

*Section: Preliminary studies in PPT***SPECIFIC FEATURES OF UKRAINIAN MILITARY PERSONNEL RESILIENCE AND ITS RELATIONSHIP WITH ACTUAL CAPACITIES****Olena Chykhantsova**

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**Abstract**

The present study examines the peculiarities of resilience in military personnel and its relationship with Actual Capacities. A questionnaire survey was conducted on 64 military personnel who have participated in military operations during the war in Ukraine. The main factors that determine the resilience of military personnel are: psychological well-being, optimism, quality of life, happiness and Actual Capacities. They were assessed using 6 psychodiagnostic methods. Results show that these main factors have an implication for military resilience because they all reflect different aspects of psychological and social well-being. There are correlations between resilience and Actual Capacities. It means that control of a stressful situation is ensured by honesty and faith. It was also found that personal capacities are a significant factor in increasing the resilience level of military personnel. It was discovered that the majority of the surveyed military personnel have an average level of quality of life, subjective happiness and psychological resilience. However, not all servicemen are ready and able to effectively cope with difficulties. The results prove that internal personal factors of military personnel perform a protective function in stressful circumstances of wartime.

**Keywords:** resilience; personal resources, mental health, military, Positive Psychotherapy

**Introduction**

The importance of psychological resilience in dealing with the cognitive, emotional, and social stressors linked to exposure to war is widely acknowledged. Psychological studies have shown that the military also has some peculiarities in its ability to adapt to stressful

situations (Zueger et al., 2023). Military personnel face stressful situations and traumatic events: combat, loss of comrades, personal injuries, etc. This can lead to post-traumatic stress disorder (PTSD) and other mental reactions (Bonanno, 2004; Kokun et al., 2020; Nakkas et al., 2016), and it is important to provide support to veterans after they return

from military service, as they may face challenges in reintegrating into civilian life (Spelman et al., 2012; Wood et al., 2023; Zasiékina et al., 2022). The psychological state of military personnel is a complex and important component of their overall health (Bricknell & Cain, 2020; Cao et al., 2023; Sargent et al., 2017). Psychological resilience holds utmost importance for military readiness due to its significant role in managing physiological stressors. Additionally, a soldier experiencing psychological stress, regardless of physiological capability, will likely perform poorly during military operations (Nindl et al., 2018). Also, military resilience programs propose that properly trained soldiers can improve their effectiveness in armed conflict, experience greater life satisfaction, and ultimately be more cost-effective for the government (Naumes, 2022).

In this context, increasing resilience in military personnel may help them avoid mental distress and reduce the incidence of mental disorders. However, the question of what factors influence the resilience of the Ukrainian military has not been studied. We believe that these issues deserve more attention. In the present study, we aimed to test an effective way to counteract negative influences. It is the use of the internal personal factors of military personnel that perform a protective function in uncertain military situations.

Many scientists study resilience as the ability of a person or system to adapt to stress, overcome difficulties and recover from negative events (Bonanno, 2004; Clarke & Nicholson, 2010; Herrman et al., 2011; Ntarla & Hum, 2024; Smith et al., 2008). In the study of Sisto et al. (2019) there is an overview of the key aspects of the five macro-categories of resilience. It is ability to recover, type of functioning that characterizes the individual, capacity to bounce back, dynamic process evolving over time and positive adaptation to life conditions. Resilience assists individuals in achieving a stable equilibrium during stressful circumstances (Nindl et al., 2018). Two important conditions are necessary for the development of resilience (Cicchetti, 2010): 1) a significant threat to personal development and 2) successful overcoming of difficult life circumstances. Being in difficult life circumstances is not yet a manifestation of resilience. Resilience occurs

only after a person has overcome significant difficulties and demonstrated special endurance.

There are many definitions of resilience, but resilience is generally understood as positive adaptation or the ability to maintain or restore mental health despite adverse circumstances (Sarkar & Fletcher, 2014). Most scientists think of resilience as the ability to bend but not break, bounce back, and perhaps even grow in the face of adverse life experiences (Southwick et al., 2014). Harman, Verge and others focus on the psychological aspects of resilience (Herrman et al., 2011). Resilience is deduced from evidence indicating that certain individuals achieve better outcomes despite facing similar levels of adversity. Additionally, adverse experiences can either sensitize or fortify individuals, shaping their responses to future stress or hardship (Maddi, 2007; Rutter, 2012). Masten et al. (1990) define resilience as maintaining a stable level of psychological and physical activity in adverse situations, adaptation to adverse changes, the ability to become strong, healthy or successful again after exposure to negative external factors. According to Heshmat (2020), resilience is defined as the psychological ability to adapt to stressful circumstances and recover from unfavorable events. The scientist notes that resilience is a process of creating resources to find a better future after potentially traumatic events. In general, reviews of resilience research reflect the convergence of definitions of the main concepts: stability, adversity, and positive adaptation (Cicchetti, 2013; Luthar et al., 2015; Masten & Tellegen, 2012; Rutter, 2012); mental health and adaptation mechanisms (Rutten et al., 2013; Schäfer et al., 2023).

Resilience is dynamic and can evolve over time, presenting opportunities for human growth and interaction with the environment (Kim-Cohen & Turkewitz, 2012). This is particularly important in times of war. As for resilience within the military context, previous research has explored resilience as a protective element, particularly in combat and deployment settings. Resilience serves to shield military personnel from life-threatening situations in combat and helps prevent the deterioration of their psychological and physical well-being (Leak et al., 2018; Nindl, 2018; Sefidan et al., 2021; Simón, 2023). According to Nindl and others (2018), military resilience can be described as the capacity to surpass the adverse impacts of setbacks and the accompanying stress on

military performance and combat effectiveness. In instances of extreme soldier performance, wherein resilience plays a pivotal role, the focus is typically on physical and metabolic endurance.

Resilience holds fundamental importance within armies. Throughout history, armed forces have prioritized safeguarding the health of their personnel as a means to preserve the combat effectiveness of their forces and secure victory over their adversaries (Simón, 2023).

In recent years, Positive Psychotherapy has emerged as a new methodological and theoretical context for studying the strengths and resources of individuals. According to Ntarla and Hum (2024), resilience is an important factor for human health and well-being as well as the therapeutic process and outcomes. The development of resilience can be influenced by various factors, including personal traits (Findyartini, Greviana, Putera, et al., 2021). In accordance with Positive Psychotherapy theory, each person possesses two fundamental abilities: the Capacity for Perception and the Capacity for Love. As Peseschkian (1987) posited, these core abilities underpin our broader skill set. Positive Psychotherapy endeavors to delve into an individual's two core capacities, aiming to gain a deeper understanding and, when necessary, rectify any disparities to foster more positive outcomes.

Currently, there are many definitions and models of resilience in psychology. Based on our previous study (Чиханцова & Гуцол, 2022), resilience is one of the main human resources that helps people overcome stress and crisis situations. The model of resilience is a system of stable positive personality traits, it is a personality resource that contributes to the successful return of a person to a normal mental and physical state after stressful and traumatic events.

By personal characteristics we mean the Actual Capacities. The Actual Capacities in Positive Psychotherapy constitute core features and their development defines to a wide extent the functionality and well-being of a person. The Actual Capacities can contribute to resilience or build it, depending on their content and focus (Ntarla & Hum, 2024). It is worth noting that resilient people experience positive emotions even in the midst of stressful events, which may explain their ability to successfully recover despite adversity. This suggests that resilient people can understand the benefits associated

with personal characteristics that act as the Actual Capacities and use this knowledge to their advantage when dealing with negative emotional events (Tugade & Fredrickson, 2004). Thus, Peterson (2013) suggests that hope did not affect reports on how painful the experience was, but it did foster the ability to tolerate it.

Unfortunately, there are no research focused on the capacities described by Peseschkian and their relationships with the resilience of military personnel. Therefore, an attempt was made to consider the main factors that may affect the psychological resilience of the military personnel. Also this paper explores how the Actual Capacities are connected with resilience and affect it. Scientists suggest that positive emotions can expand the boundaries of thinking and make attention more flexible, which can improve a person's well-being (Bayramoğlu & Şahin, 2015; Tugade, Fredrickson & Barrett, 2004).

**The object** of the research is resilience and its relationship with Actual Capacities as personal characteristics

**The aim** of the research is to investigate the factors that influence military personnel's resilience. The present study corroborates and extends previous research (Bartone, 2006; Bonanno, 2004; Clarke & Nicholson, 2010) by showing that the most effective way to counteract negative external influences is to focus on internal factors of the personality. They perform a protective function in uncertain life situations. Therefore, based on the studies analysis of resilience (Connor & Davidson, 2003; Clarke & Nicholson, 2010; Heshmat 2020; Morel, 2021; Seligman, 2011; Stahl, 2022; Snyder, 1995), we proposed the components of military personnel resilience: psychological well-being, happiness, optimism, quality of life, and the Actual Capacities as personal characteristics.

## Methodology

### 2.1. Procedure and Study Design

The study was conducted during the summer of 2023. The present analysis was a part of the individual research topic 'Determination of Theoretical and Methodological Foundations of the Resilience of different Population Segments in the War and Post-war Conditions'. The research was organized at the Chamata Laboratory of Personality Psychology of the Kostiuk Institute of Psychology of the National

Academy of Educational Sciences of Ukraine. However, the present results have not previously been published and therefore are novel.

Our study of the Ukrainian military resilience involved the use of the following methods:

Nicholson McBride Resilience Questionnaire (NMRQ). The original English version of NMRQ was retrieved from the J. Clarke and J. Nicholson book 'Resilience: Bounce Back from Whatever Life Throws at You' (2010). It is a self-report measure of psychological resilience. The questionnaire consists of 12 items and was designed to assess the ability of individuals to cope with stress and adversity in their lives. Each respective item is measured through a 5-Likert scale point system (with 1 strongly disagree and 5 strongly agree). The Questionnaire was translated from English into Ukrainian. The reliability estimated by Cronbach's Alpha = 0.779.

Ryff Scales of Psychological Well-Being (Ryff & Keyes, 1995). We understand psychological well-being as an important quality of military personnel that allows them to survive, adapt and thrive in the face of military challenges. The Ryff Psychological Wellbeing Scale was translated into Ukrainian and adapted to the Ukrainian sample by Karskanova (2011). The Ryff scales of psychological well-being include six components of psychological functioning: a positive attitude toward oneself and one's past life (self-acceptance), high quality, satisfying relationships with others (positive relations with others), a sense of self-determination, independence, and freedom from norms (autonomy), having life goals and a belief that one's life is meaningful (purpose in life), the ability to manage life and one's surroundings (environmental mastery), and being open to new experiences as well as having continued personal growth (personal growth). We used a modified 18 item version of this scale. The scale includes 3 items for each of 6 aspects of well-being. All items are measured on seven-point scales ranging from 1 (strongly agree) to 7 (strongly disagree). Higher scores mean higher levels of psychological well-being.

The Person's Quality of Life Questionnaire was used for studying the satisfaction and quality of life (Chykhantsova, 2020). This Questionnaire was developed by the author to examine the quality of life of a person and contains 16 statements to be evaluated

following a 7-point grading scale (from 1 point – very low level to 7 points – very high level). When counting the number of points, the total points are summed both in the actual and potential dimensions. The statements include the calculation of points on a direct scale. The reliability estimated by Cronbach's Alpha = 0.80.

The Subjective Happiness Scale (Lyubomirsky & Lepper, 1999). The Subjective Happiness Scale is a 4-item scale of global subjective happiness. Two items ask respondents to characterize themselves using both absolute ratings and ratings relative to peers, whereas the other two items offer brief descriptions of happy and unhappy individuals and ask respondents the extent to which each characterization describes them. To calculate the score, one needs to calculate the average of the answers to all four questions. Item 4 is coded in reverse order.

Arousability and Optimism Scale (AOS). We used it to determine the level of optimism, focused on identifying such stress factors as positive worldview, confidence and constructive activity. The methodology is an adapted version of the Schuller and Comuniani 'Activity and Optimism Scale' (AOS). The methodology includes two subscales: optimism and activity, which consist of 12 items, and has been translated into Ukrainian. Optimism is understood as a person's tendency to believe in his or her own strengths and success, to have mostly positive expectations of life and other people. Activity is defined as energetic, cheerful, safe, carefree, and risk-taking.

The Wiesbaden Inventory for Positive Psychotherapy and Family Therapy (WIPPF). We used it to examine self-assessment of characterological and personal resources (Primary and Secondary capacities). Personal resources are expressed by Actual Abilities in the terminology of Positive Psychotherapy (Messias et al., 2020; Peseschkian, 2016). Actual Abilities are divided into two groups: Primary Capacities and Secondary Capacities. The Ukrainian-language version of the Inventory was adapted and verified by Serdiuk and Otenko (Serdiuk & Otenko, 2021) The Inventory consists of 88 statements, providing four levels of their evaluation: fully agree, partially agree, partially disagree or completely disagree. For data processing, these verbal estimations are translated into the appropriate points: fully agree - 4 points, partially agree - 3 points, partially disagree - 2 points, completely disagree

- 1 point. The authors have identified 27 inventory scales, assessing subjective significance for an individual of their personal characteristics.

The selected methodologies are valid, recognized by the psychological community and adapted in the Ukrainian psychological science that proves the reliability of using this psychodiagnostic toolkit. The reliability of internal consistency was high for all scales used (Cronbach's  $\alpha = 0.81$ ). Statistical analyses were conducted using IBM SPSS Statistics 23. The descriptive statistics were used to summarize the characteristics of variables examined. A statistical relationship means that the value of one variable changes on average, depending on the values of another variable. Pearson's rank correlations were computed to examine correlations among the studied variables. This method was used to test the hypothesis that there is a relationship between variables. We used regression analysis to identify and quantify the relationship between a dependent variable (resilience) and several independent variables. It helped us understand how changes in the independent variables are related to changes in the dependent variable. Participants were informed about the aims of the study and the confidential data handling.

## 2.2. Participants

The study involved 64 Ukrainian military personnel who have participated in military operations since the beginning of the war in Ukraine, i.e. since February 2022. All participants were men aged 21 to 54. The average age of the sample is 35.6 with a standard deviation of 7.2. More than half of them are currently married (54.7%), one third are single (31.3%) and 14% are divorced. As for military ranks, the survey participants were sergeants and soldiers. However, we did not divide them into groups, as our study did not provide for this. All military personnel were deployed for the first time and had no previous combat experience.

## Results

Using the Resilience Questionnaire we measure the level of psychological resilience among military personnel. The results are: 15.6% of the respondents have a developing level of resilience, 29.7% - an established level of resilience, 31.3% - have a strong level of resilience and 23.4% - have an exceptional level of resilience. The military resilience can be interpreted as follows. A developing level of military personnel resilience indicates that these respondents have insufficiently-developed adaptive reactions. The established level of resilience indicates that although military personnel have difficult days and experiences, they rarely feel ready to give up. The soldiers do not always feel dependent on events; in fact, they benefit greatly from the development of aspects of their behaviour. A strong level of resilience among the military personnel indicates that they are quite good at withstanding military events and have an impressive experience in turning setbacks into opportunities. An exceptional level of resilience indicates that military personnel are very resilient most of the time and rarely fail despite being in the midst of combat. Such people believe that they create their own luck.

As resilience is an integral complex characteristic of a personality and includes several components, we think that it is necessary to consider all indicators. Due to the fact that the WIPPF methodology has many indicators (including Primary and Secondary Capacities), we decided to present them in a separate table to better understand the relationship between resilience and the Actual Capacities of military personnel. It is important for us in the study to identify which Actual Capacities as personal characteristics have an impact on military resilience.

Table 1 presents significant correlation coefficients between resilience and happiness ( $r = 0.365$ ,  $p < 0.01$ ), quality of life ( $r = 0.554$ ,  $p < 0.01$ ), activity ( $r = 0.380$ ,  $p < 0.01$ ), and psychological well-being ( $r = 0.417$ ,  $p < 0.01$ ). Correlation coefficients between resilience and optimism are not significant ( $r = 0.266$ ,  $p < 0.05$ ).



**Table 1.**  
**Correlations between resilience and happiness, quality of life, optimism, activity, and psychological well-being**

	Age	Happiness	Quality of Life	Optimism	Activity	Psychological Well-being
Resilience	.061	<b>.365**</b>	<b>.554**</b>	.266*	<b>.380**</b>	<b>.417**</b>

\*\*Correlation is significant at the 0.01 level (2-tailed).

\*Correlation is significant at the 0.05 level (2-tailed).

It has been found that resilience has no correlation with the age of military personnel ( $r = 0.061$ ). This means that resilience can be developed regardless of age, starting in childhood, by changing one's personal resources throughout life (Clarke & Nicholson, 2010, Nieto, 2023).

We found that the average level of quality of life among the military personnel is dominated by the overall indicator and individual scales. It should be noted that the assessment of quality of life is relative. Military personnels' determination of satisfaction of their needs degree is based on their life experience and their levels of cultural, intellectual and emotional development. Thus, the quality of life is expressed as psychological well-being, in which a person feels inner satisfaction with his or her living conditions. Most of the military personnel surveyed (71.8%) have an average level of quality of life. Assessment of the level and quality of life can be seen as a way to find out how close the most important indicators of military life are to their needs and worldview. At the time of the survey, the level of subjective happiness of the military personnel was at an average level. In general, the level of psychological resilience in the sample is also at an average level. Of course, the sample also includes individuals with quite high scores, as well as those with quite low scores, which gives a more realistic picture.

An interesting result was found in terms of military optimism. Based on previous studies and research, resilience has a significant relationship with optimism (Carver et al., 2010; Clarke & Nicholson, 2010; Connor & Davidson, 2003; Heshmat, 2020; Rutter, 2006; Souri & Hasanirad, 2011). Scientific studies show that optimism is the most influential factor contributing to resilience, which reduces the impact of life

stressors (Souri & Hasanirad, 2011). But, in our study, we found insignificant correlations between resilience and optimism among the military personnel. Instead, we found significant correlations between resilience and activity. We assume that such scores on the optimism and activity scales were due to the active participation of the military in active military operations. We are going to continue studying the peculiarities of optimism in the Ukrainian military personnel in wartime.

Also, resilience involves the participation of personal resources in interaction with the parameters of an existentially difficult situation: its uncertainty, novelty, contradiction of the established semantic picture of the world and the way of integrating the individual. There are components of personality that participate in the formation of personal resources that are necessary to mediate the impact of existentially difficult situations. The results of our study showed correlations between respondents' resilience and almost all Primary Capacities. This may indicate that the mental stability of military personnel is ensured by the experience of self-identity, belief in their capabilities, and trust in others. Instead, correlations of resilience were found with only two Secondary Capacities. This means that control of a stressful situation is ensured by honesty and fidelity. In the framework of our research, we found that personal resources are a significant factor in increasing the resilience level of military personnel. However, not all military personnel are ready and able to effectively cope with difficulties. This may be due to a lack of experience in overcoming life's difficulties or an insufficient level of personal resources.

We made the assumptions that resilience involves the use of personal characteristics which are necessary to mediate the impact of

existentially difficult situations. Using the Wiesbaden Positive Psychotherapy Inventory, we identified these resources in the form of primary and secondary abilities. They act as predictors that influence resilience. We used correlation analysis to determine the relationship between resilience and personal characteristics, which are presented in Table 2.

**Table 2.**  
**Correlations between resilience and military personnel Actual Capacities**

Actual Capacities	Resilience
Secondary Capacities	
Cleanliness	0.269*
Orderliness	0.145
Punctuality	0.258*
Politeness	0.216
Honesty	<b>0.453**</b>
Diligence	0.247*
Dependability	0.212
Thrift	-0.019
Obedience	0.205
Justice	0.166
Fidelity	<b>0.510**</b>
Primary Capacities	
Patience	<b>0.490**</b>
Time	0.286*

Contact	0.248*
Trust	<b>0.362**</b>
Hope	<b>0.388**</b>
Tenderness	<b>0.340**</b>
Love	0.185
Faith	0.294*

\*\*Correlation is significant at the 0.01 level (2-tailed).

\*Correlation is significant at the 0.05 level (2-tailed).

Table 2 shows the significant correlations between resilience and Primary Capacities of military personnel as patience ( $r = 0.490, p < 0.01$ ), trust ( $r = 0.362, p < 0.01$ ), hope ( $r = 0.288, p < 0.01$ ), tenderness ( $r = 0.340, p < 0.01$ ). Thus, the ability to cope emotionally with stressful situations and the development of resilience is provided by relationships and achieved through modelling. High correlation rates of Secondary Capacities such as honesty ( $r = 0.453, p < 0.01$ ) and fidelity ( $r = 0.510, p < 0.01$ ) are achieved through social norms and the formation of relationships.

We used regression analysis to examine the hypothesis that the development of resilience depends on actual Capacities and to identify which abilities have the greatest impact on resilience (see Table 3).

**Table 3.**  
**Regression: Model Summary b.**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics					Durbin-Watson
					R Square Change	F	df1	df2	Sig. F Change	
1	0.592 <sup>a</sup>	0.351	0.283	5.813	0.351	5.134	6	57	<b>0.000</b>	1.560

a. Predictors: (Constancy), Tenderness, Patience, Trust, Hope, Honesty, Fidelity

b. Dependent Variable: Resilience

The resilience model correlation is statistically significant. The value of the correlation coefficient  $R = 0.592 (> 0.5)$ , which indicates the relationship between resilience and personal characteristics: tenderness,

patience, trust, hope, honesty, fidelity. Based on the analysis of the B coefficients (see Table 4), we can determine that fidelity has a significant impact on military personnel's resilience.

**Table 4.**  
**The Actual Capacities importance for resilience: Coefficients<sup>a</sup>**

Model	Unstandardized Coefficients		Standardized Coefficients Beta	t	Sig.
	B	Std. Error			
(Constant)	10.298	6.843		1.505	0.138
Honesty	0.493	0.616	0.114	0.800	0.427
Fidelity	<b>1,231</b>	0.764	0.258	1.611	0.113
1 Patience	0.829	0.519	0.224	1.598	0.116
Trust	-0.026	0.746	-0.005	-0.035	0.972
Hope	0.193	0.570	0.047	0.339	0.736
Tenderness	0.481	0.492	0.121	0.976	0.333

a. Dependent Variable: Resilience

A significant indicator of fidelity among the military personnel can be interpreted as loyalty to the state as well as loyalty to a comrade. Fidelity includes issues of loyalty, trust, and promise-keeping - these are essential for trust and honest communication between the military personnel. As fidelity refers to the Secondary Capacities, i.e., social behavioral norms that derive from a person's basic cognitive capacity, it means that fidelity can be learned. This is all determined by the specifics of military service, and now by military operations.

## Conclusions

Resilience has proven to be a valuable psychological construct among a small sample of Ukrainian male military personnel who have participated in military operations since the beginning of the Russian-Ukrainian war, as it provides mental stability and preserves mental health. Despite its limitations, this study is promising because it examines factors that may influence the development of military resilience. These results are valuable enough to develop practical recommendations for preserving the mental health of military personnel. Theoretical descriptions of psychological resilience indicate that resilient people are able to cope with stressful situations quickly and effectively (Bonanno, 2004; Clarke, & Nicholson, 2010; Öner, Karaca, & Şişman, 2024). Based on this work we suggest that this ability to return to a pre-stress state can be accomplished with the help of personal resources. Accordingly, resilient people should demonstrate faster recovery in various areas of life.

The aim of the present study was to investigate the factors that influence military personnel resilience. We found that resilient

people can have a broad understanding of their actual abilities and use this knowledge to adapt in response to difficult circumstances in a resourceful way.

The results of our study prove that internal personal resources of servicemen perform a protective function in stressful life situations. They can also increase military resilience. Thus, increasing the level of resilience of the military can be achieved through the development of personal resources.

The research results revealed that there is a positive correlation between the dependent variable, resilience, and the independent variables: happiness, quality of life, activity, psychological well-being, and personal characteristics as the Actual Capacities: honesty, fidelity, patience, hope, trust, tenderness. This means by influencing the Actual Capacities of the military through Positive Psychotherapy, it is possible to increase the level of resilience development.

The data obtained in this study cannot directly clarify all the factors underlying resilience. Despite the repeatability and novelty of the findings, the following limitations caution against overgeneralization. First, we assessed only a small number of Ukrainian military personnel. Thus, we cannot rule out a sample bias. This also means that the generalizability of the results may be moderate. Second, we assessed only male servicemen. Third, the moderate to medium correlation coefficients mean that part of the variance in resilience remains unexplained. Therefore, it is possible that latent and unassessed psychological aspects may have influenced several variables. In particular, given that military service is compulsory for all adult men in Ukraine, it is



possible that this may have had some impact on the results.

Given the current circumstances in Ukraine, we consider it necessary to continue studying the problems of military resilience and to develop psychological methods to help individuals to overcome negative post-war consequences.

Also, resilience involves the participation of personal resources in interaction with the parameters of an existentially difficult situation: its uncertainty, novelty, contradiction of the established semantic picture of the world and the way of integrating the individual. There are components of personality that participate in the formation of personal resources that are necessary to mediate the impact of existentially difficult situations. The results of our study showed correlations between resilience in military personnel and almost all Primary Capacities. This may indicate that the mental stability of military personnel is ensured by the experience of self-identity, belief in their capabilities, and trust in others. On the other hand, correlations of resilience were found with only two Secondary Capacities. This means that control of a stressful situation is ensured by honesty and fidelity. In the framework of our research, we found that personal resources are a significant factor in increasing the resilience level of military personnel. However, not all military personnel are ready and able to effectively cope with difficulties. This may be due to a lack of experience in overcoming life's difficulties or an insufficient level of personal resources. Thus, we consider that the results suggest that increasing the resilience of military personnel through PPT can help them avoid mental disorders and improve their quality of life.

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## Declarations

### Study Limitations

The present study has some limitations, such as small sample size. These limitations can be reduced by further researches by collecting a larger sample size. The study did not distinguish between the current mental state and the pre-existing state of the military personnel. Despite these limitations, the results of this study can be employed to understand resilience among Ukrainian military personnel. Also, the results of this study are extremely important for the further preparation of practical materials and will help to develop psychological programs to overcome the negative effects on the mental and physical condition of military personnel during and after the war.

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