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**THEORETICAL ASPECTS OF THE RESEARCH OF THE
PROBLEM OF SOCIAL AND PSYCHOLOGICAL ADAPTATION OF
UKRAINIAN MIGRANTS TO THE USA DURING THE WAR**

Formulation of the problem. The war increased the number of forced migrants from Ukraine to other countries of the world. Estimated statistics provided by Internet sources indicate that in total, in the first five months of the war, the United States accepted more than 100,000 Ukrainian refugees. This determines the need for a detailed consideration of the problem of social and psychological adaptation of Ukrainians who were forced to migrate to the USA during the war.

The state of development of the problem. A number of domestic and foreign researchers studied the problem of psychological adaptation of migrants and psychological characteristics of migrants, including Ukrainians, such as: O.E. Blynova, H.P. Lazos, I.M. Leonova, L.E. Orban-Lembryk, O.A. Rovenchak, M.M. Slyusarevskyi, I.V. Tarasyuk, N.A. Shulga, Ya.I. Yurkiv, C. Arroyo, J.W. Berry, Y. Bilan, N.R. Branscombe, C.L. Cobb, E.H. Cohen, A. Furnham, L. Grinberg, R. Grinberg, J.F. Helliwell, C.R.Jr. Martinez, O. Martsyniak-Dorosh, A. Meca, L.E. Molina, A. Reilly, S.J. Schwartz, Todaro, D. Xie, M.C. Zea, and others. Despite

the considerable amount of research on the problems posed by the psychology of migration, the problem is understudied.

Therefore, **the purpose of this study** was to determine the content of socio-psychological adaptation of Ukrainians to the conditions of migration during the war.

Presentation of the main material. Migration is a time-consuming process that has several main stages and contains many psychological aspects.

Researchers point out that migration is accompanied by the transformation of the entire system of social and psychological relations, including interpersonal, family, parental, labor, and leads to a significant strain on psychological protection mechanisms.

Socio-psychological adaptation is the process of a person acquiring a certain status, mastering certain social-psychological role functions. In the process of social and psychological adaptation, a person strives to achieve harmony between the internal and external conditions of life and activity. As the stages of adaptation pass, the adaptability of the individual increases. At the final stage of this process, the adequacy of a person's mental activity to the given conditions of the environment and its activity in certain circumstances develops.

According to scientific sources, migration, especially forced migration, is the strongest factor of stress. This is associated with a sharp change in the usual way of life, which in turn causes anxiety, affects identity, self-concept, mental organization, value system, self-esteem.

In addition, researchers note that socio-psychological adaptation in the conditions of migration is accompanied by living with culture shock and other psychological traumas characteristic of a migrant. There are also other specific problems: currently, Ukrainian migrants arrive in the USA with signs of post-traumatic stress disorder and anxiety disorders, experiencing acute grief from the loss of loved ones, general disorientation, which significantly reduces the effectiveness of their social and psychological adaptation to the conditions of migration.

In general, objective and subjective factors influencing the dynamics of socio-psychological adaptation of migrants are distinguished. Objective factors include the following factors: country of entry, language, nature of local culture, ethnic affiliation of migrants, attitude of the indigenous population, presence of supporting structures, socio-economic or political circumstances that additionally arise at the new place of residence.

The subjective factors that affect the dynamics of integration and adaptation include, first of all, the psychological structure of the individual.

The researchers call the feeling of satisfaction and fullness of life an internal criterion for the effective adaptation of migrants, and the inclusion of an individual in the social and cultural life of a new group as an external criterion.

Researchers note that the formation of motivation, manifested in the desire to integrate into a new environment, is of great importance for the successful process of socio-psychological adaptation of migrants; in the presence of an attitude towards the assimilation of new cultural phenomena; striving to overcome informational isolation and establish connections with the environment. But the Ukrainians who were forced to migrate to the USA with the beginning of the war did not have time to form an intention, then motivation, and later - psychological readiness. Therefore, the process of social and psychological adaptation becomes difficult and slows down. And the state characterized by the internal experiences of Ukrainians is more characterized as maladaptation.

The following types of maladaptation are defined:

- psychological - inability to adapt to any life situation (illness, death of loved ones, loss of social status), the consequences of which are diseases, neuroses, deviant behavior

- socio-psychological - inability psyche to accept the changed conditions.

Psychologically complex manifestations of socio-psychological maladjustment are closedness to new experiences, inability to direct energy into socially useful matters, a feeling of discomfort in communication situations, a tendency to discredit others, a feeling of inferiority, hopelessness of life and at the

same time aggression and hatred, which is manifested by dissatisfaction with oneself, a sense of self failure, helplessness, desire to return to the past life that was lost, fear of judgment - all this exacerbates internal conflicts, gives rise to doubts, aggressiveness, a sense of hopelessness. In such a psychological state, the Ukrainian migrant is unable to act productively, realize his potential, satisfy his social needs, engage in active communication, and generally adapt to new living conditions.

This leads us to the conclusion that social and psychological support for the process of social and psychological adaptation of Ukrainians who migrated to the USA during the war is necessary. To realize this goal, an empirical study of the peculiarities of social and psychological adaptation of Ukrainian forced migrants and the development of a specialized program of social and psychological support for this process are necessary.

Conclusions. Taking into account the above theoretical analysis of the content of socio-psychological adaptation of Ukrainians to the conditions of migration during the war, it should be stated that this problem requires a more thorough theoretical and empirical study, therefore it will be the goal of our further scientific investigations.

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