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Psychological Analysis of Frustration, Resources, And Acculturation Strategies Among Students – Potential Migrants From Ukraine.

Hoshovskyi Jaroslav, Hoshovska Dariia, Bretsko Iryna, Finiv Olga and Shmarova Natalia

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Psychological Analysis Of Frustration, Resources, And Acculturation Strategies Among Students – Potential Migrants From Ukraine.

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**Hoshovskyi Jaroslav¹, Hoshovska Dariia², Bretsko Iryna³, Finiv Olga⁴ and
Shmarova Natalia⁵**

Name and address of the corresponding author: Bretsko Iryna, Mukachevo State University, Mukachevo,
Uzhgorodska, 26, 89600

Phone: +38 (050) 2238640

Email: irinabretsko@gmail.com

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¹ <https://orcid.org/0000-0003-1026-386X>

² <https://orcid.org/0000-0003-2675-8015>

³ <https://orcid.org/0000-0002-1321-7351>

⁴ <https://orcid.org/0000-0002-7046-2425>

⁵ <https://orcid.org/0000-0001-6070-3929>

Abstract

The article highlights the psychological features of young Ukrainian people who, as a result of the negative impact of military operations and economic deprivation, have migration intentions. It has been established that material poverty and economic deprivation stimulate non-constructive behavior, which reduces the incentive and motivational potential of a young person, leads to maladaptation, stress, frustration, and other disorganizing emotional states. Students feel the need to emigrate to other countries. They show a high level of psychological and emotional burnout, excessive psychological protection, impulsivity and uncertainty about the future. The following most important social and psychological resources of the studied students with migration intentions have been established. An important role belongs to social and family resources - the presence of relatives, friends and acquaintances who are already abroad in labor migration and will be able to help adapt to a new place with housing, job searches, establishing cooperation with employers, the local population, etc. Social and economic resources are named as important, in particular, the means and property brought with them, which are necessary for “ensuring survival” during the adaptation period. Young people also rely on active-qualifying resources as a belief in their own professional ability and readiness to take on any difficulty, but highly paid (compared to Ukrainian salaries) work. Five main acculturation strategies that young people with migration intentions plan to follow have been identified and interpreted - integration, separation, assimilation, marginalization, self-actualization.

Keywords: potential migration, young people with migration intentions, frustration, economic deprivation, resources and acculturation strategies

Introduction.

Against the background of the global challenges of modern civilization, in particular in the context of the negative impact of the coronavirus pandemic on the social, economic and psychological space of the average person, the issue of migration becomes particularly acute. The difficulties of an individual's existential choice are significantly increased in connection with the limitation of the possibility of free movement from country to country. Migratory activity is stimulated by the lack of resources and financial ability to stay in deprivation conditions for a long time and a number of other disharmonies.

The international relevance of our research lies in the fact that in 2014, as a result of military operations in the East of Ukraine, there was a sharp economic decline and a very large increase in the emigration of the population to the countries of the European Union. An obvious confirmation of this was the sociological dimensions of the emigration of Ukrainians abroad, in particular, from June 2017 to June 2019, border guards recorded 42.6 million crossings of the border with the EU by Ukrainian citizens, including 9.2 million using biometric passports, including almost 3 million without visas (Ukrainian Pravda, 2019). As a result of active military operations on the territory of Ukraine, we are already talking about the massive multimillion forced emigration of the population, in particular, students and high school pupils as potential students of university education.

I. Kliuchkovska, Yu. Marusyk, O. Piatkovska (Kliuchkovska, et al., 2014) conducted an extensive study of the migration attitudes of Lviv students and found a fairly high level of migration attitudes, especially for the purpose of obtaining quality education and employment opportunities.

Therefore, we state that modern Ukrainian students, as a sociopopulation of young people, feel the impact of the pandemic, war and economic deprivation very acutely, and the vast majority have active migration attitudes and intentions.

We believe that at the scientific level it is very important to know not only the quantitative dimensions of the emigration of young Ukrainians to the European economic space, but also to investigate the psychological characteristics of potential migrants. We believe that potential migrants are those young people who declared during psychodiagnostic interviews and indicated in the author's questionnaire that they are determined to emigrate to other countries. The reason for this is the efforts of young people to solve urgent existential problems and improve their economic status and security. Therefore, in addition to economic dimensions, the psychological component becomes extremely important. It is relevant to

study the specifics of the psychological states of a young person, primarily the anxiety and frustration that one experiences as a result of the negative impact of various (social, extreme, economic, family, etc.) deprivation on one's migration intentions.

The processes of a young person's migratory mindset, in addition to anxiety, uncertainty, confusion and other uncomfortable states, lead to the dominance of frustration as a typical psychological state of a person in a transformational society. The depressing feeling of uncertainty and insecurity of one's existence, which potential migrants very often experience, is primarily caused by the stressful nature of the social and economic realities in which they live. Prolonged frustrating situations create a feeling of helplessness, hopelessness, chronic fatigue and apathy in a young person and lead to psychological and emotional burnout and exhaustion.

Having analyzed the features of the social and economic state of a number of countries, M. Lokshin and R. Yemtsov (2001) ascertain the significant influence of factors of progressive inequality on the migratory activity of people, the study of which allows to carry out a qualitative characterization of the processes of the negative impact of economic deprivation on various spheres of life in society and an individual person.

According to P. Abrahamson (2001), poverty and social exclusion are very closely correlated with such definitions as "poverty", "marginalization", "deprivation", "lumpenization", "pauperization", therefore the poor are mostly interpreted according to wealth as social outsiders, which is a kind of dangerous burden for society. In fact, economically deprived people are separated into a kind of underclass - a dangerous class that is on the lowest rungs of the social and economic "ladder". Migration acts as a kind of "sublimation" tendency that allows releasing accumulated aggression, dissatisfaction, frustration, etc.

A.S. Tabor, T.L. Milfont (2011) suggested an interesting model of migration changes, which takes into account numerous personality symptom complexes at the psychological level in the process of migration, which allows taking into account the psycho- and sociogenic factors of this complex life choice of a young person.

A. Reilly (2011) notes that even seasonal migration contains a whole series of psychological tests for a person and unbalances one's neuropsychological equilibrium, A. Dmitriev (2006) considers migration through the prism of the conflictological dimension, and N. Shmarova (2018) emphasizes that the

migration intentions of Ukrainian youth are a direct factor in their frustration and psychological and emotional burnout.

There are even attempts to calculate a separate potential net migration index (Esipova et al, 2018), which only proves the importance and interdisciplinary nature of this social-economic and social-psychological phenomenon.

A multifaceted analysis of the psychological characteristics of potential migrants was carried out in detail in the study of O. Blynova (2011), in which a whole symbiosis of adverse psychostates experienced by young people who have migration intentions, in particular, anxiety, insecurity, ambivalence, rigidity, depression, apathy, frustration, etc. was ascertained.

O. Finiv (2016) notes that deprivation gives rise to a wide range of psychological problems of students, including impaired self-acceptance, excessive psychoprotection, cognitive dysfunctions, and affective disorders. Chaotic behavioral tactics and strategies are typical as ways of finding real ways out of the oppressive experience of poverty due to the inability to satisfy basic civilizational needs for oneself and one's family.

According to D. Sochivko (2002), in today's divided world, the psychodynamics of a young person takes place in extreme conditions of life. Migration activity is often chosen as one of the "survival" vectors as an attempt to avoid deprivation restrictions and achieve personal self-affirmation and self-realization.

Exploring the processes of immigration, acculturation and the paradoxes of adaptation in Europe, L.D. Sam, P. Vedder, K. Leibkind, F. Neto, E. Virta (2008) emphasize the extremely complex social and psychological trends and consequences of large movements of a diverse population, particularly young people.

D. Hoshovska and Ya. Hoshovskyi (2016) assign the main place in the emergence of numerous psychological problems to material deprivation. They note that the concept of "poverty" marks not only the limitation of social actions, but also a special isolation caused by the lack of economic resources. It is emphasized that economic deprivation brings a significant disorder into the life of a student as a materially insecure young person, fills one's behavior with aggressiveness, anxiety and conflict. It has been established that the symptoms of economic deprivation are non-constructive behavior that reduces the

motivational potential of a young person, leads to maladaptation, stress, frustration and other disorganizing emotional states.

P. Weinreich (Weinreich, 2009) carried out a conceptualization and assessment of identity processes in migrant communities and argues for enculturation, not acculturation, which is characteristic of the majority of those studied.

K. Stoessel, P.F. Titzmann, R.K. Silbereisen (2014) emphasize that in the context of changes in cultural identification, adolescent immigrants from the diaspora experience numerous psychological problems. These problems are caused in particular by marginality and complexity or the impossibility of being "them" and "us" at the same time. Undoubtedly, later it manifests itself at the stage of youth, in student age.

I. Bretsko (2015) reveals the peculiarities of family deprivation and notes the high level of psychological and emotional burnout of children in distant families. Unemployment, the insufficient level of even the subsistence minimum stimulate forced labor migration and exert oppressive frustration-depressive pressure on the child's personality. Preservation of the nuclear family as a guarantee of personal and social comfort is endangered due to the negative "chain" effect of various types of deprivation (social, economic, family, communicative, etc.). Therefore, multimodal disharmony of family relationships are significant pathogenic factors that accompany the personal development of children whose parents are in the force field of economic deprivation and have migration intentions or are already abroad. Lack of parental care and concern stimulates disruption of the family microclimate and causes a high probability of deviant, in particular, addictive or delinquent development of children.

Undoubtedly, it is very important to find out empirically the main factors, resources and acculturation strategies of students as potential migrants. This depends on the depth of psychological understanding of the internal need-motivational determinants of the process of migration readiness of a young person, as well as the understanding of one's adaptation capabilities.

The purpose of the article is to carry out a psychological analysis and empirical measurement of frustration. An important goal was to establish the most important factors, resources and acculturation strategies that young people rely on as potential migrants from Ukraine.

The research was focused on solving the following tasks:

1) to empirically investigate the psychological features of frustration of potential migrants;

2) to perform a psychodiagnostic study of the most important resources that represent the intentions and expectations of students as potential migrants;

3) to empirically ascertain the main acculturation strategies inherent in the studied young people as potential migrants.

Methods and materials.

Theoretical: analysis, synthesis, comparison and systematization of modern scientific research, which was used to generalize and conceptualize the theoretical and methodological foundations of the study of frustration, social-psychological and personal resources and acculturation strategies of potential migrants.

Empirical: "Hierarchy of needs" (modified by I.A. Akindinova), "Methodology for diagnosing the level of social frustration" (L. Wasserman (modified by V. Boyk)), "Self-assessment of mental states" test (H. Eysenck), "Your well-being" method" (O.S. Kopina), "Questionnaire of neuropsychological tension (NPN)" (T.A. Nemchyn), "Methodology for determining the neuropsychological stability level ("Prognosis" questionnaire)" (according to V. Bodrov), " Methodology for diagnosing the level of neuroticism" (according to L. Wasserman), "Methodology for determining anxiety" (J. Taylor), "Methodology for determining economic deprivation and its subtypes in adults" (Y.M. Terletska), the author's questionnaire "Establishing the main factors of potential migration" (N. Shmarova).

So, the empirical research was conducted using 8 valid, reliable and tested psychodiagnostic methods and 1 author's questionnaire. It took place during 2020-2021 on a randomized sample of potential migrants from Ukraine who clearly declared their migration intentions (n=171). The sample consisted of young people - residents of Volyn, Rivne regions (West) and Zaporizhzhia and Dnipropetrovsk regions (East) of Ukraine. All series of confirmatory psychodiagnostic research were conducted among student youth of four Ukrainian universities - Lesya Ukrainka Volyn National University (Lutsk), Rivne State Humanitarian University (Rivne), Zaporizhia National University (Zaporizhia) and Kryvyi Rih State Pedagogical University (Kryvyi Rih).

The criteria for the selection of the researched ones took into account age, gender, regional differentials, that is, the "age" parameters were fairly proportionally maintained (youth and early adulthood (17-25 years old) – 171 persons); "gender" (women - 78 people; men - 93 people), "region" (East - 81 people; West - 90 people).

Subjects voluntarily and free of charge agreed to participate in the experiment, which took place in compliance with all the requirements of the Code of Ethics of a psychologist. The principles of confidentiality, absence of threat to the integrity of the person and humiliation of human dignity were taken into account, as well as ensuring all rights regarding the inadmissibility of oppressing the individual or manipulating it on the basis of any signs of gender, material status, religious affiliation, political views, etc.

The conduct of the empirical study was approved in advance by experts in scientific ethics at a meeting of the Department of Pedagogical and Age Psychology (Professor Zh. Virna, Associate Professors O. Ivanashko, N. Vichalkovska), as well as by the Educational and Methodological Commission on Ethics of the Faculty of Psychology and Sociology of Lesya Ukrainka Volyn National University (Professor O. Lazorko, Associate Professors T. Duchyminska, A. Kulchytska). All participants in the study gave their informed consent to voluntarily participate in it. All participants were informed in detail about the freedom of action, in particular the possibility of withdrawing from the study without any other consequences for their status and reputation.

Results.

As the basic methodology, we chose the genesis-psychological approach to personality, developed by the famous Ukrainian academician S. Maksymenko (2021). This concept considers development from the perspective of systemic determinism, according to which the psyche is a complex multi-level system of interconnected and interdependent spatio-temporal conscious and unconscious relationships. Between them, there is an information-energy interaction at the level of individual components and properties of joint activity. The development of personality is considered an evolutionary systemic process, directed and lasting in time, which causes the emergence of new structures as a result of the self-organization of their elements. The methodological content of genesis psychology is reduced primarily to the dominance of the term "development". It focuses on the proposition that specific forms of the psyche are not given to a person from birth, but only set as social models, therefore mental development is carried out in the form of assimilation of these models. This happens primarily in the process of targeted learning, education and communication. The inclusion of the personality in various states and objectivity implies the formation of intrapsychological grounds. Such grounds are a young person's understanding of the current development situation, developing readiness for changes and drawing perspectives for acquiring further new identities.

Identification occurs at the level of personal roles, hierarchical statuses, behavioral patterns, social norms, cultural identifications, psychological protection mechanisms, patterns of interpersonal communication, etc.

Our method consists in the fact that the process of potential migration is considered as an activity aimed at neutralizing the uncomfortable and painful meanings of the current development situation (mode of economic deprivation, poverty). Thanks to migration intentions and emigration, a young person plans and strives to move to an optimistic and qualitatively changed perspective of the nearest non-deprived development (emigration to better economic and material conditions and society). As a result of overcoming economic and deprivation restrictions, a young person determined to migrate may experience affective disorders, primarily anxiety, neuropsychological stress, frustration, etc.

We applied factor analysis for the quantitative processing of experimentally obtained indicators. As a result of the factor analysis of the obtained diagnostic indicators, we managed to establish the psychological features of the impact of economic deprivation on the affectivity of students as potential migrants, primarily their frustration. The factor profile represented the totality of the quantitative-qualitative interpretation of all indicators of the methods involved, which were subjected to factor analysis. Thanks to factorization (involving the varimax-rotation procedure (Rotated Component Matrix), it was possible to single out ten factors. The greatest semantic load fell on the first four factors, which we considered as the main ones, because they contained the most significant indicators that acted as indicators of the frustration of the subjects.

The following indicators stood out in the *first factor*, which we tentatively named "*anxious-deprivation frustration*":

- 1) "material situation" (0.864) (according to the "Hierarchy of Needs" method (modified by I.A. Akindinova));
- 2) "high level of anxiety" (0.802) (according to the "Methodology for determining anxiety" (J. Taylor));
- 3) "very high level of social frustration" (0.775) (according to the "Methodology for diagnosing the level of social frustration" (L. Wasserman (modification by V. Boyk)));
- 4) "anxiety" (0.741) (according to the "Self-assessment of mental states" test (H. Eysenck));

5) "basic economic deprivation" (BED) (0.698) (according to the "Methodology for determining economic deprivation and its subspecies in adults" (Y.M. Terletska));

6) with the sign "-" "self-assessment of health" (- 0.654) (according to the method "Your Feeling" (O.S. Kopin)).

The variance of the factor was 9.8%, and its contribution to the total variance was 29.4%.

The *second factor*, which we called "*neurotic-deprivation frustration*", included the following indicators:

1) "frustration (frustration)" (0.816) (according to the "Self-assessment of mental states" test (H. Eysenck));

2) "need for respect from others" (0.779) (according to the "Hierarchy of Needs" method (modified by I.A. Akindinova));

3) "high level of neuroticism" (0.745) (according to the "Methodology for diagnosing the level of neuroticism" (according to L. Wasserman));

4) "normative economic deprivation" (NED) (0.692) (according to the "Methodology for determining economic deprivation and its subspecies in adults" (Y.M. Terletska));

5) with the sign "-" "need for interpersonal relations" (- 0.763) (according to the "Hierarchy of needs" method (modified by I.A. Akindinova)).

The variance of the second factor was 8.7%, and its contribution to the total variance was 22.6%.

In *the third factor*, which we conventionally called "*relatively economic and deprivation aggressiveness*", the following indicators were identified:

1) "relative economic deprivation" (VED) (0.887) (according to the "Methodology for determining economic deprivation and its subtypes in adults" (Y.M. Terletska));

2) "need for self-realization" (0.793) (according to the "Hierarchy of Needs" method (modified by I.A. Akindinova));

3) "unsatisfactory (high probability of breakdowns, additional consultation with a neurologist or psychiatrist is necessary) neuropsychological stability" (0.713) (according to the "Methodology for

determining the level of neuropsychological stability ("Prognosis" questionnaire)" (according to V. Bodrov));

4) "aggressiveness" (0.697) (according to the "Self-assessment of mental states" test (H. Eysenck);

5) with the sign "-" "scale of satisfaction with life as a whole" (- 0.712) (according to the method "Your feeling" (O.S. Kopin)).

The variance of the third factor was 7.5%, and its contribution to the total variance was 18.9%.

The fourth factor under the conventional name "*psychosocial-stress frustration*" was filled with the following indicators:

1) "extensive nervous and mental stress" (0.783) (according to the "Nervous and Mental Stress Questionnaire (NPN)" (T.A. Nemchyn));

2) "need for security" (0.752) (according to the "Hierarchy of needs" method (modified by I.A. Akindinova));

3) "psychosocial stress scale" (0.690) (according to the "Your Feeling" method (O.S. Kopin));

4) "increased level of frustration" (0.677) (according to the "Methodology for diagnosing the level of social frustration" (L. Wasserman (modification by V. Boyk));

5) with the sign "-" "rigidity" (- 0.654) (according to the test "Self-assessment of mental states" (H. Eysenck)).

The variance of the fourth factor was 4.5%, and its contribution to the total variance was 9.7%.

So, the results of the factor analysis made it possible to deduce the following factor profile of the studied young people – they experience anxiety-deprivation, neurotic-deprivation, psychosocial-stress frustration and relatively economic-deprivation aggressiveness.

As a result of the interpretation of the results of the interview, observation and questionnaire conducted using the author's questionnaire "Establishing the main factors of potential migration" (N. Shmarova) (Shmarowa, 2018) on a representative sample of studied students with migration intentions, we ascertained their most important social and psychological problems, factors, resources and acculturation strategies.

In general, the main reasons for potential migration can be considered clearly expressed dissatisfaction with the current life; a pessimistic and depressing assessment of the economically depressing present. Also, the reason is a high level of disappointment and a certain despair in the future and one's life goals. Potential migrants are characterized by the presence of pronounced emotional discomfort due to worries about the process and consequences of a possible move abroad. An important reason is the fear of isolation and the consequences of social and family deprivation. Students are worried about the loss of their former social/personal status and the possible acquisition of the status of "illegal migrant". Many of the respondents are worried about the difficulties of linguistic communication and social and cultural communication with the indigenous local population. They are afraid of prejudice and segregation towards themselves. Young people are characterized by insecurity in their own safety, as well as diffuseness, ambivalence with a tendency to despair in their personal capabilities. They are characterized by low self-esteem and an unbalanced (mostly negative) attitude towards themselves. The participants also showed an increased level and frequency of verbal, sometimes physical and instrumental aggression, irritability and a tendency to self-aggression.

The studied young people named the main resources they rely on if they actually emigrate to another country. They also indicated various tactics and strategies that will be followed in the event of real emigration.

The most important factors, basic resources that represent the intentions and expectations of students as potential migrants for a positive course of events, turned out to be the following:

1. *Social and family resources* (46%), primarily the presence of relatives, friends and acquaintances who are already abroad in labor migration and will be able to facilitate adaptation in a new place with housing, job searches, establishing cooperation with employers, the local population, etc.;
2. *Social and economic resources* (11%), in particular, the funds and property brought with them, necessary to "ensure survival" during the adaptation period;
3. *Activity-qualification resources* as a confident belief in one's own qualified professional ability and willingness to undertake any difficult, but highly paid (compared to Ukrainian salaries) work (29%);

4. *Affective resources* (14%) as a psychological and emotional concentration on the ability to make sacrifices, as intentions to undertake any (sometimes even low-status and not very highly paid) job in order to earn money to support oneself and one's family in one's homeland.

We note the clearly expressed predominant orientation of the studied students to social and family resources, that is, in psychological terms, we explain this as an expectation of help from significant others, and not a belief in one's own abilities and potential. In fact, almost half of young people (46%) place the main emphasis in their future adaptation success not on their own ability, but on the help of others (mostly relatives, friends, acquaintances, compatriots, friendly residents of the potential country of migration, etc.).

At the same time, a little less than a third (29%) of the respondents clearly focused on their activity and qualification resources. Due to the low material and financial level, only 11% of the studied students rely on their own funds, which will help them survive and adapt abroad.

Affective resources are counted on by 14% of young people who are ready for any challenges, motivating it by their sacrifice. Even at the cost of social humiliation and possible loss of their psychophysical health, they are ready to obtain funds for their family in Ukraine, which is very much in need of finances. Therefore, we state a significant quantitative advantage of the studied young people who, in their migration intentions, rely on external help (social and family resources) and their own family and sacrificial affectivity (affective resources) (60% in total). We note a significantly smaller number of those who count on their professionalism (29%).

Discussion.

We managed to establish that students as potential migrants plan to follow significantly different acculturation strategies that represent their migration intentions and expectations. Five main groups of potential migrants with different intentions regarding their own acculturation strategies have been identified.

1. Students who focus on the strategy of *integration* (27%). They are dissatisfied with their current education, status, scholarship, and salary (some work part-time in cafes, shops, and the market). Migration intentions are considered primarily as tactical steps and methods that realize the possibility of achieving strategic goals. The majority of respondents note that family members generally agree to their migration,

with the vast majority (69.8%) hoping for family reunification abroad, that is, a much smaller number expects to return to their country. Through the prism of this, they state that family ties in the families of migrant workers quite often fall apart, but this will not happen to them. The respondents wish to emigrate mostly only to highly economically developed countries. They claim that they considered many different options for emigration, and expect a difficult situation abroad, but one that can be coped with. They have a certain level of knowledge of the language of the host country (studied at a university, independently, attended language courses, etc.). They also plan to communicate with the native inhabitants of the host country in one of the world's languages, which they speak very unevenly (Russian - more, English - less). The level of threats to their security from the indigenous population of the host country is assessed as not very high, and in the near future, they plan to consider themselves "their own" among the residents of the country to which they are emigrating. They are not very afraid of the probable status of "illegal migrant", as they plan to issue documents for legalization of their work abroad. The main reason for migration is considered to be economic factors and the political situation in the country, primarily instability due to the war. They note the factor of corruption and unfair distribution of material goods, but religious reasons and environmental problems are almost not mentioned at all. They state the predominance in their affective psychoworld on the eve of migration of a number of complex, long-lasting and uncertain mental experiences, in particular, such a dominant affective state as a long and inexplicable oppressive anxiety. They claim changeability and mood swings, which colors their behavior with activity or passivity. Preference is given to social and family resources, especially the presence of relatives, friends and acquaintances who are already abroad and will help with housing and job searches. An important role is given to activity and qualification resources, faith in one's own professional capabilities. They have fairly adequate self-esteem, a high level of self-acceptance and reception of other people and show signs of expectation due to the migration of material and psychological well-being.

2. Potential migrants who focus on the *separation* strategy (18%). Respondents have a certain level of ambivalence, and the main goal is separation, distancing from the unpleasant and irritating regime of social and economic deprivation in their country. They are radically dissatisfied with their current condition and status, noting the scarcity and untimely salaries, therefore migration intentions are chosen as the only way to avoid such oppressive pressure of life circumstances. The consent of the family to their migration is almost not taken into account, and the factor of the possible breakdown of family ties is also not considered or not very concerned at this stage (preparatory to migration). The majority of respondents

want to emigrate to any country, but preference is still given to societies with a well-developed economy and social comfort. Knowledge of the language of the host country is not singled out as an important factor, and hopes are expressed for non-verbal communication or for the individual ability to quickly learn the language of the native inhabitants. The desire to separate and distance oneself from one's own social and economic problems is so strong that even recognition of a high level of threats to one's security by the indigenous population of the host country is largely ignored at this stage. Also, the factor of one's own illegality is not considered an obstacle, and almost all social deviations are mentioned among the main reasons for migration (economic depression and ruin, political stagnation of the authorities, the horrors of war, unprecedented corruption, high bureaucracy, crime, drug addiction, immorality, etc.). Typical psychological states are called aggressiveness, apathy, depression, anxiety, frustration, multimodal stress and other uncomfortable and amortizing feelings and experiences. Respondents of this type of strategy express hope for the total help of all resources, but still prefer affective resources. This testifies to the noticeable chaos and impulsiveness of decision-making regarding migration, as well as to the superiority of emotional components of readiness to leave one's country over cognitive ones. In general, they mainly focus on a kind of escape/self-escape from the depriving circumstances of life and have amorphous ideas about their future place of study, work and living.

3. Potential migrants focused on the strategy of *assimilation* (15%). Assimilation as an attribute of human adaptability involves the assimilation of new contents of consciousness to the already existing subjective image of reality. In essence, respondents with an assimilation strategy of potential migration voluntarily wish to accept the cultural and customary features of another nation or community. They mostly find in themselves an imaginary (or real) "national-family" connection with the civilizational formations and institutions of the country to which they want to migrate. In addition to economic troubles, political, religious, national, and ideological disagreements with the Ukrainian society are considered depriving factors, so learning the language, worldview, spiritual values and customs of the host country seems to be their main task. The loss of autochthonous culture and self-awareness is presented as an effort to acquire a new "true" identity. Respondents have a certain (mostly conversational) level of knowledge of the host country's language, because they prepared for it, they plan to communicate with residents mainly only in their language. They note the inevitability of reuniting their family in another country, and the recognition of the "superiority" of another foreign model of social-economic and cultural-spiritual life is an almost mandatory attribute of all researched strategies of this type. Threats from the residents of the host country

are assessed by them as minimal. They give priority to social and family resources, but they rely primarily on governmental and charitable organizations, on national and cultural societies as significant others in order to organize their life and work. They mostly have a rather low level of satisfaction with themselves and the state of affairs around their living space, show an increased and/or high level of anxiety, frustration, aggressiveness (mostly verbal), insecurity and heightened psychological defense.

4. Potential migrants focusing on the strategy of *marginalization* (26%). Such respondents demonstrate a rather low level of social and cultural adaptation in their country, manifesting blurred and inadequate ideas about the purpose in life, and about the real reasons and probable consequences of their migration. They fragmentarily and vaguely, diffusely and ambivalently imagine the future working and living conditions, rely on a lucky chance, the help of benefactors, random sympathizers and good people, etc. The specificity of the country of migration seems unimportant to them, knowledge of the language and the level of threats to their security from the indigenous population of the host country do not really concern them. The status of an "illegal migrant" seems obvious to them, and the problems of an abandoned family, family and communication deprivation seem exaggerated. Typical psychological states are called depression, apathy, confusion, uncertainty, indifference, pessimism, psychological and emotional burnout, disappointment, anxious-frustrated expectations, etc. Relying mainly on affective resources such as psychological-emotional self-focus and the empathy of random other "good people" in the host country. Like potential migrants with a "separation" strategy, they show a tendency to escape/self-escape, to a kind of "Robinsonade" as a way to avoid acute deprivation factors in the homeland.

5. Potential migrants focused on the strategy of *self-actualization* (14%). They are dissatisfied with the current state of affairs, so they have clear and thought-out migration intentions. Thanks to their own high professionalism, they plan to get a foreign higher education, earn money and later return to their country to their own family. The problems of family deprivation are not very relevant, as they count on a quick and successful mastering of the new reality and effective financial payment of their expertise, which is considered a significant compensatory factor. Knowledge of the language is also relegated to an insignificant plan, because they are convinced that their education and highly qualified work are needed everywhere, even without mastering the language of the host country. Threats from the natives of the host country are considered moderate, they are confident in their ability to avoid possible inter-ethnic, linguistic, household and other conflicts. They actively express confidence in their own activity and

qualification resources and hope that they will succeed under any circumstances, as they are able to perform various jobs. They also count on social and economic resources, primarily on the funds brought with them, which will allow them to survive the difficulties of the first days of adaptation and very quickly earn money for the comfort of their further stay. The defining psychological state is called subconscious "unexplained anxiety"/"unmotivated anxiety", and they also note an increase in impulsivity, irritability, mood swings (from euphoria to pessimism), which they try to overcome with willpower. They are oriented towards achieving success thanks to faith in their own personal abilities and potential. Most of them have overestimated self-esteem and the level of claims aimed at active and effective mastery of the realities of a new, largely unknown foreign reality.

Conclusions.

The life world of young people - potential migrants from Ukraine, who are in very difficult social and economic conditions and are inclined to forced labor migration, is influenced by a large number of social-psychological determinants. They are characterized by unbalanced self-esteem, anxiety, apathy, depression, insecurity, psychological-emotional burnout and other uncomfortable mental states. A typical state is frustration, which exhausts the emotional, intellectual and physical potential and resources of a person with migration intentions. In general, on the basis of an empirical study of frustration, in particular, a quantitative and qualitative interpretation of the four main isolated factors, it is possible to make the following *generalized presentation of the factor profile of the studied students - potential migrants*: they are characterized by anxiety-deprivation-frustration (F1), neurotic-deprivation-frustration (F2), relatively economic -deprivation-aggressive (F3) and psychosocial-stress-frustrated (F1) affective attitude to the conditions causing their disposition to migrate.

It was established that the most important social-psychological resources of the studied young people with migration intentions are the following: social, family, economic, activity-qualificational and affective.

It has been established that, despite the heterogeneity of the sample in terms of ideas about their own acculturation strategies, the number of studied young people who choose passive and unproductive tactics and guidelines for further life activities prevails. Two groups stood out. Respondents of the separation, assimilation, and marginalization direction vector are a total of 59%, while the integration and self-actualization direction is 41%. The first of the named groups is oriented towards a kind of escape from the troubles of social-economic deprivation in their country and agree to delimitation, distancing

themselves from a negative worldview, even by dissolving and absorbing other social-cultural and economic realities. The second group is determined to be active and productive in order to earn money and maintain themselves and their families. Note that *all the subjects, regardless of orientation to different resources and acculturation strategies, note the presence of multimodal anxiety and an uncertain oppressive state, which can be labelled as hidden or overt frustration*. So, let's summarize that students as potential migrants clearly show complicated affectivity, and one of the defining psychological states is frustration as a depressingly anxious expectation of the unknown, which is intensified by social-economic deprivation.

We believe that the proposed A.S. Tabor, T.L. Milfont (2011) model of migration changes, which considers migration processes at the psychological level, based on our research, can be supplemented with an affective component as a concept that lies at the root of a young person's emotional response to migration. At the same time, on the basis of the results obtained by us, we can supplement the views of A. Reilly (2011), who states that even seasonal migration is an extremely difficult psychological test for a person, with considerations about the increased level of anxiety and frustration as the most characteristic features of migrants, in particular, potential.

We see **prospects for further research** in conducting comparative empirical sections according to the criteria "before the coronavirus pandemic - after the coronavirus pandemic", "before the war - after the war", as well as in the development of a program of psychological-rehabilitation support for the genesis of potential migrants.

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МУКАЧІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ

89600, м. Мукачево, вул. Ужгородська, 26

тел./факс +380-3131-21109

Веб-сайт університету: www.msu.edu.ua

E-mail: info@msu.edu.ua, pr@mail.msu.edu.ua

Веб-сайт Інституційного репозитарію Наукової бібліотеки МДУ: <http://dspace.msu.edu.ua:8080>

Веб-сайт Наукової бібліотеки МДУ: <http://msu.edu.ua/library/>