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**PSYCHOLOGICAL CHARACTERISTICS OF THE VALUE
ORIENTATIONS OF MILITARY SERVICEMEN IN THE
CONTEXT OF ADAPTATION TO THE CONDITIONS OF
PEACEFUL EXISTENCE**

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The aim of the study is to analyze the value and meaningful orientations of military men in the context of possible ways of their further socio-psychological adaptation to the conditions of peaceful life and to define if the structure of value and meaningful orientations of active and demobilized military men undergo any transformation.

Results. The analysis of the results of the empirical study leads to the conclusion that the structure of value orientations of military men has a direct dependence on their actual life situation. Comparisons of the two groups of respondents (active and demobilized military men) revealed some differences in their value hierarchy. It is noted that the structure of the terminal values of demobilized military men differs in the dominance of concrete values over the abstract and uniform distribution of the importance of professional realization and personal life. The analysis of the structure of the instrumental values of the two groups of respondents reveals a decrease in the value of the importance of rationalism and an increase in the rank of self-control in demobilized compared to the active military men. It is determined that a large number of military men in conditions of demobilization acquires emotional frustration and contradictions, which is expressed in aggressive opposition of their personality to the environment, uncertainty about the meaning of their lives,

pessimism, and variety of fears. The most harmonious areas in the structure of relations between the two groups of respondents were identified the blocks of relationship to family and friends, which can be positive factors that will contribute to the effective return of demobilized servicemen to the conditions of peaceful life and their successful passage of the process of re-social and psychological adaptation.

Conclusions. In the empirical study it was confirmed that military men have a specific structure of value orientations, characterized by the dominance of such values as the presence of friends, health, freedom, self-confidence. It was also determined that for demobilized military men the value of public recognition and the availability of interesting work, which fit into the theoretical substantiation of the specifics of the middle age, to which the group of respondents belong, are of great relevance. The analysis of the results of the empirical study also confirmed the fact that military men differ in the list of specific psychological characteristics, some of which acquire negative manifestations and tend to aggravate in conditions of demobilization.

It should also be noted that, despite the considerable list of specific psychological characteristics of military men who have negative coloring, there are also strengths in the overall value structure of this profession, namely the prevalence in the value hierarchy of ethical values: responsibility, independence, self-control, which can emerge sufficiently relevant in the conditions of peaceful existence. In view of the middle age of military personnel, to which the majority of professionals involved today belong, the right choice in the direction of work can become one of the most important factors for the success of the re-adaptation of participants of war actions to the conditions of peaceful life.

***Keywords:** social and psychological adaptation, value orientations, military men, extreme situation, meaningful life orientations.*

Психологічні особливості ціннісних орієнтацій військовослужбовців в контексті адаптації до умов мирного існування

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Досвід виконання професійної діяльності в екстремальних умовах війни має вагомий вплив на особистість, що здатне значно порушити її внутрішні структури, у тому числі її ціннісні і смисложиттєві орієнтації. Тому, у часи коли перед суспільством гостро стоїть проблема повернення військовослужбовців до умов мирного життя, тема цінностей набуває особливої актуальності, адже саме реалізація цінностей особистості є детермінуючим фактором у побудові її соціальних зв'язків і досягненні соціально-психологічної адаптованості. Отже, метою дослідження є аналіз ціннісних і смисложиттєвих орієнтацій військовослужбовців у контексті їх адаптації до умов мирного життя. Методами дослідження виступили: методика ранжування М. Рокіча, тест СЖО (смисложиттєвих орієнтацій) Д.О. Леонт'єва, модифікація тесту Сакса Леві «Незакінчені речення».

Особистість військовослужбовця відрізняється переліком специфічних характеристик, та деякі з них можуть набувати й вираженого негативного характеру. Результати дослідження виявили, що негативні аспекти особистості учасника бойових дій відображуються у загострених емоційних реакціях, відсутності усвідомлення сенсу власного життя, фаталізмі. Крім того, велика доля досліджуваних відчуває незадоволення власним життям тут і зараз. При цьому спостерігається значна негативна динаміка в умовах демобілізації, коли ціннісна система військовослужбовця входить до взаємодії із цінностями суспільства. Велика доля військовослужбовців (50%) характеризується наявністю ознак значних емоційних розладів, які переважно виражаються в схильності до агресивних методів відстоювання своїх ідей і звичці протиставляти себе суспільству. Водночас особистість військовослужбовця відрізняється етичним спрямуванням, високим рівнем розвитку вольових якостей, відповідальністю, чесністю, волеюбством і незалежністю, що виступає потенціалом для професійного розвитку у сфері героїчних професій. Найбільш гармонійними сферами життя військовослужбовців обох груп біли визначенні сімейні і дружні стосунки, які й виступають сенсоутворювальним фактором та також чинять позитивний вплив на адаптаційний потенціал особистості.

Ключові слова: соціально-психологічна адаптація, ціннісні орієнтації, військовослужбовці, екстремальна ситуація, смисложиттєві орієнтації.

Introduction. Military actions are a source of deep traumatization of society, because especially in extreme times the

proportion of people in the social structure with particular experience in combat missions increases significantly. The experience of a professional serviceman is associated with an awareness of the danger and acute threat to life, which leaves a certain imprint on its psyche. Even casualties of the devastating events, for the most part, require psychological assistance in their return to normal conditions of existence. But the issue of readaptation becomes even more urgent in the case of servicemen, because their activity is connected not only with passive stay in extreme conditions, but also with the need to act against instincts of self-preservation. The latter leads to certain transformations of the value sphere of the individual, which can be attributed to the phenomenon of professional deformation. Thus, in the period of service, a serviceman produces a specific system of values and related personal qualities that are necessary for the performance of professional tasks in wartime, but which lose their relevance in conditions of demobilization, which can cause the development of social maladaptation and unwanted social phenomena, such as suicidal, delinquent, or addictive behavior. It should also be emphasized that these phenomena tend to be reflected at both the individual and micro or macro-social levels. Against this background, it becomes important to investigate the value and meaningful orientations of servicemen in the context of their adaptive capacity in the context of demobilization.

The Aim of the study is to analyze the value and meaningful orientations of servicemen in the context of possible ways of their further social and psychological adaptation to the conditions of peaceful life.

Research methods. The following techniques were used in empirical research: ranking technique by M. Rokeach, the Meaning-of-Life Orientations Test (LOT) by D. Leontiev, a modification of the J. Sacks and S. Levy sentence completion test (SSCT). These methods helped to determine the hierarchy and qualitative structure of values, the presence and sources of the meaning of life, the presence of internal conflicts in various spheres of life, respectively.

The sample of a study. The study involved 64 respondents with combat experience within the age of 30 and 45 years: 32 respondents

are demobilized military servicemen, 32 respondents are active military servicemen who were in the military service in the combat zone at the time of the survey.

Research results. We suggest that the experience of being in extreme conditions can cause changes in the structure of personality value orientations from typical life meanings to specific ones. As a result of the analysis of the results of the empirical study, the following results were obtained. According to M. Rokeach research technique of value orientations we have defined a hierarchy of terminal and instrumental values for both groups of servicemen.

Table 1

Average ranks of the hierarchy of terminal values of servicemen

Terminal values	Rank	
	Active	Demobilized
Presence of friends	4,86	7,79
Health	4,93	5,93
Freedom	6,86	6,29
Happy family life	6,86	10,43
Self-confidence	7,64	7,79
Development (working on yourself)	9,71	9,64
Life wisdom	10,07	9,43
Productive life	10,07	9,71
Love	10,14	9,86
Knowledge	10,21	11,29
Financially secure life	10,29	9,50
Public acceptance	10,43	5,71
Active productive life	10,50	10,93
Happiness of others	10,64	11,07
Interesting job	11,00	6,21
Creativity	11,86	11,50
Beauty of nature and art	12,43	13,29
Entertainment	12,50	14,64

It has been found that the most important for the respondents of the group of active servicemen are such terminal values or values-goals as having friends, health, freedom, happy family life, self-confidence and personal development. The most important

instrumental values or values-means identified were rationalism, responsibility, honesty, independence, strong will, courage in upholding your thoughts and views.

Analyzing the data obtained, we note that in the demobilized group we observe a decrease in the rank of the significance of the values of family life, development, and rationalism. But the list of the most important values for this group of subjects included public recognition, interesting work and self-control. We also note that for both groups of military personnel the list of the most important terminal values included: having friends, health, freedom, a happy family life and self-confidence. At the same time, the structure of the most important instrumental values in the demobilized group remained almost unchanged.

Table 2

Average ranks of the hierarchy of instrumental values of servicemen

Instrumental values	Rank	
	Active	Active
Rationalism	5,79	8,21
Responsibility	6,07	7,07
Honesty	6,29	5,71
Independence	6,36	5,71
Strong will	7,93	5,79
Courage in upholding your thoughts	8,29	7,14
Business efficiency	8,71	9,43
Responsiveness (solicitude)	8,79	14,43
Self-control	8,86	7,36
Cheerfulness	9,00	12,43
Open-mindedness	10,50	9,43
Diligence (discipline)	10,71	10,50
Politeness	10,93	12,07
Intransigence to disadvantages	11,86	13,29
Tolerance	11,93	10,57
Education	12,29	11,21
Accuracy (cleanliness)	12,79	9,93
High demands	13,29	10,71

The most stable values, which received almost the same ranks in both groups, were defined as health, freedom, self-confidence, honesty, independence, strong will and courage.

Health as a universal value took a stable second place in the ranking of combatants. Another, almost unchanging value defined was freedom. Self-confidence completes the list of terminal values. In the structure of instrumental values, the values of responsibility, honesty, independence, strong will and courage almost did not change their positions. It is expected that these qualities, which received approximately the same grades in both groups of subjects, largely correspond to the requirements of the military profession. High risks and consequences of mistakes in military affairs demand high ethics and courage on the border with heroism from a servicemen.

Judging the results of the study, the most significant changes in the conditions of demobilization are experienced by such values as family life, public acceptance, interesting job (Table 1).

As the study showed, the value of a happy family life is losing significance in conditions of demobilization, and the values of public recognition and interesting work, on the contrary, show significant growth. But it should be noted that the growth of these values can not only be associated with a change in the current situation, but can also be sharpened by middle-aged characteristics, which is characterized by a person's desire for self-realization.

For both groups of subjects, the lowest values in the hierarchy of terminal values took the following values: active productive life, happiness of others, creativity, the beauty of nature and entertainment. The lowest ranks in the structure of instrumental values were: politeness, intransigence to disadvantages, education and high demands.

According to the results of the analysis of value orientations, it was also determined that the group of active servicemen is distinguished by a uniform distribution between concrete and abstract values, as well as the prevalence of personal values over the values of professional implementation. In the value structure a demobilized group demonstrates the prevalence of specific values

over abstract ones and uniform distribution in the ratio of “professional realization / personal life”. Ethical and business values demonstrated the greatest significance for the military personnel of both groups in comparison with communication values. In addition, individualistic values prevail in the value structures of active and demobilized subjects, as opposed to altruistic and conformist ones. The latter are almost absent in the obtained value structure of military personnel. Also, the two groups of subjects are united by the prevalence of the values of self-assertion over the values of the acceptance of others.

The results of the Meaning-of-Life Orientations Test (LOT) by D. Leontiev study show that the majority of military personnel have deviations in the indicators of the existence of a meaning of life from the average norm, which is reflected in Table 3.

Table 3

Comparison of average indicators of life-meaning orientations of active and demobilized military personnel with the average norm

Subscale	Active	Demobilized	Average norm	U_{emp}
Goals	34,6	30,2	38,9	261
Process	30,2	26,7	36,0	251,5
Result	26,5	21,8	29,8	225,5
Locus of Control - Self	22,0	19,7	24,7	288
Locus of Control - Life	31,7	27,6	34,6	312,5
Together	106,4	92,3	120,4	259

Analysis of the subscale by the Mann–Whitney U-test (U_{emp}) allows us to conclude that there are significant differences between the samples on all scales of the LOT. With a critical value of U_{kp} = 338 and a significance level of P < 0.05, it can be argued that, with a 95% probability, differences in sample levels are statistically significant.

Thus, both groups of military personnel have significant negative deviations in the indicators of understanding and the meaning of life from the average norm. Moreover, significant negative dynamics can be traced in the conditions of demobilization. In terms of the overall LOT indicator, 76.7% of the military received points, less than the minimum acceptable value. At this time, the fate of such respondents from the current group was only 43.3% (Table 4).

Table 4

Results of the LOT test by subscales as a percentage

Active						
	Goals	Process	Result	Locus of Control - Self	Locus of Control - Life	Together
Norm	50,0%	36,7%	50,0%	63,3%	63,3%	56,7%
Below average deviation	50,0%	63,3%	50,0%	36,7%	36,7%	43,3%
Demobilized						
	Goals	Process	Result	Locus of Control - Self	Locus of Control - Life	Together
Norm	23,3%	23,3%	30,0%	36,7%	36,7%	23,3%
Below average deviation	76,7%	76,7%	70,0%	63,3%	63,3%	76,7%
χ^2	4,59	0,71	2,5	4,27	4,27	6,94

Negative trends also occur in the analysis of each of the subscales. According to the “Goals” subscale, only 50% of active servicemen are oriented toward the future, according to the “Process” subscale, 43% are satisfied with their life here and now, according to the “Result” subscale, 50% are satisfied with their past, with the “Locus of Control - Self” subscale 64 % - they are confident in the possibility of controlling their own lives, according to the subscale “Locus of Control - Life” 57% - have faith in the possibility of free choice.

The demobilized group showed even more problematic statistics. 79% of the respondents in this group found too low indicators for the "Goals" and "Process" subscales, 71% for the "Result" subscale, and 64% for the "Locus of Control - Self" and "Locus of Control - Life" subscales, which is on average exceeds the same indicators in the group of active servicemen by more than 2 times.

At the same time, the Pearson's chi-square test reflects the correlation between the factor of being in military service under demobilization and their performance in the LOT in three out of five subscales also in general indicator. At a critical value of $\chi^2 = 3.841$ and a significance level of $p < 0.05$, the correlation between factor and effective traits is defined as statistically significant. Thus, according to the general indicator of the LOT and the subscales "Goals", "Locus of Control - Self" and "Locus of Control - Life", the dependence of the frequency of non-falling of these indicators within the average norm on the conditions for the presence of military personnel (in conditions of military operations or in conditions of demobilization) is quite significant.

The analysis of the results of the J. Sacks and S. Levy sentence completion test (SSCT) the presence of certain emotional contradictions in various areas of life found in both groups of subjects, which is reflected in Table 5.

The "sentence completion test" methodology made it possible to determine that both groups of servicemen have signs of the presence of certain psychological disorders of one degree or another. In Table 3, the presence of signs of significant disorders is indicated by the number "2", minor disorders - by the number "1", the absence of contradictions - "0", not enough data - "x". As you can see, 50% of the sample of demobilized servicemen have signs of significant disorders in the field of "Self-attitude." Most of both groups of subjects also show signs of certain fears and concerns, but of a minor nature. Interestingly, 21% of the active servicemen refused to answer questions from the field of fear.

Table 5

The presence of emotional conflicts and disorders among active and demobilized servicemen

Self-attitude				
Group	2	1	0	x
Active	13,3%	46,7%	26,7%	13,3%
Demobilized	46,7%	13,3%	33,3%	6,7%
$\chi^2 = 10,33$				
Unrealized opportunities				
Group	2	1	0	x
Active	13,3%	20,0%	40,0%	26,7%
Demobilized	20,0%	46,7%	20,0%	13,3%
$\chi^2 = 4,69$				
Attitude to the future				
Group	2	1	0	x
Active	6,7%	40,0%	46,7%	6,7%
Demobilized	26,7%	46,7%	20,0%	6,7%
Fears and anxieties				
Group	2	1	0	x
Active	0,0%	60,0%	13,3%	26,7%
Demobilized	6,7%	80,0%	6,7%	6,7%
Attitude to the family				
Group	2	1	0	x
Active	13,3%	6,7%	73,3%	6,7%
Demobilized	13,3%	0,0%	73,3%	13,3%
Attitude to friends				
Group	2	1	0	x
Active	0,0%	20,0%	66,7%	13,3%
Demobilized	6,7%	33,3%	53,3%	6,7%

Pearson's chi-square criterion could be calculated for only two of the six indicators: "Self-attitude" and "Unrealized opportunities". At a critical value of $\chi^2 = 7.815$ and a significance level of $p < 0.05$, it turned out that a statistically significant correlation between factor and resultant signs occurs only in the first indicator. That is, the frequency of emotional contradictions in the field of "Self-attitude" has a high level of dependence on the conditions of servicemen: in military service or in conditions of demobilization. In addition, it should be noted that in the answers according to the "sentence completion test" methodology, the military found a list of similar characteristics, such as emotional affection to the results of war (37%) or the political situation in the state (14%), a tendency to

aggression (37%), uncertainty of the future (22%). At the same time, although most of those studied demonstrate uncertainty of goals, their emotional attitude to the future can mainly be characterized as positive (57%). That is, more than half of the respondents provided optimistic forecasts, describing the future as “beautiful”, “bright”, “very interesting”, “wonderful”. The most harmonious life spheres in both groups of servicemen have been identified as family and friendly relations, which may constitute the adaptive potential of the individual.

Discussion. As A.K. Akimenko (2011) notes, socio-psychological adaptation is a process of bi-directional impact: the individual on society and society on the individual. The result of adaptation is adaptability, which is externally expressed in socially acceptable behavior. E.V. Shekhovtsova (2013) notes that value orientations as attitudes determine the forms of personality response. So values are the subject of “coordination” between society and the individual in the process of adaptation. At this time A.P. Evsyukov and A.S. Kufliyevsky (2017) define an extreme situation as one that carries a set of psychological effects on the functioning of a person associated with experiencing danger to life, helplessness, and fear of getting injured, has its own consequences for the person. S.Y. Lebedeva A.A. Nazarov, Y.A. Ovsyannikova, N. Onishchenko, D.S. Pokhilko, V.A. Timchenko, A.V. Timchenko, V.E. Khristenko (2019) determined the general consequences of the stay of employees of the State Service of Ukraine on emergency situations in the ATO zone, the list of which included: 1) reassessment of values and priorities, 2) the need for self-affirmation and recognition, 3) skepticism, 4) the need to defend their interests, 5) an increased level of anxiety and expectation of a threat, 6) impulsiveness and vulnerability, 7) loss of a temporary perspective, logically correlates with the results of the study. In addition, it was determined that the group of subjects refers to the period of middle age, which is characterized by an acute need for self-realization, which N.M. Tokareva and A.V. Shamne generalized in the phenomenon of “acme” (2017), signs of which were also discovered as a result of the study.

Conclusions. The conducted analysis allows us to conclude that the value structure of a servicemen contains a number of values, mainly justified by the conditions of their professional activity. Values-goals: health, freedom, self-confidence and values-means: responsibility, honesty, independence, strong will and courage are common to the operating and demobilized servicemen. At the same time, in conditions of military operations, there is a significant

increase in the importance of public recognition for servicemen and the availability of interesting work, which can be explained by the characteristics of the middle age of the subjects and their desire for fastest self-realization. The latter leads to the conclusion that the most obvious way is the adaptation of demobilized servicemen for professional implementation and the direction of expressed qualities in a constructive direction. Among the instrumental values for mobilized servicemen, self-control is also becoming relevant, which is obviously associated with a change in the social environment and new requirements for personal behavior.

Thus, the personality of a servicemen differs in a list of specific characteristics, and some of them may also have a pronounced negative character. The results of the study showed that the negative aspects of the personality of the participant in the military operations are displayed in pointed emotional reactions, lack of awareness of the meaning of one's life, and fatalism. In addition, a large proportion of the respondents are dissatisfied with their own lives here and now. At the same time, there is a significant negative dynamics in the conditions of demobilization, when the serviceman's value system interacts with society's values.

It should also be noted that a large proportion of servicemen (50%) is characterized by the presence of signs of significant emotional disorders, mainly expressed in a tendency to aggressive methods of upholding their ideas and the habit of contrasting oneself with society. At the same time, the personality of a servicemen is distinguished by an ethical direction, a high level of development of strong-willed qualities, responsibility, honesty, love of freedom and independence, which serves as a potential for professional development in the field of heroic professions. The most harmonious spheres of life of servicemen of both groups are the definition of family and friendly relations, which act as a meaning-forming factor and also have a positive impact on the adaptive potential of the individual.

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