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OSOBISTA PRZYSZŁOŚĆ OCZAMI OSADNIKÓW WEWNĘTRZNYCH Z OKUPOWANYCH CZĘŚCI DONBASU I AUTONOMICZNEJ REPUBLIKI KRYMU

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Adnotacja. Długa wojna w Ukrainie spowodowała przymusową migrację dużej liczby ludzi. Dane z badań, które zostały zebrane przed inwazją na pełną skalę, odzwierciedlają stosunek do przyszłości osadników z Donbasu i Krymu. Dziś, gdy mieszkańcy Ukrainy zmuszeni są szukać bezpiecznych miejsc w kraju i za granicą, wnioski z tego badania nabierają jeszcze większego znaczenia. Badania nad wizją swojej przyszłości przez osoby wewnętrznie przesiedlone przeprowadzono za pomocą metod niedokończonych zdań i pisemnej narracji. Celem badania było wyjaśnienie stosunku osadników do własnej przyszłości i określenie obszarów życia, w których znajduje odzwierciedlenie ich motywacja do jej budowy. Zdefiniowano emocjonalną wartość stosunku osób wewnętrznie przesiedlonych do ich przyszłości, a także kluczowe tematy charakteryzujące się emocjonalnym zabarwieniem. Wśród takich tematów są: relacje z innymi, nowe mieszkania, wojna i okupacja rodzinnych miast. Analiza obiektów motywacyjnych pokazuje, że perspektywa czasowa przyszłości osób wewnętrznie przesiedlonych jest otwarta i niepewna w czasie. Ujawniono istnienie skutków wojny i przymusowych przesiedleń zarówno w zakresie przyszłości, jak i treści motywacji dotyczących przyszłości.

Słowa kluczowe: Ukraina, przymusowa migracja, perspektywy czasowe, przyszłość, przymusowe przesiedlenia.

PERSONAL FUTURE THROUGH THE EYES OF INTERNALLY DISPLACED PERSONS FROM THE OCCUPIED PARTS OF DONBAS AND CRIMEA

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Abstract. The long-lasting war in Ukraine caused the forced migration of a large number of people. The research data, which were collected before the start of the full-scale invasion, reflect attitudes towards the future of IDPs from Donbas and Crimea. Today, when the residents of Ukraine are forced to look for safe places in the country and abroad, the conclusions of this study acquire even greater significance. The study of the IDPs' vision of their future was conducted using the method of incomplete sentences and written narrative. The goal of the research was to find out forced migrants' feeling about their future, in which spheres of life was reflected their motivation to construct it. Emotional valences in the attitude of IDPs to their future were determined, as well as key themes characterized by an emotional coloring. Among such are relationships with others, new homes, war and occupation of the respondents' hometowns. The analysis of motivational objects illustrate that the time perspective of IDPs' future is open and uncertain in time. The presence of the consequences of war and forced resettlement both in the length of the future time perspective and in the content of motivations regarding the future was found out.

Key words: Ukraine, forced migration, time perspectives, future, forced resettlement.

ОСОБИСТІСНЕ МАЙБУТНЄ ОЧИМА ВНУТРІШНЬО ПЕРЕМІЩЕНИХ ОСІБ З ОКУПОВАНИХ ЧАСТИН ДОНБАСУ ТА АР КРИМ

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Анотація. Довготривала війна в Україні стала причиною вимушеної міграції великої кількості людей. Дані дослідження, які було зібрано до початку повномасштабного вторгнення, відображають ставлення до майбутнього переселенців з Донбасу та Криму. Сьогодні, коли жителі України змушені шукати безпечні місця в країні та за кордоном, висновки цього дослідження набувають ще більшого значення. Дослідження бачення ВПО свого майбутнього проводилося за допомогою методів незакінчених речень та письмового нарративу. Метою дослідження було з'ясувати ставлення вимушених переселенців до власного майбутнього та визначити сфери життя, в яких відображається їх мотивація його будувати. Було визначено емоційну валентність ставлення ВПО до свого майбутнього, а також ключові теми, що характеризуються емоційним забарвленням. Серед таких тем: стосунки з іншими, нове житло, війна та окупація рідних міст респондентів. Аналіз мотиваційних об'єктів показує, що часова перспектива майбутнього ВПО є відкритою та невизначеною в часі. Виявлено наявність наслідків війни та вимушеного переселення як у протяжності майбутнього, так і у змісті мотивацій щодо майбутнього.

Ключові слова: Україна, вимушена міграція, часові перспективи, майбутнє, вимушене переселення.

Introduction. The research the results of which are discussed in this article was conceived and conducted before the beginning of the full-scale war in Ukraine. Actually starting from 2014, the Russian Federation began military operations in certain areas of Donetsk and Luhansk regions and occupied these territories in the same way as the Autonomous Republic of Crimea. Due to these events, the volume of internal migration in Ukraine increased significantly. Thus, as of July 2021, 7 years after the start of the invasion, according to the Unified Information Database on Internally Displaced Persons, 1,473,650 IDPs from the temporarily occupied territories of Donetsk and Luhansk regions and the Autonomous Republic of Crimea were registered (Офіційний сайт Міністерства...). This was about 3.5% of the total population of Ukraine. The adaptation of a large number of internally displaced persons and their difficulties in building a future in a new place required the attention of researchers. However, at that time, no one could imagine what we would have to face when a full-scale war began. The number of migrants in the country and abroad has increased many times. Therefore, the study results of the IDPs' from Donetsk and Luhansk regions and Crimean Autonomous Republic vision of the future, now can be significantly helpful in the work to preserve the mental health of Ukrainian refugees and IDPs.

The official term used to designate the status of a forced migrant from the occupied territories of Ukraine "internally displaced persons" needs a separate consideration within the article. The importance of considering the term is conditioned by its psychological impact on the life activity of the forced migrants on new places of living, which in its turn is important for the visioning and constructing their own future.

The definition given in the Law of Ukraine «On Ensuring the Rights and Freedoms of Internally Displaced Persons» states the following. An internally displaced person is a citizen of Ukraine who permanently resides in Ukraine and who was forced to leave his or her place of residence as a result or in order to avoid the negative consequences of armed conflict, temporary occupation, widespread violence, large-scale human rights violations and emergencies of natural or man-made character (Закон України...). The definition emphasizes that despite the forced relocation due to negative events in the places of permanent residence it is impossible to use the terms «refugees» or «migrants» because resettlement occurs within the country.

The psychological impact of the terminology in this case is conditioned by the use of the passive form of the verb in the phrase "internally displaced persons".

Using the passive form of the verb in the status with which the society identifies the migrants and even the migrants identify themselves reduces the subjectivity of the forced migrants and deprives them of the activity in building their own life and future. This term evokes a controversial, often negative, attitude among internally displaced persons, they often reject using it and replace by the more active forms «resettlers» or «relocators». (Lazarenko, 2020) The data of our research also confirm the respondents' negative attitude to the official term, for example, one of the survey participants in the continuation of the unfinished sentence «I don't want ...» wrote «to be an internally displaced person my whole life».

In the text of the article, we will use both the official term and the more commonly used names «resettlers» or «relocators».

To understand the activity of internally displaced persons in building their own lives and future it is also necessary to consider the essence of the forced relocation.

Understanding a forced relocation as a conscious decision to change one's own life, even if this decision was made quickly and under the influence of circumstances, can be regarded as a manifestation of free will and an independently made choice. (Bartram, 2015). This understanding of resettlement changes its character providing it with

a duality that consists of external compulsion and internal voluntariness. In other words, the resettlement of the people from the occupied territories occurred under the influence of external circumstances, but it still was the result of their own choice.

This duality is emphasized in studies of internal migration from the Crimea. (Charron, 2020). Unlike the military conflict that is still ongoing in Donbass, the occupation of Crimea does not have such damaging consequences and to a lesser extent threatens the lives of the civilians. Nevertheless, a large number of Crimean residents choose to relocate to the unoccupied territory of Ukraine due to changes of living conditions caused by the occupation.

When studying migration, it is necessary to focus on three time periods: the past, the present and the future. (Collins, 2017) These periods are inseparably connected in the holistic history of the life of the individual. However, the difference between voluntary migration and migration caused by military conflict lies in the emotional valency of the attitude towards the time periods of the present and the future. In the context of voluntary migration, the past and the moment of making the decision to move have a negative emotional connotation since these periods usually contain the experience of social and economic difficulties. The past of forced resettlers that has been before the start of the war and the occupation of territories, on the contrary, does not contain a negative connotation. However, changing a place of residence, regardless of the nature of migration, is assessed in most cases as a choice of the better future.

The choice in favor of the better future, the internally displaced persons' rejection of living in the occupied territories and the search for more optimal living conditions give the resettlement an intention for the future. These raises the questions of how exactly internally displaced persons see their own future and how do they feel about it, in which spheres of life their motivations for constructing the future are displayed.

Methods. The goals of the study were to identify the emotional attitude of internally displaced persons to their own future, to determine the length and depth of the future time perspective, and to understand in which spheres of life their motivation to construct their own future is reflected. To get these goals methods by which IDPs can more freely express their own thoughts and their attitude towards the future have been chosen. Such methods have become the ending of unfinished sentences and the written narrative.

Among the various methods of incomplete sentences, the «Method of motivational induction» has been chosen (Nuttin, 1985). According to it, respondents are asked to complete 30 sentences, which provokes their spontaneous and creative self-expression and provides a variety of answers. Already at the preliminary survey the varieties of answers allowed to expand understanding of the strategies for constructing the future. The beginning of all sentences is formulated in the first person singular, which implicitly makes the respondents refer the sentences to themselves, for example, «I want...», «I try to avoid...» The beginnings of first 20 sentence are made up of positive inductors and contain verbs describing desires, intentions, inclinations, etc. Continuing such sentences, respondents formulate the objects that motivate them. The next 10 sentences contain negative inductors through which fears, anxieties and objects that respondents seek to avoid are revealed (Nuttin, 1985). After analyzing the results of the pilot study, it was decided to reduce the number of unfinished sentences of the original method. This decision is explained by the fact that the results obtained during the analysis make it possible to determine those inductors, the answers to which are more informative and relevant to the research tasks. In addition, less amount of incomplete sentences makes it easier for respondents to complete the questionnaire, which increases their motivation and encourages them to give answers that are more detailed. The last conclusion was made according to the feedback of the respondents after filling in the pilot study forms. So, after reduction, 11 positive motivational inductors (unfinished sentences) and 6 negative ones remained. Thus, the respondents of the main study were asked to write the endings of 17 sentences, after which the received motivational objects were analyzed according to time and content codes. During the analysis, the classical coding of J. Nuttin has been supplemented with additional codes related to the consequences of war and forced migration, in accordance with the purpose of the study.

Narrative as a qualitative research method is a more open and flexible approach that allows the researcher to react to new data during the process of analysis, also providing the opportunity to rethink it. (Bruce, Beuthin, Sheilds, Molzahn, Schick-Makaroff, 2016). In researching the consequences of psychological trauma, using the narrative method as a means by which respondents can tell their own story and convey their experiences allows forming a more comprehensive view of the situation than more commonly used quantitative studies can provide (Zięba, Wiecheć, Biegańska-Banaś, Mieleśczenko-Kowszewicz, 2019).

One of the traumatic consequences of forced migration caused by hostilities is the destruction of the usual course of life and the separation of its time periods, which leads to psychological time disintegration. Because of this, the present time becomes isolated from the past and the future, life continuity is being disrupted.

Restoring life continuity after experiencing traumatic events (Lahad, 2016; Гундертайло, 2018) helps to retrieve a sense of the person's life history integrity, uniting the periods of life before and after the trauma. From this point of view, the narratives writing by internally displaced persons contains not only the research value, but also can become a means of integrating the traumatic experience of IDPs into a coherent life view. Telling a story provides the narrator opportunity to structure and organize the experience that has been in disarray previously, different life events acquire their own sense (Murray, 2012, p.114). Through a life narration, a person integrates the past, present and expected future into a coherent story, thus restoring time continuity (Habermas, Bluck, 2000; McLean, 2008). The focus of our research is the personal future of IDPs and the theme of the narrative that has been suggest to them has been «My Future», but it is impossible to imagine that in creating a story about how they see their future, IDPs will completely abandon their past experience and understanding of their own present.

In addition to the research and rehabilitation functions, the use of narratives to explore the vision of the future by internally displaced persons has another one, namely, a communicative one. Thus, a study of migrant women's stories about themselves, conducted in Switzerland, emphasizes that such stories, in addition to their communicative potential, allow respondents to redesign their own experience and present it to others (Muller Mirza, Dos Santos Mamed, 2019). A study of the impact of watching documentaries based on migrants' stories on viewers, in particular, of the scenes about the inability to see relatives, revealed an increase in the level of empathy for migrants (Briciu, 2020). D. Drozdowski (2015) notes that while working through interviews with Polish post-war migrants and their relatives and after that, she has experienced her own retrospective reflection to the traumatic memories shared by the respondents. This leads to the view that the results of this study, which will be presented using direct quotations from IDP texts, will enable researchers and helping practitioners working with internally displaced persons and migrants, such as psychologists and social workers, to see the fully picture of IDPs' problems and to increase understanding of the consequences of the psychological trauma caused by forced displacement.

In the current study the structured narrative method has been decided to be used to determine the emotional valency of the IDPs' attitude to their own future. Respondents have been asked to write a story "My Future" based on the recommended narrative scheme. The narrative scheme has included the following questions: How do you see your future? What emotions does it evoke in you? What spheres of life does your future consist of? How do you plan to achieve what you have planned?. However, in the instruction provided has been noted that compliance with the proposed scheme is not obligatory. The reason of this clarification have based on giving respondents the opportunity to express their opinions more freely and naturally.

The research sampling included 60 internally displaced persons 30–71 years of age, who moved from Donetsk and Lugansk regions and the Autonomous Republic of Crimea to other regions of Ukraine after the beginning of occupation.

Results and Discussion. J. Nutten's (1985) method of motivational induction allows analyzing the continuation of incomplete sentences in two categories, namely: to determine the length and depth of the future time perspective, for which the temporal code is used, and to analyze the content of motivational objects of the future. When studying the construction of a personal future by internally displaced persons, this two-pronged approach has two benefits. Firstly, it allows to see the extent of the future time perspective of IDPs and its certainty. Moreover, secondly, this approach provides the opportunity to determine areas of life in which the motivation of IDPs regarding the construction of a personal future is reflected.

It should be pointed out that since the method of incomplete sentences is not strictly regulated, it provides respondents with a certain freedom in their answers. That is why the final number of answers and motivational objects they contain differs from the number of sentences that the respondents were asked to continue. Therefore, the final calculations were made according to the real number of motivational objects.

As has been already noted, 60 internally displaced persons participated in the study and have been asked to complete 17 sentences. The total amount of missed responses is 92. After the final count, 928 motivational objects have been received.

During the IDPs' future time perspective analysis with the help of temporal scale proposed by J. Nuttin (1985), it became clear that for our study adding one more time code to the scale to indicate the period of the future after the end of the war is necessary. The code added has got the mark «pw» (postwar). This decision has been dictated both by the direct answers of the respondents, who noted that their plans for the future could be realized only after the end of the war, and the content of the answers, in which this has not been mentioned directly, but is clear from the context.

The results of the study showed that the largest number of IDPs' motivational objects (46,5%) is localized in the period of the «open present» (I), which means that a person is aiming for something today and during the whole next life, his or her motivation is directed to «future without defined borders» (Nuttin, 1985). The second by the number of motivational objects is the period that contains the aspirations of the respondents throughout the future life in general (L) – 11,5%. Almost the same number (11%) of motivational objects of IDPs are localized in the period indicating the end of the war (pw). Some of the motivational objects cannot be determined in time at all and are marked as unclassifiable (?), the number of such objects in the study is 8.5%. Another 7,5% of the objects reflect the historical future and the future of the development of society (x). In the period of one year (Y) 7% of motivational objects of IDPs are located, while the period of one year or more (Y-) contains 4.5% of them. Despite the methodology is aimed at the time perspective of the future, while formulating the completion of sentences, some respondents have referred to the past. In the study objects relating to the past (P) account for 2%. The smallest number of responses by IDPs (0.5% each) related to the periods of the near future – the time of the test (T), the day (D) and the next month (M). Graphically, the results are presented in the diagram (Fig. 1).

The results obtained after the analysis of the temporal code of IDPs' motivational objects give grounds to draw the following conclusions.

Among the responses provided by the respondents, only a small number refer to the time period of the near future, while those concerning indicate periods from one to two years and together make up only 11,5% of all motivational objects. The following may indicate an insufficient amount of short-term motivations concerning the future among IDPs.

Since most motivational objects of IDPs are directed towards an open present, concern the future life in general or are localized in the period indicating the end of the war, the IDPs' future time perspective can be defined as open and indefinite in time.

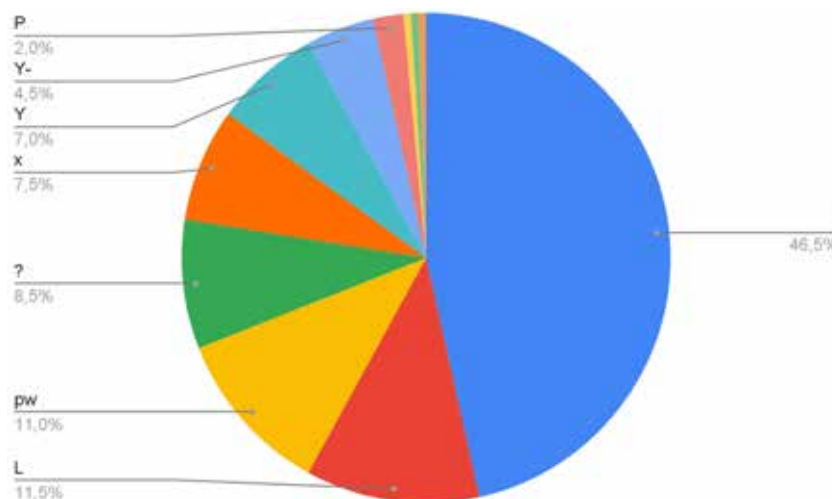


Fig. 1. The temporal code of IDPs' motivational objects

It should be noted that the impossibility of localizing some motivational objects in time during the study of the time perspective of the future of IDPs is partly due to the fact that the sudden forced relocation disrupted the respondents' usual course of life. Thus, usually when determining the temporal code of a motivational object, it is taken into account when an event occurs in a person's life on average. However, the use of such an approach is often impossible to determine the temporal code of IDPs' motivational objects, since internally displaced persons had to build their own lives almost from scratch and in a new place, after losing all the achievements of the past due to the forced relocation. Therefore, achievements or events that are quite possible for a person on average at a certain age will not be typical for IDPs to the same extent.

Motivational objects, which are localized in the future period, associated with the end of the war, take third place in the IDPs' answers. This result is important for understanding the extent and certainty of the time perspective of the future of IDPs. As far as the war, which began in 2014, continues to this day and is of a protracted nature, the plans and hopes of the IDPs for the future, which are placed in the period after war's end, are postponed indefinitely. This, in its turn, influences the construction of the personal future by IDPs, bringing a large amount of uncertainty and insecurities into it. Plans and motivations for the future do not have a specific time reference, that is, the IDPs themselves do not know when they will be able to implement them.

At the second stage of processing incomplete sentences, an analysis of the content of the motivational objects localizing in IDPs' future has been made. The analysis has been carried out using J. Nuttin's (1985) coding system for motivational objects. Also it has been decided to supplement the coding system by three codes necessary to achieve the goals of the study. All three additional codes have been provided to indicate the consequences of war and forced resettlement. Therefore, the additional motivational objects of IDPs concern: the desire to return home, which has received the mark Repatr (from the English «repatriation»); the desire to see relatives who remained in the occupied territories has been designated as FReun (from the English «family reunion»); hope for the end of the war, which has received the coding EndW (from the English «the end of the war»).

So, with the help of J. Nutten's coding system and three additional codes, 928 motivational objects, which were obtained as the completion of the proposed sentences, were analyzed and 95 unique codes were assigned to them. After that, they were divided by content into 10 thematic groups.

The first by the number of motivational objects of IDPs was the thematic group «personality and self-development» (26.5%), which included the desire to develop certain character traits or change them, self-improvement and the achievement of goals unrelated to work or material reward. The second group of motivational objects (18%) concerns relationships with others and was named «social contacts». It included motivational objects aimed at others, both significant ones - family members and friends, and more distant ones - colleagues, acquaintances and people in general. The motivations of objects in this group are quite diverse - from the desire to care for and help others, the desire for close relationships and fears of loneliness to hopes and fears about how the behavior and decisions of others can affect the individual's own life or life in the country. The next group consists of motivational objects named «consequences of war and forced resettlement» (12%). If we consider the composition of the motivational objects of this group in more detail, we can see that it includes the desire to return home after the end of the war, the actual hope for the end of the war, and the desire to meet relatives who remained in the occupied territories. Almost the same number of motivational objects is observed in the two thematic groups «self-preservation and personal autonomy» and «humanistic goals», 9% and 8.5%, respectively. The first of them includes taking care of one's own health, including mental one, and the second includes wishes for peace and all the best. Special attention is paid to self-preservation, personal autonomy, both economic and physical, which is explained by physical injuries received and the desire to take care of oneself. Next groups of motivational objects are «answers that cannot be classified» (7%) and «material values» – 6%. The number

of motivational objects is similar for the thematic groups «work and study» and «transcendental and religious themes» (by 5% each). The smallest number of motivational objects is observed in the group with the theme of «rest» (3%). Graphically, the results are presented in the diagram (Fig. 2).

One of the questions of our research was: «which spheres of life does the construction of the future by internally displaced persons extend to?» The analysis of the content of motivational objects of IDPs provides a partial answer to this question, allowing us to see 10 key topics of the future motivations of IDPs. A large amount of motivation is centered on the individual and his or her contacts with others. Self-preservation and personal autonomy are also important themes. Quite a large number of responses is devoted to humanistic goals, among which we should pointed out the desire for peace, and to transcendental and religious themes. Motivations regarding obtaining material values, professional life and education are expressed in a relatively small number of answers. Also quite a small number of motivational objects of IDPs is related to the theme of rest.

Since the subject of our research is the construction of a personal future by internally displaced persons, special attention should be paid to what influenced, and, as it is seen from the results of the study, continues to influence the IDPs' vision of their own future, namely, the consequences of war and forced resettlement.

As already was mentioned above, the analysis of the temporal code of motivational objects of IDPs showed that motivations localized in the time period «after the end of the war» had taken the third place. Due to the duration and incompleteness of the war, the goals and hopes of IDPs located in this period of the future are constantly being postponed and are of an uncertain nature. This has an impact on the general vision of the personal future and on the ability to construct it, because due to circumstances beyond the IDPs' control, these goals and aspirations have remained unfulfilled for more than 8 years. Moreover, IDPs do not even have the opportunity to make an assumption when these plans will become possible.

In the analysis of the content of motivational objects of IDPs, a separate thematic group «consequences of war and forced resettlement» was composed, which included 12% of motivational objects of IDPs. Considering the composition of the motivational objects of this group in more detail, we can see that it includes: the desire to return home after the end of the war, the actual hope for the end of the war, and the desire to meet loved ones who remained in the occupied territories. Also it should be mentioned that all these three motivations are presented in almost equal proportions.

It should be noted that the hopes for the end of the war in the answers of the IDPs are expressed as hopes for the victory of Ukraine or worries that this may not happen, what is emphasized in their answers. This is especially noticeable in the continuations of negative inductors, for example, such as «I'm afraid that...». Such answers as «Donetsk will not return to Ukraine» or «if Ukraine capitulates» and of similar content are common as a respond to them. In the continuation of positive inductors, for example, «I hope...» many respondents wrote "for the victory of Ukraine".

When considering the responses of IDPs related to meeting with relatives after the end of the war, the following should be understood. For many IDPs, trips to their hometowns and visiting their relatives are currently impossible for many reasons: possible threat to life due to hostilities, difficulties with passing through checkpoints or obtaining permission to cross the demarcation line, financial or other difficulties, etc. Not being able to see loved ones causes IDPs to feel guilty and depressed, especially those who have elderly relatives stayed in the occupied territories. A large number of responses were related to this theme, such as «I want to see my parents alive» or «I feel sad that I cannot take care of my ill parents». There are also responses in which IDPs regret that they cannot pay their respects to their deceased relatives by visiting burial places, due to the fact that they are located in the occupied territories.

The theme of meeting with relatives, which currently causes IDPs' negative emotional states due to the impossibility of realizing the desire to see each other, may also cause an ambivalent emotional attitude in the future. On

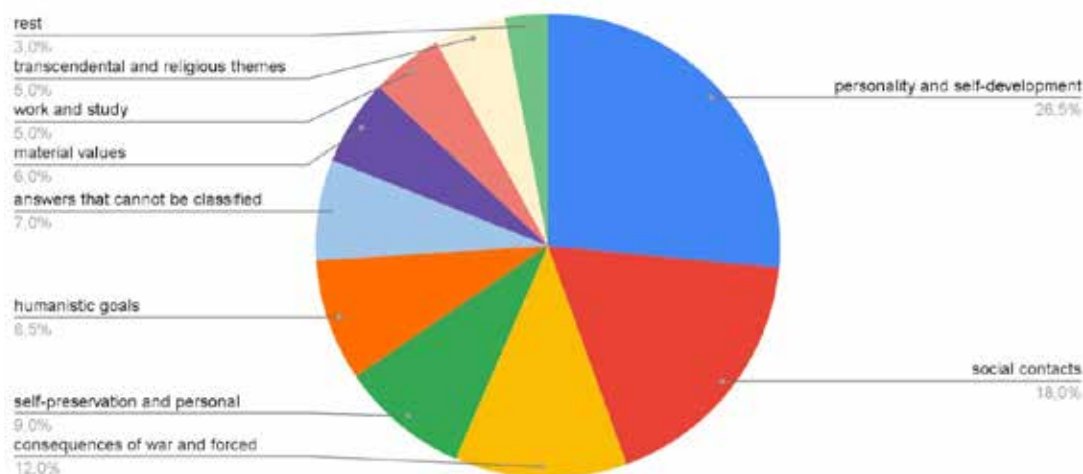


Fig. 2. Analysis of the content of IDPs' motivational objects

the example of Polish migrants who visit relatives stayed in Poland, one can see a complex interplay of feelings, such as longing, emotional comfort, joy of meeting on the one hand, and a sense of guilt and duty on the other (Wojtyńska, Skaptadóttir, 2020). It can be assumed that the feelings of IDPs from meetings with relatives will be similar or even strengthened and more complicated because of the inability to help relatives, especially elderly ones, due to war and the occupation of territories.

The written narrative had been chosen as a means by which internally displaced persons were offered to tell a story about their own future. Unlike an in-depth interview, this method does not involve personal contact between the researcher and the respondents. With the help of online tools it helps to maintain complete anonymity, which is extremely important for internally displaced persons, because, due to the incompleteness of the war, many of them have fears of openly expressing their own thoughts about the current situation. This is confirmed, in particular, in the texts we have received. For example, one of the respondents noted in his story: «I try to avoid openly publicizing my anti-russian views, as this may threaten me personally and my relatives who stayed there (in Donetsk)». Therefore, the written narrative, on the one hand, allows respondents to express themselves more freely and frankly, and on the other hand, leaves them the right to tell exactly as much as they think is necessary. Taking into account the traumatic experience of the respondents, the last point makes the research more ecological and ethical, as it reduces the risks of increasing traumatization during telling their stories.

The analysis of the obtained results consisted of two stages. The first one was a descriptive analysis, during which the author's texts of the respondents were reread several times in order to determine their structure and content. The second stage of the analysis was interpretive, during which the emotional valence of the attitude of internally displaced persons to their personal future was determined and the key themes that evoked the IDPs' greatest emotional responses were separated (Титаренко, 2020: 58-64).

At the stage of descriptive analysis, 18 of the 56 available texts on the topic «My Future» were removed due to insufficient volume. However, it should be noted that for the analysis of the emotional valence of the attitude to the future, the extracted texts could still be considered as informative ones. Thus, the respondents who described their future briefly were still able to give a certain emotional color, positive or negative, to their descriptions despite a small volume. Moreover, the words and phrases chosen by them are not only emotional, but even expressive, for example, the words «happiness», «beautiful», «worthy» are repeated in the texts, and the most negative one contains the word «gloom» in the meaning of «full, deep darkness».

The main question of the analysis' second stage was: «How do internally displaced persons perceive their own future?» In order to answer it, an interpretive analysis of the authors' stories was carried out for identifying the emotional valence of the attitude towards the future. After re-reading the texts several times, it was decided to divide the emotional valence of the attitude towards the future into four levels: positive, negative, neutral and ambivalent.

A positive emotional attitude towards one's future is characterized by an optimistic, life-affirming vision of it, an enthusiastic talk about it, a selection of words that have a notable positive marking, as well as a more detailed description of events and spheres of future life.

A negative attitude is manifested in the authors' stories by pessimistic views of the future, comparing it with the past in favor of the latter, lack of perspectives and reluctance to make plans, anxiety about the future.

As neutral are considered texts about the future without the predominance of positive or negative feelings, in which there are realistic plans and goals for the future, but there is no expressed enthusiasm and neither expectations for the performing of all that have been planned.

An ambivalent attitude towards the future contains positive hopes as well as fears and anxieties about one's own future. It is also characterized by uncertainty and authors' reflections about the changing nature of the future and the necessity of plans' adjustment.

In the percentage ratio, the interpretive analysis of the emotional valence of the attitude towards the future in the authors' stories of IDPs gave the following results: 39.5% of respondents have a positive attitude towards their own future, 11% have a negative attitude, 23% show a neutral attitude, and in 26.5% of the respondents' stories the future is seen as ambivalent (see Fig. 3). Therefore, it can be concluded that the most widespread is a positive attitude towards the future, and the least expressed is a negative vision of it.

However, the interpretation of narratives does not consist only in identifying the general emotional attitude towards the future and calculating the percentage ratio in order to identify the most characteristic attitude towards the future among internally displaced persons. During the analysis, it is necessary to pay attention to the texts themselves in each of the categories described. So let's present the most revealing quotes from the authors' texts on the topic «My Future».

Positively colored texts are characterized by detailed descriptions of the desired future, spheres of life and plans, as well as by the use of vocabulary that emphasizes the valence of the attitude to the future. For example, «I see my future as joyful and it causes me positive emotions» and «my future should be beautiful...because Life is Beautiful in any case» (capital letters are used according to the author's text).

Negatively colored texts despite their small number are more emotional and contain explanations of authors' feelings. «I would like to see my future clear, stable and at least not bad. Unfortunately, I understand that my happy future is associated with my home, family and friends, their well-being. All this is impossible in the conditions of war... whether I can't be safe for now I can't be happy and confident in the future...» One more example of a negative attitude towards the future: «I can only fight for the health of loved ones and their lives. I have nothing left

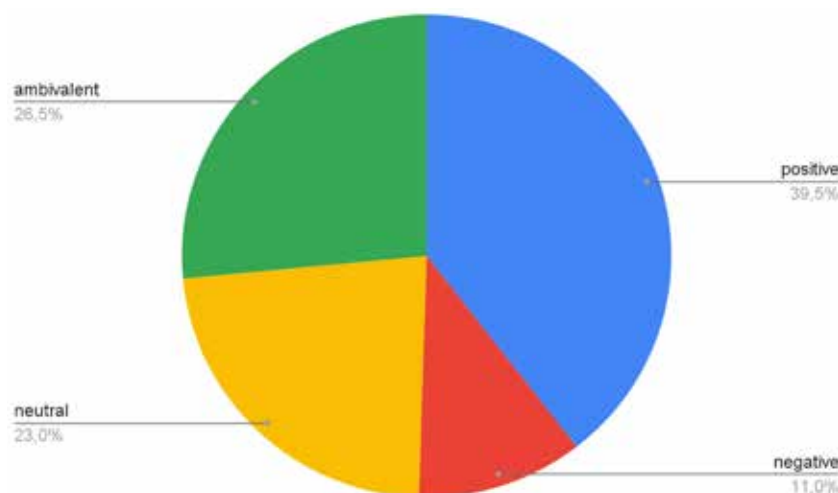


Fig. 3. Emotional valence of the IDPs' attitude of to their personal future

for myself: no emotions or feelings. I keep what I have for my family. All the rest is just mechanical work...I've forgotten how to be happy on my own».

In addition to the negative color, these two examples illustrate an important theme that evokes a vivid emotional response in most stories of internally displaced persons, regardless of the emotional valence of the texts, namely, the theme of relatives and friends. Obviously, this theme is important for understanding the emotional state of IDPs both now and in the future. In one way or another, it is raised in a large number of texts and is associated with either positive emotions or feelings of anxiety. On the one hand, this emphasizes the importance of the close relationships and social capital in the psychological well-being of IDPs. On the other hand, it raises questions about the locus of attention, a sense of self-worth and the construction of one's own personal future.

The texts of neutral emotional valence are calm and thoughtful, in them the authors reflect on their own future and express their wishes. It can be illustrated by the following examples: «I would like my future to give me a calm, comfortable old age (according to my age), a relatively normal state of health, the opportunity to have at least rare trips, excursions, cultural events» or «To a greater extent, the well-being of the future depends on the person and his or her attitude to the situation».

In the ambivalently colored texts the future is presented as changeable and uncertain, dependent on circumstances. We can see it in such quotes: «I understand that life is constantly changing, so my plans and goals may change" and «(future) depends on the situation in the country, while I prefer to remain cautiously optimistic and hope for God's mercy.» The last example is the illustration that the texts of ambivalent coloring emphasize the need to maintain a positive attitude despite negative circumstances. To confirm this opinion, we will cite another passage: «Since returning to Donetsk is now impossible, unfortunately, we need to look for positive emotions at a new place of living».

Despite the emotional valence of the attitude to the future reflected in the texts, they contain key themes that are characterized by an evident emotional capacity. In addition to the theme of relatives and friends that has been already discussed, among them we can highlight such themes as a new home, the person's past, war and occupation of the respondents' hometowns. Emotional attitudes to these themes vary greatly, and sometimes these attitudes are diametrically opposed.

Thus, talking about the new home one of the respondents conveys her positive emotions: «I want to finish the repair in my apartment and make it comfortable, to collect a new library as I like spending time reading books...I would build a kitchen to invite family and friends for lunches and dinners.» Telling this story about the future the respondent not simply describes the place, but also gives it new meanings by imaging in details how she would spend her time and emphasizing the presence of significant others in her vision of future. The other respondent is emphatically detached: «I live in my new apartment in a new city. I would like it to be completely different, but I'm not going to change anything in it. I accepted life as it is».

The same can be observed in references to the past and the occupation. «(The future) is beautiful, just like the Bright Past! » in this case the author's use of capital letters is preserved as it emphasizes the respect for the past, its significance. This attitude towards the past attracts attention also due to recent studies on the time perspectives of migrants and refugees that testify to the negative impact of the predominance of the past time perspective on mental health. Thus, orientation to the negative past and fatalistic present (according to F. Zimbardo) is associated with the occurrence of PTSD (Papastamatelou, Unger, Zachariadis, 2020) and impairs the psychological adaptation of migrants (Marczak, Sorokowski, Sobol, 2020). The negative attitude towards the war and the occupation of one's hometown leaves an imprint on the emotional experiences of the present and the attitude to the future as can be seen from the following example: «My personal future is definitely going well and only the war and the occupation of my small homeland bring sadness into my life».

Conclusions. The results of the study of internally displaced persons' vision of their own future conducted using qualitative methods of written narrative and unfinished sentences, made it possible to define the emotional valence

of IDPs' attitude to the future. Also it answers questions about the length of the time perspective of IDPs' future and spheres of life their motivations for construction the future are manifested.

Among the respondents who took part in the research the most widespread is a positive attitude towards the future, an ambivalent attitude towards the future takes the second place in the author's narratives, almost the quarter of the texts about the future have a neutral emotional color, and the least expressed in the texts is a negative vision of the future.

In addition to the general emotional valence of the attitude to the future, the analysis of the IDPs' narratives allowed us to identify key themes characterized by a vivid emotional coloring. Among such themes are attitudes towards relatives and friends, new places of living and homes, the person's past, war and occupation of the respondents' hometowns. In all the texts in which these themes are present, they are emotionally charged, but these charges have different valences.

The analysis of the temporal code of the motivational objects of IDPs reflected in the continuations of unfinished sentences showed that the temporal perspective of the IDPs' future is characterized as open and uncertain in time. The reason for it is the fact that the majority of IDPs' motivational objects are directed towards an open present, concern the future life in general or are localized in the period indicating the end of the war. In addition, the relatively small number of short-term motivations regarding the future in the responses of IDPs should be noted.

The analysis of the motivational objects' content of IDPs revealed 10 key themes of motivations regarding the future of IDPs, which can be correlated with spheres of future life.

In addition, the analysis of IDPs' motivational objects showed the presence of consequences of war and forced resettlement both in the length of the time perspective of the future and in the content of motivations regarding the future. In the period of the future associated with the end of the war the third by volume group of IDPs' motivational objects has been localized. Considering the protracted and long-lasting nature of the war, it is understandable that the goals and aspirations expressed in these objects are unrealizable over a long period and will remain so for indefinite time, bringing uncertainty to the IDPs' vision of their future. Analysis of the motivational objects' content revealed themes related to the war such as returning home after the war, meeting with relatives who stayed on the occupied territories and the desire for Ukraine's victory in the war.

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