SPOŁECZNE I PSYCHOLOGICZNE STRATEGIE SUKCESU ŻYCIOWEGO OSÓB WEWNĘTRZNIE PRZESIEDLONYCH: ANALIZA PORÓWNAWCZA

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Adnotacja. Po przymusowej przeprowadzce wiele osób spotyka się z różnymi czynnikami stresowymi, ale z czasem osoby wewnętrznie przesiedlone (OWP) zaczynają odbudowywać swoje życie i ponownie przemyśleć własne poczucie sukcesu życiowego. Głównymi celami tego badania było zrozumienie różnicy w postrzeganiu sukcesu życiowego wśród OWP o wysokim i niskim wskaźniku sukcesu życiowego, przeanalizowanie zestawu strategii społeczno-psychologicznych i różnicy w ich stosowaniu wśród przedstawicieli obu grup, zbadanie postrzegania roli innych w kształtowaniu sukcesu życiowego wśród odnoszących sukcesy i nieodnoszących sukcesy OWP. W sumie w częściowo strukturyzowanych wywiadach wzięło udział 30 respondentów, którzy przeprowadzili się z Krymu i Donbasu. Dalsza analiza jakościowa materiału wykazała różnicę między odnoszącymi sukcesy i nieodnoszącymi sukcesy OWP we wszystkich powyższych kierunkach. Głównym wnioskiem, jaki wyciągnęliśmy, jest to, że odnoszący sukcesy OWP są bardziej zorientowani społecznie, ich repertuar społeczno-psychologicznych strategii sukcesu życiowego jest szerszy i bardziej zróżnicowany, nie boją się prosić o pomoc i są bardziej skłonni do stosowania strategii takich jak współpraca i integracja ze społecznością.

Słowa kluczowe: osoby wewnętrznie przesiedlone, społeczno-psychologiczne strategie sukcesu życiowego, sukces życiowy, przymusowa migracja, Ukraina.

SOCIAL-PSYCHOLOGICAL STRATEGIES FOR LIFE SUCCESSFULNESS OF INTERNALLY DISPLACED PERSONS: COMPARATIVE ANALYSIS

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Abstract. After forced relocation a lot of people face different stressors, but with time internally displaced persons (IDPs) start to reconstruct their lives and reconsider their sense of life successfulness. The main goals of this investigation were to understand the difference in representations about life successfulness among IDPs with high and low levels of life successfulness, to analyse a set of social-psychological strategies and difference in their utilization among representatives of both groups, to investigate the perception of the role of others in life successfulness formation among successful and unsuccessful IDPs. A total amount of 30 respondents who relocated from both Crimea and Donbas took part in semi-structured interviewing. Further qualitative analysis of the material showed difference among successful and unsuccessful IDPs in all the directions mentioned above. The main conclusion that we made is that successful IDPs are more social-oriented, they use a wider set of social-psychological strategies for life successfulness, they are not afraid of asking for help and are more inclined to use such strategies as cooperation and integration into communities.

Key words: internally displaced persons, social-psychological strategies for life successfulness, life successfulness, forced migration, Ukraine.

СОЦІАЛЬНО-ПСИХОЛОГІЧНІ СТРАТЕГІЇ ЖИТТЄВОЇ УСПІШНОСТІ ВНУТРІШНЬО ПЕРЕМІЩЕНИХ ОСІБ: ПОРІВНЯЛЬНИЙ АНАЛІЗ

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Анотація. Після вимушеного переїзду багато людей стикаються з різними стресовими факторами, але з часом внутрішньо переміщені особи (ВПО) починають відновлювати своє життя та переосмислювати власне почуття життєвої успішності. Основними цілями цього дослідження було зрозуміти різницю в уявленнях про життєву

успішність серед ВПО з високим і низьким рівнем життєвої успішності, проаналізувати набір соціально-психологічних стратегій та різницю в їхньому використанні серед представників обох груп, дослідити сприйняття ролі інших у формуванні життєвої успішності серед успішних та неуспішних ВПО. Загалом у напівструктурованих інтерв'ю взяли участь 30 респондентів, які переїхали з Криму та Донбасу. Подальший якісний аналіз матеріалу показав різницю між успішними та неуспішними ВПО в усіх зазначених вище напрямах. Основний висновок, який ми зробили, полягає в тому, що успішні ВПО є більш соціально орієнтованими, їхній репертуар соціально-психологічних стратегій життєвої успішності більш широкий і різноманітний, вони не бояться просити про допомогу і більш схильні до використання таких стратегій, як співпраця та інтеграція у спільноту.

Ключові слова: внутрішньо переміщені особи, соціально-психологічні стратегії життєвої успішності, життєва успішність, вимушена міграція, Україна.

Introduction. The different experience and events that people face in their lives influence the sense of successfulness. For some people adverse life-changing evens become a background for new realizations and lead to the enhance of self-awareness, self-understanding and further attempts to achieve results in essential spheres of life or to change something. For other people, dramatical changes in life could become a reason for frustration, self-doubt, and inability to collect oneself for further actions or situation change.

The displacement could be one of examples of life-changing events. Usually, forced migration is accompanied with a big set of social, economic, political, psychological, and other problems.

Ukraine, starting with Crimea occupation and military activities in the Donbas in 2014, faced forced migration of many citizens. Displacement and the loss of work, property, usual lifestyle and sometimes friends and family made a lot of people traumatised, disoriented, frustrated et cetera. But with the course of time people started to renew their status, to think about further life and to take actions to achieve their goals. Thus, here raised a question about the sense of successfulness and the ways that let people achieve goals and feel successful even after forced relocation from one side. And identify what leads other people to lowering of their sense of successfulness from other side.

Main part. The **main goals** of this investigation are:

– to understand the difference of social-psychological strategies for life successfulness (SPSLS) utilization among IDPs with high and low level of life successfulness;

– to study IDPs representations about life successfulness and the role of others in success achieving.

Theoretical background.

What are life success and life successfulness. Success is usually associated with achievement, prestige, wealth, positive outcome, or the result of goal-oriented activity (Klimkowska, 2012), decision-making competence and real-life decision-making outcomes (Geisler, Allwood, 2015), is equated with development (Garcia, 2019). In our work we identify success as an achievement of results which meet or exceed expectations and are considered by the person as significant and promote him/her to the next developmental level. Those results could also be evaluated as success by social environment and lead to particular position in society and/or could be just inner (for example, when person overcomes some personal issues) (Borovynska, 2017a).

On the early stages of study, the notion of life success was usually associated with wealth, income, employment or promotion (Chusmir, Parker, 1991; Szumski et al., 2018). But such approach was criticized because it does not consider all the aspects of an individual's well-being and does not really determine personal development and satisfaction with life (Szumski et al., 2018). Resent research show that the association between income and life satisfaction decreased or even disappeared (Abele, Hagmaier, Spurk, 2016) and the relation of aspirations for financial success and subjective well-being nearly always are negative (Nickerson, Schwarz & Diener, 2007).

The fact that financial success is not enough for assessment a person as successful in life makes researchers to talk about life domains – areas of life which are important for person. For most people success in life is reflected in the balance between professional and family life (Klimkowska, 2012; Lirio et al., 2007) or work and romantic/friend relationships (Shiner, Masten, Roberts, 2003; Meulemann, 2001).

Constructing a contemporary life course involves handling multiple domains simultaneously (Kirkpatrick Johnson, Hitlin, 2017). To assess life success researchers propose also by adding to the above mentioned domains an evaluation of such dimensions as: personal fulfillment (Shneidman, 1984) status, contribution to society, security (Chusmir, Parker, 1991), enjoyable and active leisure, self-realisation, social security, pro-social behaviour and fulfilment of personal needs (Hildebrandt-Wypych, 2011), satisfaction with place of residence, satisfaction with health and physical condition (Nickerson et al., 2003), having time for oneself, being appreciated for your work and contributions to society, having a good reputation in the community or esteem from family (Lirio et al., 2007).

In our research we determine life success as a significant result in important for person life domains which are based on his/her values. Goals from each domain, in their turn, are united into life project, which is realized through life tasks with the help of life strategies. It is essential that for being effective in constructing and realization of successful life project person has to master in development of life competencies (Borovynska, 2017a).

D. Hildebrandt-Wypych (2011) reports that self-realisation is crucial to life success. A sense of having "a successful life" comes from focusing on one's dreams and the satisfaction from making them come true. In the research made by L. Chusmir and B. Parker (1991) personal fulfillment was rated by participants as their most important success factor in life.

As it could be seen, life successfulness goes beyond the results and achievements. This concept includes emotional component as well as a need to fulfill higher-order values (self-realization, self-fulfillment, psychological well-being, life satisfaction).

H. Meulemann (2001) highlights that life satisfaction not only depends on life success, but also on the evaluation of success. The evaluation of success has more impact on life satisfaction than success itself. Abele A., Hagmaier T. & Spurk D. (2016) say that subjective success evaluations are the result of comparison which reflects if the standard is met or not. When person is satisfied with all or almost all spheres of his/her life we can talk about harmony among various life domains and their consistence with personal values and priorities" (Shaffer et al., 2003).

Thus, the essential for life successfulness is internalization and significance of the achieved results according to self-set standards. Life successfulness represents an emotionally colored state which person comes across because of realization of own achievements in significant life spheres and is a basis for experiencing of subjective well-being, self-realisation, satisfaction, self-fulfillment, authorship, and sense of life (Borovynska, 2017a).

What are the social-psychological strategies for life successfulness. The closest notion from psychological science that helps to understand the sense of strategies for life successfulness is life strategy. The basic characteristics of the concept is a specific cognitive action, inner deployment of possible ways of problem solving or mental composition of reality where different variants of actions are projected (Kruteleva, Abakumova, 2013).

Another concept that is close to the strategies for life successfulness is strategy for achievement, which is understood as «a plan of actions, that is, a sequence of means to achieve a goal». «The function of a strategy is to determine appropriate action in uncertain situation, a strategy presents a template that can be applied to a variety of situations» (Frese, van Gelderen, Ombach, 2000).

We consider the strategy for life successfulness as a way of actors' construction of the future through the series of conscious stages and steps directed on the realisation of life project through execution of life tasks in essential for person spheres of life taking into account possible challenges, obstacles, inconsistencies and ways of their overcoming. Social-psychological nature of those strategies lays in persons' ability to build social relations in such a way that they help to achieve results in important for person spheres of life, to evaluate those results as significant and to feel satisfaction because of this (Borovynska, 2017b).

Among social-psychological strategies for life successfulness we pointed out the next:

Support of Close People could be expressed in person's need and opportunity to get different kind of support (material, instrumental, psychological) while life tasks executing and achieving results in significant spheres of life. This strategy could also manifest itself in feedbacks from close people who pay person's attention on what is already achieved. Such reflections help to evaluate results as significant and to feel satisfaction, harmony, well-being, et cetera.

Addressing Helping Professions Specialists strategy consists in person's voluntary ability to seek for psychological support or help when he/she would like to understand what he/she wants in life, to prioritize life tasks, to study his/her strengths and weaknesses, to overcome psychological obstacles and barriers, to develop strategies for achievement results, et cetera. The barriers of stigma and embarrassment in addressing helping professions specialists still exist (Liddon, Kingerlee, Barry, 2018). Thus, we separate person's capacity to use such king of help in achievement life-important results as an independent strategy.

Sample Actions is used by a person who follows another person and try to reproduce his/her actions (totally or partially) to achieve results. This strategy also could be represented in person's aspiration to encourage him/herself with another person results or to find motivation in other persons' actions or results.

Cooperation with Other People is a kind of win-win strategy when person tries to find partners with similar interests/goals and creates a collaboration directed on mutual achievement of those goals.

Integration into Community. Person who uses this strategy utilizes membership as an instrument to achieve his/her goals with the help of community, its members or benefits which this community provides to its associates.

Using of Other People (manipulative behaviour) strategy supposes pursuing of own benefits when other people are considered as a mean for goals achieving.

Actions Regardless Circumstances strategy is used by people who are able to act against all the world and lean on oneself for a long time without any support from the outside. The absence of social support points on contradiction between social environment with its values, representations about life and success and person's expectations from this environment.

The influence of displacement on life successfulness and social-psychological strategies for life successfulness. As we make our research in the context of displacement it is important to give a short description of its influence on the sense of life successfulness and social-psychological strategies for life successfulness correspondingly.

Internal displacement is separate type of migration process and it has special traits that influence person's state dramatically during and after experiencing it (IOM a; IOM b; Habitat for humanity, 2016; Siriwardhana, 2013).

The experience of forced migration changes the sense of successfulness, especially in the beginning, because people face situation of ambiguity and uncertainty in tomorrow what decreases the sense of successfulness and ability to achieve results in the early days of relocation dramatically.

Strategies for achievement which person used before do not work because of another environment. If person moved far away from the former place of residence (another region) cultural context could also influence on displaced people's perception of their self, community and the world (Lock et al., 2012; Alfadhli, Drury, 2016) Stress and concentration on traumatic event and own feelings about it keeps person from quick and tenacious actions. Consequently, it is important to recover oneself, to stabilize psychological state and to feel safety. Social support could be extremely helpful. And integration to the IDPs community for resettlers could have a therapeutic effect in the beginning. As J. Herman (2015) mentions "…traumatized people feel so alienated by their experience... The encounter with others who have undergone similar trials dissolves feelings of isolation, shame, and stigma".

But sticking in IDPs community for a long time decreases the ability to integrate into local society (Arpino, de Valk, 2018; Salami et al., 2019).

In such case we can say that for IDPs social-psychological strategies for life successfulness could be not only a mean for achieving success, sense of satisfaction or well-being, but also a way for adaptation, overcoming of life-changing events aftermath, reconstruction of normal psychological state.

Method. For this study, the method of in-depth interviews was used. Participants of our study were internally displaced persons who moved from both Crimea and Donbas. For understanding the contrast and possibility to identify peculiarities of social-psychological strategies for life successfulness utilization we took two groups of respondents. The first group included people with high level of life successfulness. The second group consisted of respondents with low level of life successfulness.

The level of life successfulness in both groups was detected on the stage of quantitative data collection. As far as participation in survey was voluntary, true random sampling was not possible, but we tried to reach as wide a range of people as possible, through the network of NGOs, charity foundations and within social media.

A total of 30 participants were involved in individual interviews. Twelve respondents had low level of life successfulness; eighteen respondents had high level of life successfulness. All the interviews were held at a suitable for respondent time both personally and via online applications for video calls, such as Skype, Viber, Zoom, et cetera. Such approach was used because some of the respondents were in other from Kyiv territories of Ukraine and some of them were limited with time and were not able to meet personally.

The interviews lasted from 30 minutes to 1 hour 30 minutes; the average time was about 45 minutes. For the interviews we used semi-structured guide with open-ended questions.

All the interviews were recorded and then transcribed verbatim. After that we made a thematic analysis and identified categories which helped us to describe some tendencies and peculiarities of social-psychological strategies for life successfulness utilization among IDPs.

Results. Answers of unsuccessful IDPs depend on sub-groups to which unsuccessful IDPs belong to. In our previous research we divided the group of unsuccessful IDPs into the next sub-groups:

Unsuccessful group of respondents is characterised by the presence of a sense of unsuccessfulness both before and after forced displacement.

Successful despite the test results is characterised by respondents' tendency to evaluate their successfulness opposite to the questionnaire results. According to the test, the level of life successfulness of those participants was low. However, during the interview, they said that they are successful or do not consider themselves as unsuccessful.

Lost successfulness. This group of resettlers is characterised by a low level of life successfulness within the questionnaire result and evaluation during interviews. However, they report a high level of life successfulness before displacement.

"Re-evaluation" group is characterised by respondent's striving for improvement. Those people believe that situation is temporary and displacement is considered as a chance to re-evaluate their lives, to choose new directions and to start from the beginning (Borovynska, 2020).

To understand what lays under the social-psychological strategies for life successfulness utilization among successful and unsuccessful IDPs it is crucial to pay attention at those groups' **representations about life successfulness.**

In both groups among the sub-categories, which reflect representations about life successfulness, on the first place we can find "important spheres of life", but what life domains are important for the group of IDPs with low level of life successfulness can say only those respondents, who experienced successfulness before displacement. IDPs with high level of life successfulness usually say about some level of development of important life domains and use such phrases as "to have a good level of...", "to be satisfied with...", "to feel satisfaction because...", "to let yourself...", "to be, to do, to communicate with whom you want", et cetera.

On the second place among sub-categories which reflect representations about life successfulness in the group of successful IDPs we see emotional component – feeling of satisfaction, contentment, enjoyment, pleasure, euphoria because of the achieved results in important life domains. At the same time, on the second place in the group of unsuccessful IDPs we see finances and material goods. Money are considered by the representatives of this group as one of the important indicators that person is successful in life. However, it does not mean that for successful IDPs finances do not matter, they are considered as a resource for achieving something bigger.

The third place in the set of sub-categories that describe representations about life successfulness among IDPs with high level of life successfulness takes "successfulness as an inner state". This sub-category is absent in the group of unsuccessful resettles. According to this sub-category life successfulness is considered as the inner state of the person and it could not be seen by others. From another hand, person can demonstrate all possible external indicators of success, but if he/she does not have inner state of successfulness, satisfaction, calmness and pleasure, all those outward appearances do not really matter.

The third place in the group of unsuccessful IDPs is shared between "emotional component of success" and "outward appearance (behaviour)", which means that person successful in life could manifest him/herself through appearance or behaviour. In the group of IDPs with high level of life successfulness the las sub-category is absent.

It is also essential that for the group of successful IDPs one more sub-category (the fourth place) is "social input", which is absent in the group of unsuccessful IDPs. It reflects idea that person can only then be successful in life when the results of his/her actions bring some benefits to other people.

Also, in the answers of unsuccessful IDPs we can find some descriptions, indicators and reasons of unsuccessfulness. Among them respondents highlight lack of self-confidence; absence of clear goals; the fear of planning and goal realisation; absence of understanding what successfulness is; searching for justification of passivity; negative situations and people; unreadiness for changes; own view of life; social environment, way of upbringing; absence of effective ways of failures' response; over-fixedness on negative emotions; inability to motivate oneself; presence of psychological fixations.

1. The role of others in Life successfulness

It worth saying that successful IDPs usually express their thoughts about some issue grounding on their own experience, while unsuccessful IDPs frequently give some theoretical examples and hypothetical reflections.

Successful IDPs mention the positive role of others in the establishment of their life successfulness in the following directions: support, care, help; action stimulation, motivation, encouragement, changes boosting; mastering behaviour patterns; teaching, transfer of practices; financial support; education, upbringing, inculcation of moral values; mutual profitable cooperation; goals achieving or overcoming of life obstacles; healthy competition; pointing on successfulness.

Informant_7: I believe that everything in my life is somehow connected with the fact that I am in contact with other people <...> And I think I'm lucky with people, i.e. I meet mentors, friends. My closest environment is people who either inspire me or somehow motivate me or, well ... positively influence me. They influence me, but each of them differently.

While describing personal experience, unsuccessful IDPs mention the next directions of positive influence of others on life successfulness: moral (psychological) support; positive influence of family members (pushing towards aim); social connections that lead to good results; good behaviour examples; professional advice and support.

The biggest number of reports about positive influence of social environment on life successfulness was received from the sub-group of re-evaluation, on the second place subgroup of "Successful despite of the test result", the third place – sub-group of lost successfulness.

As for the negative role of others in life successfulness, there are only two cases when successful IDPs notice any negative influence of others on their life successfulness, but in both cases people either find some positive outcomes of this influence or see something positive in other spheres of interaction with those people.

Informant_16: On a large scale, I am grateful to the people who created problems for me. They made circumstances that I had to deal with. I had to overcome myself, deal with unusual situations, and they became the next step for my future journey.

In descriptions of personal experience of others' negative influence on life successfulness among unsuccessful IDPs we can observe the next expressions: absence of support from close environment hurts; parents didn't contribute to person's life successfulness; absence of close environment; dropping to the level of your environment (if they complain, you start to complain as well); environment can push you opposite to your interests; successes of environment can demotivate.

Informant_23: If we talk about the environment that we choose for ourselves, I do not have enough life experience to choose a suitable environment for myself.

As we can see, there are a lot of negative beliefs among unsuccessful IDPs according the influence of social environment on life successfulness. Such an attitude towards others keeps unsuccessful IDPs from the establishment of close social contacts, limits possibilities to get and to use social-psychological strategies for life successfulness.

2. Successful IDPs "Close people support"

Most of successful IDPs reported that they can rely on support of close people at some point. In most cases there is no total support. Moreover, almost 50% of respondents reported that they can get support of close people only in some cases or can rely on different people in different situations.

Quite big number of respondents (about 30%) reported that there is no need to get support of close people on every step or that close people support is not a guarantee of getting life success (a lot of depends on person him/herself).

Informant_2: It is not always important that someone tell me "well done." It is more critical for me to agree with myself to go through this whole process. I would not say that this (close people support) is the main thing here. The main thing is my agreement with myself.

Among the experienses of successful IDPs we can identify the next types of support: moral support; instrumental support (readiness to do something); financial support; sharing of views.

3. Unsuccessful IDPs "Close people support"

Only 30% of unsuccessful IDPs replied that they can rely on close people. Most of the respondents who talk about close people support are from the sub-group of re-evaluation or the sub-group of lost successfulness. Among the types of close people support were mentioned the next: instrumental support, psychological support and the influence of close people support on character formation.

As for the behavioural patterns that could lead to the negative results, we can mention the next: the absence of understanding what support is needed; the absence of close relations; inconvenience between expectations about support and real support; objective position towards support (other people are responsible for support provision); conscious refuse of support; the real absence of support from relatives because of the difference in political views.

Informant_19: I have not yet formed an understanding of what support is needed.

Informant_29: I don't know how I would like her (daughter) to behave as support.

4. Successful IDPs "Addressing helping professionals"

Almost 50% of Successful IDPs reported that they had a successful experience of individual interaction with helping professionals. Some respondents reported that they accepted help in a group format. Other successful IDPs

said that they read self-help literature and used self-help techniques. Thus, we see that almost 100% of successful IDPs were seeking for psychological help in different variations.

Based on the experience of personal therapy respondents also reported that: a lot of realisation comes as a result of psychotherapy; counselling is the best help which person can receive; psychotherapy changes person; helping professional can help to understand some phenomenon; psychotherapy helps to renew a feeling of safety: helping specialist help to re-evaluate career path and identify interests; addressing psychologist facilitates overcoming of personal obstacles.

Informant_15: I believe that everyone should have a psychologist in general. For me, it really was the step that I consider the best investment in myself, in my development as a person. I often talk about it to my relatives, acquaintances, friends, and write on Facebook. I am a lawyer for psychologists because I have coped with many problems and complexes and all-all-all thanks to a psychologist's professional support.

Some of successful IDPs, who had no experience of counselling, mentioned the absence of appropriate professionals in the city of relocation or inability to evaluate own psychological state as one that needs intervention. These facts suggest that in other case they could address such help.

5. Unsuccessful IDPs "Addressing helping professionals"

Only 25% of unsuccessful IDPs reported positive personal experience of interaction with helping professionals. At the same time 16% had unsuccessful experience, which they explained with inappropriate selection of the expert and personal irresponsibility.

Informant_23: Maybe my experience was not so good because I did not address a professional. I knew this person before. I knew her as an acquaintance, and I may have been biased, and she was biased in that respect < … >maybe it affected the outcome, the expectations.

Despite of positive and negative cases, the greatest number of people from unsuccessful group of IDPs (59%) were not even thinking and seeking for help.

6. Successful IDPs "Sample Actions"

The most frequent answer about personal experience of sample actions among successful IDPs is that there are a lot of people in their environment whose behaviour or actions could be a role models in different spheres of life, but there is no one person whose behaviour or actions could be totally copied. About 22% of the respondents reported personal experience of sample actions, about 17% reported the absence of such experience.

Informant_14: There were people who motivated on my way, with whom I communicated, had a friendship. I can't name any specific person. I don't have an idol. There are people I like, yes. But I cannot say that this is my idol and I imitate. I can't say that, no. Some people motivated, yes, but ... some people evoke great respect, sympathy, motivate.

7. Unsuccessful IDPs "Sample Actions"

50% of unsuccessful IDPs reported that they personally experienced sample actions strategy to a greater or lesser extend. Their answers included: coping the actions/behaviour of the person who motivates you/has the same worldview; taking a path of other person as an orientation point; creation of personal image from the elements of images of the people who you like.

Informant_24: I was very impressed by a person's behaviour and his attitude to other people. < … > Maybe at some point I even copied him. It was more on a subconscious level.

Among unsuccessful patterns of behaviour which is common to this strategy is unwillingness to observe actions of others, to analyse them and to highlight some elements which could be helpful for success achieving.

As we see, unsuccessful IDPs are more loyal towards the strategy of sample actions on both theoretical and practical levels.

8. Successful IDPs "Cooperation with others"

Talking about the meaning of cooperation in life successfulness, successful IDPs highlight the importance of teamwork and professional environment. Teamwork is treated as a background for successfulness and most frequently respondents report about their cooperation inside certain teams, what realises in delegation of responsibilities based on the abilities of each team-member, mutual understanding which brings win-win decisions and good results. On the second place we see statements that cooperation helped to get promotion (professional and career) or resources (experience, knowledge, energy, inspiration). It is interesting that successful IDPs while talking about the role of cooperation in life successfulness, also mentioned some rules that help them in building relations with others. Among them are ability to establish connections, to adjust to different people, to set the borders of cooperation.

Informant_6: The success of any direction depends on the people you work with. If there is a powerful team with which you can do something, then no horizons are scary, you can take any peaks. If there are no such people, then there will be no success.

Informant_7: I realise myself in some sphere, in some profession. I somehow interact with other people within this profession. To some extent, I prescribe to myself that, yes, I have achieved a lot not because someone pushed me, but because I somehow showed initiative. But again, my initiative met support from some people and resistance from others. It all affected me somehow.

At the same time, we can see some negative sides of cooperation:

– several respondents reported that the other person could not have totally the same aims or values and it means that you shouldn't expect total understanding and reciprocity;

– cooperation with incapable people demotivates and leads to low-quality results.

9. Unsuccessful IDPs "Cooperation with others"

As for the personal experience of cooperation among unsuccessful IDPs, only several respondents reported about such cooperation as part of professional engagement.

Informant_26: most often it (cooperation) happens at work.

10. Successful IDPs "Integration into community"

61% of successful IDPs reported that they feel themselves as a part of professional community which is one of the factors of successful adjustment to local community(ies) after forced relocation. 38% of respondents from successful group associate themselves with IDPs community and another 38% do not. 17% of respondents say about their formal belonging to IDPs community (because they have IDP certificate or need to act according some governmental prescriptions connected with IDPs). About 17 % of successful IDPs report about their belonging to various religious communities. About 11% reported that they don't feel belonging to any community. 11% reported that they associate themselves with Ukrainian citizens. 11% reported about their integration into neighbours' communities. 11% reported about situational integration into communities when there is a need to satisfy some necessities.5% reported about their belonging to the communities connected with their sphere of interests. 5% reported about their association with the community of patriots.

A lot successful IDPs had an experience of integration into local IDPs communities where they found understanding, social, informational and psychological support. Many of such communities united their members into non-governmental organizations that let them take part in different grant and educational programs.

Informant_17: We now call each other a "grant crowd" Probably, we have participated in three or four projects (together)<...> And we even have partnerships with many of them <...> It turns that we are really with guys who are also internally displaced persons, well, of course, yes, I belong to this community

When talking about the reasons which facilitate respondents to become a part of community, we can see the next hierarchy: support (including psychotherapeutic help, cooperation and recognition), communication and development, source of knowledge, expertise and experience, satisfaction of needs, positive emotions, mutual values, inspiration.

Among the reasons why some of successful IDPs do not associate themselves with IDPs community, we can find the next: social contacts except IDPs and integration into local community(ies), IDPs discrimination and special rules for them, creation of filter bubble what bring to divorcement from reality, special IDPs mindset (to wait for help, to complain) what does not facilitate success.

11. Unsuccessful IDPs "Integration into community"

75% of unsuccessful IDPs reported that they don't consider themselves as a part of any community.

The few cases of unsuccessful IDPs belonging to the communities included:

– integration into religious community with the aim to get accommodation after what respondent left this community. This case only approves the thesis about consumer-oriented attitude towards communities among unsuccessful IDPs.

Informant 19: the direct example is connected with protestant organization... They helped me and my mother with accommodation... basically there are a lot of people who can help in different spheres.

– integration into professional community after relocation.

– integration into different communities (professional, sport and community on interests) at the place of relocation. This case of IDP from the group of re-evaluation proves the role of social interactions in the process of adaptation.

Negative behavioural patterns that disable integration into communities among unsuccessful IDPs are absence of clarity who are "my people", formal or consumptive belonging, considering oneself as a lone wolf, the fear of communities because their possible influence on person's consciousness.

12. Successful IDPs "Manipulations"

28% of respondents reported that they are not using manipulations and try to build open relations. 22% of successful IDPs said that they have an experience of manipulations in different spheres of life.

One person when answering the question about manipulations said that she does not use it but further explanation showed a notion substitution:

Informant 5: To move them (others) to think in this direction, to constrain them to think in this direction, to insist on thinking in this direction and help me – yes!

On our mind, it is hard for people to confess that they manipulate others because of social desirability and need to seem better than they are. And this is the r eason why only several respondents answered that they use manipulations, others preferred not to answer, to keep neutrality or to substitute the notions.

13. Unsuccessful IDPs "Manipulations"

42% of respondents reported that they had an experience of manipulations utilization. One person said that he is not a master in manipulations but uses lies sometimes. One person reported that he hates manipulation, but at the same time he got an IDP certificate despite he moved before military conflict because of personal issues. It is not a single case, which demonstrates that there is a difference in perception of own manipulative actions and manipulative actions of others.

Informant_22: I have a healthy attitude to this strategy. If this person is not close to me, I can do it. If I need it for work or something, I can do it if it is a stranger.

Respondents who said that they do not manipulate (33%) explained that they do not know how, put themselves into other people place, do not use manipulations consciously, but it could be uncontrolled.

14. Successful IDPs "Actions regardless circumstances"

This strategy was identified in the process of successful IDPs interviewing and further analysis, it was not marked on theoretical level, so there is no data about. The three most frequent reasons for "Actions regardless circumstances" strategy utilization are intention to prove the environment that they were not right according respondent and his abilities, to act against negative interference of others, to act despite of support absence.

Informant_2: *To prove people who do not support me or who have offended me in some way… I won't say that I did something specifically to prove to them that they were wrong, but I used any opportunity that came. I do not know how to call this motivation. Like motivation "from the opposite".*

It is interesting that some of the respondents confessed that due to the passage of time, understanding of themselves and their wishes, finding their people the need to use this strategy diminished or disappeared.

Conclusions. Representations about life successfulness in groups of successful and unsuccessful IDPs have similarities and differences. Common feature are life domains which are important for person. But successful IDPs give more detailed answers and report some level of development of important life spheres. Emotional component and successfulness as an inner state in the group of successful IDPs take second place while in the group of unsuccessful IDPs we see finances, material goods and outward appearance. Thus, we can conclude that for unsuccessful IDPs life successfulness is something more external and material, what could be observed by others while successful IDPs are more about subjective feeling of satisfaction and joy. Important life spheres, in their turn, also could be evaluated in such a way (materially or emotionally) by representatives of those groups.

The next category which we compared was the role of others in formation of life successfulness. Both groups have positive and negative examples, but often unsuccessful IDPs tend to blame others or to shift the responsibility while successful IDPs try to find something positive and percept negative experience as a lesson.

Concerning utilization of SPSLS we can say that successful IDPs have broader repertory of SPSLS and have practical experience of their utilization, they tend to achieve results not only for themselves, but for broader social environment (other IDPs for e.g.), thus they tend to use such strategies as cooperation and integration into community more often than unsuccessful IDPs. They have higher level of trust towards helping professional and utilize their services. Successful IDPs are proactive (they are doers, and they are ready to take responsibility), successful IDPs have resources not only for support acceptance, but also for support provision. Unsuccessful IDPs are rather restricted in SPSLS utilization, often they have only theoretical ideas about some of the strategies and sometimes demonstrate consumptive attitudes towards others.

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