friends and colleagues. The importance of social connections in the context of their emotional well-being was also studied. Block 3: Motivation and resources. In this block, respondents assessed the sources of their motivation, as well as the availability of resources (time, energy, information) needed to fulfill their volunteer duties. The questions allowed us to identify both internal and external factors that affect motivation and performance. Block 4: Stress management and recovery. The block consisted of questions about the methods of recovery that volunteers use after stressful days. It covered aspects of rest planning, regularity of relaxation, and effectiveness of the chosen coping strategies. Block 5: Resilience and Adaptation This block explored the ability of volunteers to adapt to change in a challenging environment and identified key factors that contribute to their resilience. The questions concerned both individual skills and external supportive factors. The questionnaire was structured to provide a comprehensive approach to assessing the psychological health of volunteers, and the answers to the questions allowed us to create a detailed picture of their emotional state, motivation and ability to adapt.

According to the results of the survey of the structure of psychological health of volunteers (Table 2), we have outlined the main features of the psychological state of volunteers working under high stress. According to the results of the survey of the structure of psychological health of volunteers (Table 2), we have outlined the main features of the psychological state of volunteers working under high stress. Regarding emotional exhaustion, about 70% of volunteers reported that they sometimes or often feel emotionally exhausted while performing their duties. This indicates a significant impact of the workload and emotionally stressful working conditions. This high level of emotional exhaustion can be a risk factor for emotional burnout if not properly supported.

The main strategies for coping with stress are the use of relaxation techniques (40%), communication with loved ones (30%), and physical activity (20%). At the same time, 10% of respondents do not have effective coping mechanisms, which indicates the need for training in these strategies.

**Table 2.**

**Results of the survey of volunteers' psychological health**

<b>№</b>	<b>Blocks</b>	<b>Key Results</b>
1.	<b>Emotional State</b>	70% experience emotional burnout sometimes or often.
2.	<b>Social Support</b>	50% regularly receive support from family, 20% – do not receive any.
3.	<b>Motivation and Resources</b>	50% are motivated and enjoy their work, 30% – depend on other people.
4.	<b>Stress Management and Recovery</b>	50% use self-recovery methods, 40% rarely find time for rest.

5.	<b>Resilience and Adaptation</b>	40% rate their adaptation as high, 10% experience difficulties adapting.
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Only 50% of volunteers receive regular support from their families, while 30% rarely experience it and 20% do not receive it at all. Support from fellow volunteers is recognized as critical for 60% of respondents. This emphasizes the importance of the social environment for the emotional stability of volunteers.

Intrinsic motivation factors dominate among volunteers: 50% consider the sense of significance of their work to be the main source of motivation, 30% - gratitude of the people they help, and 20% - moral satisfaction. This indicates a strong internal orientation that keeps them active.

Only 40% of volunteers always have sufficient resources to fulfill their duties, while 30% often face a lack of time, energy or information. This creates additional stress and can reduce their effectiveness.

The main methods of recovery are sleep (50%), exercise (30%) and hobbies or socializing (20%). However, many volunteers say that it is difficult for them to find time for regular rest. Only 40% manage to rest every day, which indicates the need to promote a healthy work-life balance. Most volunteers rate their ability to adapt to changes as high (40%) or very high (20%). At the same time, 30% consider their adaptive capacities to be medium, and 10% - low. This indicates that some volunteers need additional support to increase their resilience.

The key factors of resilience identified by the volunteers were the support of colleagues (50%), intrinsic motivation (30%) and individual stress management skills (20%). This emphasizes the importance of both social and internal support in shaping psychological health.

**Conclusion.** The psychological health of volunteers is a multifaceted structure that includes emotional, cognitive, social and physical components that interact to ensure their resilience and effectiveness. The main challenges for volunteers are high levels of emotional exhaustion, chronic stress, and the risk of post-traumatic stress disorder. At the same time, internal factors such as motivation, resilience, and the ability to manage stress are powerful sources of resilience. Social support from family, friends, and colleagues plays a critical role in reducing psychological burden, but only half of volunteers have access to regular support. Lack of resources, such as time, energy and information, remains a widespread problem that exacerbates stress. The study found that sleep, physical activity, and relaxation techniques prevail among recovery methods, although many volunteers lack time for regular rest. The ability to adapt and intrinsic motivation provide resilience to challenges, but additional support is needed to increase resilience.

The results of the survey showed the importance of a comprehensive approach to supporting the psychological health of volunteers, including training in self-regulation skills, providing resources for recovery and creating a favorable social environment. Supporting volunteers is critical not only for their well-being, but also for ensuring effective assistance in the context of military conflict. This study emphasizes the need for further research on this topic to develop strategies to help volunteers successfully cope with the challenges.

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