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1. General Psychology; Psychology of Personality

**EFFECTIVENESS CONDITIONS OF PSYCHOLOGICAL WELL-BEING
SUPPORT METHODS TO WOMEN IN SITUATIONS OF TEMPORARY
RELOCATION**

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Purpose. The article presents the study of problems of the psychological support to women temporary migrants.

Methods. Dialogue-phenomenological method, interviews, art-therapeutic methods: common drawings, "Wreath of Memories".

Results. The relevance is denoted of study of the problem of psychological well-being of individual in crisis situations. The persistent problems are identified of psychological support to women temporary migrants who have undergone changes in social conditions. The theoretical and methodological approaches are determined to the problem of recovery and support to the psychological well-being of individual. Influence is described of psychological protection of individual on social adaptation of individual in conditions of temporary relocation. The particularities are described

of group and individual psychotherapy techniques application in activation of the psychological well-being development of individual.

Conclusions. Effectiveness is studied of the techniques for emotional state psycho correction of temporarily migrants. Possibilities are determined of combination and use of art-therapeutic techniques and dialog-phenomenological gestalt approach. Recommendations are given on organization of the psychological support to women in recovery of their psychological well-being. Means are selected of the techniques implementation for emotional tension reduction of individual. The analysis is carried out of obstacles in the social adaptation of individual in crisis situations.

Key words: *adaptation, psychological well-being, gestalt therapy, fairytale therapy, group therapy, psychological protections.*

**УМОВИ ЕФЕКТИВНОСТІ МЕТОДІВ ПІДТРИМКИ
ПСИХОЛОГІЧНОГО БЛАГОПОЛУЧЧЯ ЖІНОК В СИТУАЦІЯХ
ТИМЧАСОВОГО ПЕРЕСЕЛЕННЯ**

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Мета. Статтю присвячено дослідженню підтримки психологічного благополуччя особистості в кризових ситуаціях та вивченню проблем психологічної допомоги тимчасовим переселенцям.

Методи. Проективні методи – спільний малюнок, опитувальники, арт-терапевтичні методики відновлення психоемоційного стану особистості.

Результати. Окреслена актуальність дослідження проблеми психологічного благополуччя особистості в кризових ситуаціях. Виділені нагальні проблеми психологічної допомоги тимчасовим переселенцям, які перенесли зміни соціальних умов. Визначаються принципи, теоретико-методологічні підходи до проблеми відновлення психоемоційного стану особистості. Описано вплив психологічних захистів особистості на соціальну адаптацію особистості в умовах воєнного конфлікту. Описані особливості застосування методів групової та індивідуальної психотерапії в активізації розвитку психологічного благополуччя особистості.

Висновки. Досліджено ефективність проведення методик психокорекції емоційного стану на особах, що тимчасово переселені. Визначені принципи і можливості поєднання і використання арт-терапевтичних методик та діалогово-феноменологічного гештальт підходу. Надані рекомендації щодо організації психологічної допомоги особистості у відновленні її психоемоційного стану. Підібрані засоби ведення методик зниження емоційної напруги особистості. Проведений аналіз перепон у соціальній адаптації особистості у кризових ситуаціях. Порівняно отримані результати проведення психологічної допомоги жінкам переселенкам з дослідженнями сучасних психологів.

Ключові слова: *адаптація, психологічне благополуччя, гештальттерапія, казкотерапія, групова терапія, психологічні захисти.*

Introduction

In conditions of temporary relocation of people arising as a result of the military conflict in Ukraine, the problem of psychological support is intensifying. People get a traumatic experience. They experience states that cause instability, as

well as loss of control over situation, their own lives, loss of autonomy and subjectivity, identity disturbances, confusion, psychosomatic disorders, and social adaptation disorders.

The social adaptation of women remains a special problem. Alienation and distrust in solving problems with employment, living arrangements, children's education (choice of educational institutions, kindergartens) are increasing. The need arises to develop new techniques for psychotherapeutic effects in support of the psychological well-being of women temporary migrants.

1. Theoretical substantiation of the problem

The experience of domestic psychologists in psychological support to victims of extreme events in Ukraine covers aspects of experiencing crisis traumatic situations by different categories of victims: adults and children; experience in "hotline" service; problems of psychological support to volunteers; use of mass media as a space for psychological support to the population (Kisarchuk, 2017).

Many studies show the presence of unproductive types of reflection in these persons, which can be considered as a manifestation of psychological protective mechanisms in psycho traumatic situation (Balabanova, 2017). It is concluded that psychological support to internal migrants should be directed to the development of system-related reflection, as the most productive type of reflection. The impact of the "hybrid" war stress on human mental and physical health is investigated, and recommendations are developed for adaptation to stress of victims of the military conflict (Kovalenko, 2017). Particular attention is paid to children, and ways are determined to help children affected by the war conflict. The social identity is studied as a mechanism of adaptation of individual during the social crisis. The characteristics are identified of displaced person (a person who voluntarily left his/her country as a result of hostilities and violence related to a threat to life and health and needs support).

Following certain features of the emotional state of individual, which was in a crisis situation (specific worldview, depression of mental functions, presence of psychological trauma inherent in individuals who have experienced extreme

situations), the principles were selected according to which the techniques for recovery and support to psychological well-being. As a basis, feelings, experiences of individual that arise in the process of their application were determined as the most important tool of techniques. Differentiation of these experiences, feelings and emotions creates a field of interaction wherein the process of conceptualization of these relationships takes place. It is based on the phenomenological principle of intentionality. The mind or consciousness of person is understood as an intention and is not separated from the content that is thought or intended. This principle is embedded in the techniques for cross-cultural therapy (Peseshkian, 1999).

One of the principles of techniques selection is based on the phenomenon of **resiliency** – ability to maintain a stable level of psychological and physiological activity in adverse life situations, absence of persistent disorders and adaptation to adverse conditions. We relied on 4 aspects of mental resource (according to Gordon Newfeld, 2012): hope (self-belief that life's difficulties can be overcome); optimism (expectation that everything will end positively); resilience (do not give up and move on to peculiar goal); adaptability (ability to adapt to changes in the environment). These aspects are actualized in the process of discussion of experiences in the group of participants after performing exercises and techniques. The discussion method is based on a dialog model of interaction.

In the recovery of the psycho-emotional state of individual, his /her activity is important, aimed at awareness of own actions, internal states, feelings, experiences, analysis of these states and formulation of appropriate conclusions. The reflection process includes structural components of individual's self-observation and introspection. Methods of activation of action of these components enable the individual to express himself/herself in a new social environment through reflection (self-awareness) of experiences, comparison of his/her current state with the image of own expectations, goals and experiences.

In the process of discussing experiences, feelings and emotions, the group members differentiate psychological protections of individual. Just these psychological protections that the individual uses in crisis situations, in situations of

conflict can lead to neurosis. Sublimation as a psychological protection is also used, along with nine most commonly used means of psychological protection (regression, suppression, reactive formations, isolation, denial, self-projection, projection, introjection, reversion). Means of psychological protection become a psychological manifestation of adaptive capabilities not only at present, but also of individual's adaptation to the future, his/her intended prospects (Volodarska, 2019). The cognitive subsystem includes the individual's idea of own existence, while the emotional one – the dominant emotional background in relation to various aspects of own life. Positive emotional mood may indicate the subjective well-being of individual (Shamionov, 2012).

Migrants are affected by changes in social environment, new rules, standards of behavior adopted in that environment. Consideration of features of individual adaptation in the social environment, wherein the individual resides, is the basic **principle of integrity** in the cross-cultural cognitive therapy (R. McMallin, 2002). Culture determines most of the personality cognitions. This is what he/she believes and denies, how much he/she is willing to share with someone else for his/her family, what values he/she considers important and is the cause of own problems. Particular role in maintaining the family integrity and family relations is given to women. The possibilities of recovery and support to the psychological well-being of women in conditions of temporary migration have been insufficiently studied.

Therefore, given relevance of the problem identified, the **purpose** of the study is to identify features of support and recovery of psychological well-being of individual who is in conditions of temporary relocation. The **object of study** includes the means of the psycho-emotional state recovery of women temporary migrants.

Study objectives:

1. Analyze theoretical and methodological approaches to the problem of effectiveness conditions of the psychological well-being support to women temporary migrants suffering from the military conflict effects.

2. Investigate the effectiveness of selected means of recovery and support to the psychological well-being.

Hypothesis. It is assumed that the effectiveness conditions of methods to support the psychological well-being of women in situations of temporary relocation include activation of the process of differentiation and awareness of own emotions, experiences, needs and forms of their manifestation; application of these conditions will contribute to the effective organization of psychological support.

2. Methodology and methods

We have considered the methodological aspects in the study of possibilities of support to the psychological well-being of individual in a crisis situation (Serdyuk, 2017). Appropriation of own experiences, feelings of respondents occurs under conditions of construction of desirable. The situation image contains: person's thoughts; his/her activity in accordance with the purpose specified in this situation; sensory activity in comprehension of features of this situation, their value to the individual. In the process of appropriation by the individual of these components of the situation image, an excitation occurs of the individual activity which determines its focus on transformation, projection of own psychological well-being. The dialogue-phenomenological method was a basic method of study, providing for description of the psycho-emotional state of woman, aimed at differentiation of her experiences, feelings, emotions and their further awareness and acceptance of new forms of their manifestation. The complex of techniques was further selected according to the purpose and subject of study. Determination of the current needs of women in conditions of temporary relocation enabled selection of techniques for support of their psychological well-being. Discussions, questioning, structured interviews were carried out, as well as group and individual psychotherapeutic techniques were applied.

The techniques provided intensification of the process of awareness of women's own desires, feelings, and experiences in the context of group interaction. This logic of urgent needs determination of the individual in crisis situations and activation of experiences manifestation was confirmed in the effectiveness of selected techniques.

Participants. The study involved 120 women aged 25 to 45 who were in temporary migration (who received psychological support under the project of the Program of Cooperation and Assistance to Democracy Development initiated by the Embassy of the Republic of Lithuania in Ukraine “Support to Social Integration of Victims of Conflict in the East of Ukraine” (No. P2019-VB-UK-18 dated 25.04.2019) for 2019 year.

Procedure and tools. Meetings with women were held every 3 months for 3 days in Kyiv and for 5 days in the summer recreation camp in Klaipeda (Republic of Lithuania) in 2019. The first stage of the study was to determine the current needs for psychological support and recovery of the psychological well-being of women in conditions of temporary relocation. The second stage included group meetings with application of therapeutic techniques.

The group exercises: method of acquaintance through own stories, memories, discussion of emotional state of each participant. Art-therapeutic methods: common drawing of a positive event celebration, creation of “Wreath of Memories”, creation of a fairy tale for positive feelings of psychological well-being. The complex of techniques was aimed at recovery and support to the psychological well-being.

3. Results and discussions

The method of awareness and acceptance of phenomena arising in interaction with the social environment ensures recovery of personal sensitivity to own needs. Technically, in the process of dialogue, this task is intermediated through the phenomenological method. How does this happen? The personality in a crisis situation has problems that are difficult to solve without psychological support and assistance. When seeking for assistance, the individual presents own problem.

In dialogue with other person, the phenomena of interaction (experiences, associations, desires, etc.) are in the focus of attention. The dynamics of these phenomena are subject to the principle of closure, when the most relevant (regardless the awareness level) person experience supports a certain phenomenon to a greater extent than others. This is how the figure and certain context of interaction emerge, where other phenomena of dialogue are their background.

Support by participants of their sensitivity to this process is important in the dialogue. It is assumed that the therapeutic interaction increases the awareness level of own feelings and desires of participants in the dialogue. Working on the anxiety reduction of individual in relations with other persons, the learning takes place related to rest, relax, clarification of own needs and attitude to them.

The method of psychological presence, openness of the dialogue participants is the basis of technologies for accompaniment of the dialogue phenomena. These phenomena, as facts of consciousness, belong to the context of contact and not just to an individual. Those experiences, feelings, desires, thoughts, emotions, fantasies that arise in the dialogue belong to the process of contact. Presence of individual in the dialogue is realized in support and accompaniment of emerging phenomena of interaction, enabling their existence and support to their transformations in everyday life.

Based on the theory of Gestalt approach, the methods of dialog model are aimed at activating the individual's interest to new thoughts, behavioral strategies, life prospects that arise in the interaction (Lebedeva, 2002). Then, it becomes important the growing ability to wander about new things and changes, that replaces control over conventional behavioral strategies.

Harmonization of all components of mental and physiological state of person contributes to his/her integrity. The experience psychotherapy does not focus on substance in a dialogue. Not words spoken in the dialogue are important, but extent to which the experience of these words and meanings is possible. The dialogue partners restore the psycho-emotional state in the dialogue process with no loss in dynamics of themes and discoveries that occur in this process, but through the experience of being sensual, conscious, with free own life choices.

This confirmed the ranking of answers of women in the interview. The first task was to write positive and negative factors of the effect of relocation to a new place of residence. Based on specified factors, the most significant problems of temporary relocation were generalized and formulated, and the task was set to rank specified difficulties of relocation conditions and conditions of assistance determined

by significance. When asked “What did, in your opinion, help you, when moving to a new place?”, the answer "I was supported by communication with people like me" was in the first place.

Table 1

Relevant support factors in migration crisis situation (n=120)

1	I was supported by communication with people like me	55%
2	New job	25%
3	New place of residence	5%
4	New perspectives for me and my family	15%

Similarly, when asked “What was the worst thing related to your migration?”, women put in the first place the following answer: “Change in usual circle of contacts”.

Table 2

Distribution of relevant factors in migration crisis situation (n=120)

1	Change in usual circle of contacts	52%
2	Fear of uncertainty in the present	25%
3	Fear of losing usual job	15%
4	Fear of changes in normal life	8%

So, communication and interaction with other persons was the main factor influencing the change in the place of residence of women. Just in the group communication the socio-situational anxiety and women’s fears decrease; and the psycho-emotional state is recovered. In the process of discussion by women of factors that affect support to their psychological well-being, the disclosure of own resources and manifestation of own desires and needs occur. In migration conditions of an individual staying in crisis life situations, precisely formation of his/her dialogue with the social environment becomes the basis for his/her problems solution. Considering the specified factors of psychological support, the psychotherapeutic techniques were selected.

Through projective techniques (common drawing of happy events celebration “Festive Table”, “Dinner”, “Birthday”, etc.) some attitudes to the situation were manifested. It could be ambivalent feelings of both joy and sadness (joyful feelings related to celebration and regret for lost opportunities to celebrate with all family members, relatives, former neighbors). In the course of common drawing, the quality of communication was important: contacts to each other, request to share pencils, paints, place on paper (large sized joint sheet of paper). In order to activate communication, boxes with paints and brushes were given one set less than the number of participants. This encouraged participants sharing them. Manifestations of participants' requests, their irritation, anger, feelings, etc. were monitored. Objectification of these manifestations during discussion made it possible to restore participants' sensitivity to their own needs. Those things that were not previously realized and were ignored, suddenly took on a different value.

Participants discovered for themselves the renewal of feeling of tenderness in the memories of how they celebrated their birthdays, arrival of spring, New Year, pleasant feelings of “the first snow”, “summer warm rain”, “spring thaw”. The participants were amazed that they were so “thawed” during the drawing process. According to the participants, “hard memories fill their souls”, in such conditions it is difficult to enjoy simple things that happen every day. Memories from childhood about “gentle touch of flower”, “warm air on the face”, restored the sense of calm and sense of psychological well-being. Even the drawing process itself brought back to pleasant memories: “cloudless childhood” for some persons; “teenage discoveries”, “romantic youth”, “first kisses” for other persons. Communication in the course of drawing provoked a variety of emotions, including negative ones. The participants were angry that “even here it is necessary to fight for a place on paper”. When drawing a festive table, some participants tried to fill the entire spot on paper, cover with sketches every corner. Their comments indicated high socio-situational anxiety (“when will it be possible to draw again”). During the discussion it turned out that it was possible to find both time and opportunity to draw (“with their own children or nephews”, “to buy paint and coloring for adults”). The manifestations of anger had

both direct and indirect forms (ironic, sarcastic sayings). The action and expression of experiences are indirect and hidden in the passive form of aggression manifestation but at the same time aimed at meeting personal needs.

This does not mean that it is necessary to get rid of passive forms of anger and aggression. This way of expressing emotions and feelings was formed of individual in his/her life experience as the most effective in certain life circumstances. This method allowed the individual to “survive”, save own mental and physiological integrity. In certain situations, the individual, by using this method, may get refuge, escape from a threat (physical, moral, mental and other). It is important for the individual to be aware of circumstances under which he/she uses hidden, passive forms of manifestation of own feelings. It is important to activate by individual the awareness of own behavioral reactions and find other options of behavior, interaction with other persons.

It was interesting to apply our technique “**Wreath of Memories**”. Performing this technique, participants with multi-colored ribbons, ropes, threads were making a wreath of positive and negative impressions and experiences. The group discussed woven wreaths, colors used, associations that emerged when choosing ribbons. Women liked this task: “it's like embroidery, you pick the color”, “it's nice to take different silk and paper tapes in hands”, “when being a schoolgirl, I made appliqué, collages; it was interesting”, “the needlework, such as embroidery and knitting, is nice”. Pleasant memories arose during and after the exercise. Women came to class the next day, remembering new life stories, new impressions of present life events. Comparing their impressions and impressions of other persons, the women's balance of positive and negative emotions was restored. This is what creates the basis for psychological well-being of individual.

Discussions. Experiencing well-being is possible under conditions of positive emotional background and positive assessment of reality. When women understand that various life obstacles arise due to our apprehension, it provokes admission of responsibility for overcoming them and building new life prospects. Personality balances between the satisfaction of own needs and needs of others; it is important to

maintain a balance between the internal mechanisms of functioning and requirements of the social environment, socio-psychological space. Just depending on the balance creation between desires and possibility of their realization, the individual feels comfortable or not. Overcoming confusion, emotional tension is possible under conditions of actualization of own needs, desires of individual in the process of interaction with other persons.

Conclusions

Carrying out selected and created techniques confirmed their effectiveness in recovery and support to the psychological well-being of women temporary migrants.

It is determined that mobilization of women to the direct manifestations of their feelings, desires in dialogue with other persons, which intensifies their implementation, is an important effectiveness condition for the techniques applied. Awareness and realization of these desires, openness in manifestation of own desires, manifestation of restrained emotions form confidence in relationships with other persons, helps to save their own mental and physiological integrity.

It is important for recovery and support to the psycho-emotional state of women temporary migrants, inclusion in the norms, rules of life of the society, on the one side; and orientation to own needs and values, on the other side. Efforts directed to balance adaptation to norms, requirements of the social environment and satisfaction of own needs form the psychological well-being of individual. Direct manifestation of emotions, clear and clearly directed action, expression of emotions, wherein desire or unwillingness is laid down (I want, I do not want, I love, I am angry, etc.) becomes important. The obtained empirical results of the study will contribute to effective organization of psychological support. The study results may be of interest to managers of rehabilitation programs and psychological assistance centers for women temporary migrants, as well as to researchers in the field of psychotherapy and psychological counseling.

The study prospect will be application of family group therapy techniques, since the issue remains not fully understood of determination and differentiation of leading factors that determine the state of subjective psychological well-being.

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